



Monday, Wednesday & Friday		Tuesday and Thursday		Facility						
Time	Activity	Time	Activity	Hancock	A&W	Towerline	Child, Family & Youth	Housing Resource Center	Supported Employment	CTN / CTS
8:30am	Walking / Biking	8:30am	Walking / Biking	Outside	Outside	Outside	Outside	Outside	Outside	Outside
	Guided Meditation		Tai Chi / Jig Saw Puzzle	1A	LL Lounge	Lounge	Main Hall	102 / 115	Gym	Gym/Conf. Room
	Coloring for Relaxation		Quiet Library / Knitting	LL Lounge						
10:00am	Walking / Biking	10:00am	Walking / Biking	Outside	Outside	Outside	Outside	Outside	Outside	Outside
	Tai Chi / Jig Saw Puzzle		Yoga	1A	LL Lounge	Lounge	TBD	102 / 115	Gym	Gym/Conf. Room
	Quiet Library / Knitting		Coloring for Relaxation	LL Lounge			Main Hall			
11:00am	Walking / Biking	11:00am	Walking / Biking	Outside	Outside	Outside	Outside	Outside	Outside	Outside
	Yoga		Guided Meditation	1A	LL Lounge	Lounge	TBD	102 / 115	Gym	Gym/Conf. Room
	Coloring for Relaxation		Quiet Library / Knitting	LL Lounge			Main Hall			
1:00pm	Walking / Biking	1:00pm	Walking / Biking	Outside	Outside	Outside	Outside	Outside	Outside	Outside
	Guided Meditation		Tai Chi / Jig Saw Puzzle	1A	LL Lounge	Lounge	Main Hall	102 / 115	Gym	Gym/Conf. Room
	Quiet Library / Knitting		Coloring for Relaxation	LL Lounge						
2:00pm	Walking / Biking	2:00pm	Walking / Biking	Outside	Outside	Outside	Outside	Outside	Outside	Outside
	Tai Chi / Jig Saw Puzzle		Yoga	1A	LL Lounge	Lounge	TBD	102 / 115	Gym	Gym/Conf. Room
	Coloring for Relaxation		Quiet Library / Knitting	LL Lounge			Main Hall			
3:00pm	Walking / Biking	3:00pm	Walking / Biking	Outside	Outside	Outside	Outside	Outside	Outside	Outside
	Yoga		Guided Meditation	1A	LL Lounge	Lounge	TBD	102 / 115	Gym	Gym/Conf. Room
	Quiet Library / Knitting		Coloring for Relaxation	LL Lounge			Main Hall			
4:00pm	Walking / Biking	4:00pm	Walking / Biking	Outside	Outside	Outside	Outside	Outside	Outside	Outside
	Aerobics		Aerobics	1A	LL Lounge	Lounge	TBD	102 / 115	Gym	Gym/Conf. Room
	Coloring for Relaxation		Quiet Library / Knitting	LL Lounge			Main Hall			