

# WEEKLY PROGRAMS

Mon

**Baking**

2pm - 4pm

Tue

**P.T**

12pm - 1pm

Wed

**P.T**

10am - 11am

**Art**

12pm - 2pm

Thu

**P.T**

10am - 11am  
(alternating Thursdays)

**Foodology**

1pm - 3pm

Fri

**Cafe**

9am - 11am

**Starting 1st week  
of November:**

Life Skills Program  
11am-1pm  
Mondays

Ladies Night  
4pm - 6pm  
Every 2nd Friday