

AURORA

WEEKLY CLASS CALENDAR

9/21/26-11/6/26



Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:15-10:00	Better Together <i>Melissa</i>	Recreation and Connection <i>Nicole</i>	Caring Connections <i>Kathi</i>	Rise and Recover <i>Nicole</i>	<i>Quiz and Tell</i> 8:30 start <i>Staff</i>
10:15-12:00	Teambuilders <i>Nicole</i>	Doorways to Acceptance <i>Kathi</i>	Foodie Friends <i>Nicole/Melissa</i>	Mindful Moments <i>Kathi</i>	Films with Friends: movie group <i>Staff</i>
Lunch 12:00-12:30					Lunch and Wrap up <i>Staff</i>
12:30-1:30	Coping Corner <i>Kathi</i>	Hopeful Haven <i>Lucas</i>	Musical Melodies <i>Lucas</i>	Digital Discovery <i>Lucas</i>	
Group times subject to change based on attendance					

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Suicide Crisis Lifeline: Text or Call 988

