

Mather Virtual Programs, October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 Awaken to Meditation 11:00 Gentle Mat Yoga 11:00 Gather in the Gallery 1:00 Art Journaling 2:00 Getting Stronger - Head to Toe 3:00 Virtual Art Making	3 9:30 Mindful Chair Yoga	4	5 9:00 Creative Mindfulness 10:00 Nutrition at Home & Around the Globe 11:00 Candoo Digital Literacy 2:00 Song Sharing Circle	6
9 9:30 Awaken to Meditation 11:00 Gentle Mat Yoga 11:00 Gather in the Gallery 1:00 Art Journaling 2:00 Getting Stronger - Head to Toe 3:00 Virtual Art Making	10 9:30 Mindful Chair Yoga 11:00 D.I.T. Art Kits 1:00 D.I.T. Art Kits 2:00 Dancing for Joy 3:00 Boost Your Brain & Memory	11 11:00 Creative Mindfulness 2:30 Feeling Better - Head to Toe 3:00 Music Appreciation 3:00 Introduction to Aromatherapy 7:00 Deep Relaxation Guided Meditation	12 9:00 Creative Mindfulness 10:00 Nutrition at Home & Around the Globe 11:00 Candoo Digital Literacy 2:00 Song Sharing Circle	13 11:00 D.I.T. Art Kits
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