


Mather Virtual Programs, May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
9:30 Awaken to Meditation 11:00 Creative Mindfulness 1 1:00 Virtual Art Making 1 3:00 Aromatherapy Garden Club 1	9:30 Dancing for Joy	9:30 Mindful Chair Yoga 1:00 Gather in the Gallery 2:00 Aromatherapy 101 7:00 Deep Relaxation Guided Meditation	11:00 Candoo Digital Literacy	Find more information and register for all programs at mather.com/programs
8	9	10	11	
9:30 Awaken to Meditation 11:00 Creative Mindfulness 1 1:00 Virtual Art Making 1 3:00 Aromatherapy Garden Club 1	9:30 Dancing for Joy 3:00 Boost Your Brain & Memory	9:30 Mindful Chair Yoga 1:00 Gather in the Gallery 2:00 Aromatherapy 101 4:00 Head to Toe Well-Being 7:00 Deep Relaxation Guided Meditation	11:00 Candoo Digital Literacy	
15	16	17	18	19
9:30 Awaken to Meditation 11:00 Creative Mindfulness 1 1:00 Virtual Art Making 1 3:00 Aromatherapy Garden Club 1	9:30 Dancing for Joy 3:00 Boost Your Brain & Memory	9:30 Mindful Chair Yoga 1:00 Gather in the Gallery 2:00 Aromatherapy 101 4:00 Head to Toe Well-Being 7:00 Deep Relaxation Guided Meditation	11:00 Candoo Digital Literacy	Sign up for our August Do-It-Together Art Kits at mather.com/kits
22	23	24	25	26
9:30 Awaken to Meditation 11:00 Creative Mindfulness 1 1:00 Virtual Art Making 1 3:00 Aromatherapy Garden Club 1 3:00 Mindful Eating	9:30 Dancing for Joy 3:00 Boost Your Brain & Memory	9:30 Mindful Chair Yoga 1:00 Gather in the Gallery 2:00 Aromatherapy 101 4:00 Head to Toe Well-Being 7:00 Deep Relaxation Guided Meditation	11:00 Candoo Digital Literacy	
29	30	31	A.M. (All times listed are Central)	
No Programs - Memorial Day	9:30 Dancing for Joy 3:00 Boost Your Brain & Memory	9:30 Mindful Chair Yoga 4:00 Head to Toe Well-Being 7:00 Deep Relaxation Guided Meditation	P.M. (All times listed are Central)	

Mather Virtual Programs, June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Find more information and register for all programs at mather.com/programs	Join us on Facebook at facebook.com/groups/mathercreativeprograms	A.M. (All times listed are Central) P.M. (All times listed are Central)	1 9:30 June Essential Oil of the Month 11:00 Candoo Digital Literacy	2
5 9:30 Awaken to Meditation 11:00 Aromatherapy Garden Club 2 1:00 Art Journaling	6 11:00 D.I.T. Art Kits 1:00 D.I.T. Art Kits 3:00 Boost Your Brain & Memory	7 9:30 Mindful Chair Yoga 11:00 Creative Mindfulness 2 1:00 Live Audio Tales 2:00 Virtual Art Making 2 3:00 Gather in the Gallery 7:00 Deep Relaxation Guided Meditation	8 11:00 Candoo Digital Literacy	9 11:00 D.I.T. Art Kits
12 9:30 Awaken to Meditation 11:00 Aromatherapy Garden Club 2 1:00 Art Journaling 2:00 Getting Stronger - Head to Toe	13 9:30 Dancing for Joy 11:00 D.I.T. Art Kits 1:00 D.I.T. Art Kits 3:00 Boost Your Brain & Memory	14 9:30 Mindful Chair Yoga 11:00 Creative Mindfulness 2 1:00 Live Audio Tales 2:00 Virtual Art Making 2 3:00 Gather in the Gallery 4:00 Feeling Better - Head to Toe 7:00 Deep Relaxation Guided Meditation	15 11:00 Candoo Digital Literacy	16 11:00 D.I.T. Art Kits
19 No Programs - Juneteenth	20 9:30 Dancing for Joy 11:00 D.I.T. Art Kits 1:00 D.I.T. Art Kits	21 9:30 Mindful Chair Yoga 11:00 Creative Mindfulness 2 1:00 Live Audio Tales 2:00 Virtual Art Making 2 3:00 Gather in the Gallery 4:00 Feeling Better - Head to Toe 7:00 Deep Relaxation Guided Meditation	22 11:00 Candoo Digital Literacy	23 11:00 D.I.T. Art Kits
26 9:30 Awaken to Meditation 11:00 Aromatherapy Garden Club 2 1:00 Art Journaling 2:00 Getting Stronger - Head to Toe 3:00 Mindful Eating	27 9:30 Dancing for Joy 11:00 D.I.T. Art Kits 1:00 D.I.T. Art Kits	28 9:30 Mindful Chair Yoga 11:00 Creative Mindfulness 2 1:00 Live Audio Tales 2:00 Virtual Art Making 2 3:00 Gather in the Gallery 4:00 Feeling Better - Head to Toe 7:00 Deep Relaxation Guided Meditation	29 11:00 Candoo Digital Literacy	30 11:00 D.I.T. Art Kits