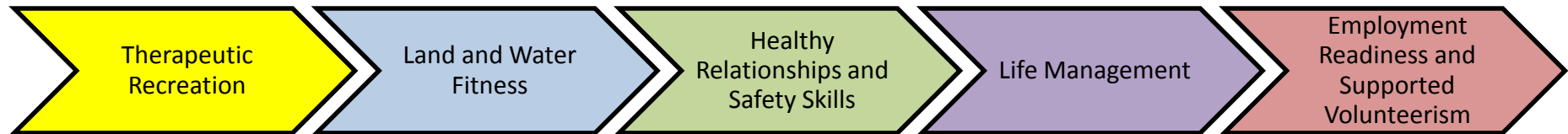


Foundations for Success Program

Class Schedule for May 1 – August 18, 2017



Morning Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
9:15-9:40am	Wake up Brantwood!	Wake up Brantwood!	Wake up Brantwood!	Wake up Brantwood!	Wake up Brantwood!
9:30-10am	Water Art – Active Class	Gentle Water Art Class	Water Art – Active Class	Gentle Water Art Class	Water Art – Active Class
10:30-11am	Gentle Water Art Class	Gentle Water Art Class	Gentle Water Art Class	Gentle Water Art Class	Gentle Water Art Class
9:45-11:15am	Physical Fitness	Physical Fitness	Physical Fitness	Physical Fitness	Physical Fitness
	Chair Exercise with Lisa (10:30-11am)	Café Volunteering	Around the World	Let's Get Cooking Level 2	Chair Yoga with Lisa (10:30-11am)
	Steps to Independence	Creative Arts			Exploring the Animal Kingdom

Afternoon Classes

1pm-2:30pm	Aerobic Water Art Class (1pm-1:30pm)	Foundations Open Swim (1-2pm)	Aerobic Water Art Class (1pm-1:30pm)	Foundations Open Swim (1-2pm)	Friday Open Swim (1pm-1:30pm)
	Street Smarts	Understanding Your Emotions	Multi-Sensory Room	Gentle Exercise	Music
	The Brantwood Bake Shoppe	Let's Get Cooking Level 1	Trail Walking	Café Volunteering	Circles Part 2
	Horticulture	Fun Fitness	Café Shopping	Mindbender Games	Horticulture
	Giving Back to Your Community			Giving Back to your Community	

