

## Mather Virtual Programs, March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Find more information and sign up for all programs at <a href="http://mather.com/programs">mather.com/programs</a>	A.M. (All times listed are Central)	1 9:30 Mindful Chair Yoga 11:00 Creative Mindfulness 2	2 11:00 Candoo Digital Literacy	3 11:00 Creative Community
	P.M. (All times listed are Central)	1:00 Aromatherapy 2.0 3:00 Guided Meditation		
6 9:30 Guided Meditation 11:00 All About Self-Love and Care	7 9:30 Garden Club 1 11:00 Intro to Meditation	8 9:30 Mindful Chair Yoga 11:00 Creative Mindfulness 2	9 11:00 Candoo Digital Literacy	10 11:00 Creative Community
1:00 Virtual Art Making 1 2:00 Garden Club 2 3:00 Mindful Eating	1:00 Gather in the Gallery 2:00 Aromatherapy 101 3:00 Virtual Art Making 2	1:00 Aromatherapy 2.0 2:00 Documentary & Discussion 3:00 Guided Meditation		
13 9:30 Guided Meditation 11:00 All About Self-Love and Care	14 9:30 Garden Club 1 11:00 Intro to Meditation	15 9:30 Mindful Chair Yoga 11:00 Creative Mindfulness 2	16 11:00 Candoo Digital Literacy	17 11:00 Creative Community
1:00 Virtual Art Making 1 2:00 Garden Club 2 3:00 Boost Your Brain & Memory	1:00 Gather in the Gallery 2:00 Aromatherapy 101 3:00 Virtual Art Making 2	1:00 Aromatherapy 3.0 2:00 Documentary & Discussion 3:00 Guided Meditation		
20 9:30 Guided Meditation 11:00 All About Self-Love and Care	21 9:30 Garden Club 1 11:00 Intro to Meditation	22 9:30 Mindful Chair Yoga 11:00 Creative Mindfulness 2	23 11:00 Candoo Digital Literacy	24 11:00 Creative Community
1:00 Virtual Art Making 1 3:00 Boost Your Brain & Memory	1:00 Gather in the Gallery 2:00 Aromatherapy 101 3:00 Virtual Art Making 2	1:00 Aromatherapy 3.0 2:00 Documentary & Discussion 3:00 Guided Meditation		
27 9:30 Guided Meditation 11:00 All About Self-Love and Care	28 11:00 Intro to Meditation	29 9:30 Mindful Chair Yoga 11:00 Creative Mindfulness 2	30 11:00 Candoo Digital Literacy	31 11:00 Creative Community
1:00 Virtual Art Making 1 3:00 Boost Your Brain & Memory	1:00 Gather in the Gallery 2:00 Aromatherapy 101 3:00 Virtual Art Making 2	1:00 Aromatherapy 3.0 2:00 Documentary & Discussion 3:00 Guided Meditation		

## Mather Virtual Programs, April 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Find more information and sign up for all programs at <a href="http://mather.com/programs">mather.com/programs</a>			A.M. (All times listed are Central)	<b>March 30</b> 11:00 Creative Community
			P.M. (All times listed are Central)	
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
9:30 Guided Meditation 11:00 Gather in the Gallery	9:30 Aromatherapy 3.0 11:00 All About Self-Love and Care	9:30 Mindful Chair Yoga 11:00 Garden Club 2	11:00 Candoo Digital Literacy	11:00 Creative Community
1:00 Creative Mindfulness 1 2:00 Virtual Art Making 2 3:00 Boost Your Brain & Memory	1:00 Intro to Mindfulness 2:00 Documentary & Discussion 3:00 Virtual Art Making 1	1:00 Creative Mindfulness 2 3:00 Guided Meditation		
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
9:30 Guided Meditation 11:00 Gather in the Gallery	9:30 Aromatherapy 3.0 11:00 All About Self-Love and Care	9:30 Mindful Chair Yoga 11:00 Garden Club 2	11:00 Candoo Digital Literacy	11:00 Creative Community
1:00 Creative Mindfulness 1 2:00 Virtual Art Making 2 3:00 Boost Your Brain & Memory	1:00 Intro to Mindfulness 2:00 Documentary & Discussion 3:00 Virtual Art Making 1	1:00 Creative Mindfulness 2 3:00 Guided Meditation		
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
9:30 Guided Meditation 11:00 Gather in the Gallery	9:30 Aromatherapy 3.0 11:00 All About Self-Love and Care	9:30 Mindful Chair Yoga	11:00 Candoo Digital Literacy	11:00 Creative Community
1:00 Creative Mindfulness 1 2:00 Virtual Art Making 2 3:00 Boost Your Brain & Memory	1:00 Intro to Mindfulness 2:00 Documentary & Discussion 3:00 Virtual Art Making 1	1:00 Creative Mindfulness 2 3:00 Guided Meditation		
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
9:30 Guided Meditation 11:00 Gather in the Gallery	11:00 All About Self-Love and Care		11:00 Candoo Digital Literacy	11:00 Creative Community
1:00 Creative Mindfulness 1 2:00 Virtual Art Making 2 3:00 Mindful Eating	1:00 Intro to Mindfulness 2:00 Documentary & Discussion 3:00 Virtual Art Making 1	1:00 Creative Mindfulness 2 3:00 Guided Meditation		