

Aurora Services Class Schedule

12/2/24-1/31/25

TIME	GROUP TITLE	PRACTITIONER
MONDAY		
8:15 – 9:30	CHEERFUL CHATTER	Melissa
9:30 – 10:45	FOSTERING INDEPENDENCE	Ryan
10:45 - 12:00	EIGHT DIMENSIONS OF WELLNESS	Kathi
1:00 – 2:00	MERRIMENT AND MUSIC	Nicole
TUESDAY		
8:15 – 9:30	POWERING THE POSTIVE	Ryan
9:30 – 10:45	“SNOW” MORE ANXIETY	Nicole
10:45 – 12:00	NAVIGATING THE CHALLENGES	Kathi
1:00 – 2:00	RECOVERY SUPPORT	Lucas
WEDNESDAY		
8:30 – 9:45	STRESS BUSTERS	Katie
9:45 – 11:00	NEW YEAR “NEW”TRITION	Ryan
11:00 – 12:00	SELF-ACCEPTANCE	Nicole
1:00 – 2:00	RESILIENCE JOURNEY	Kathi
THURSDAY		
8:15 – 9:00	EARLY MORNING INSIGHTS	Melissa
9:00 – 10:30	BEATING THE BLUES	Nicole/Ryan
10:30 – 12:00	MINDFULNESS AND CREATIVITY	Kathi
1:00 – 2:00	TIME FOR TECHNOLOGY	Lucas
FRIDAY		
8:30 – 10:00	FUN FRIDAY	STAFF
10:00 – 12:00	MOVIE GROUP	STAFF
12:00 – 1:00	LUNCH AND WRAP UP	Staff (Kathi)

***** Group times are subject to change based on attendance.

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9/20/24