



# THE CONNECTION

## FREE CLASSES & EVENTS

### MAY

| SUNDAY    | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY   |
|-----------|---|--|---|--|--|--|
|           |   |  | <b>1</b><br>Tai Chi Made EZ-10am-11:30am<br>Group Walk-12pm-1pm<br>Gentle Yoga With Ann-12pm-1pm<br>Restorative Movement With Ann-1:15pm-2:15pm<br>Zumba-6pm-7pm                          | <b>2</b><br>Tai Chi Made EZ-10am-11:30am<br>The Power of Mirroring-12pm-1pm<br>Stress Management-1:30pm-2:30pm<br>Yoga Nidra-5:30pm-6:30pm                               | <b>3</b><br>QiGong-10am-11:30am<br>Pilates with Tamra-12pm-1pm<br>Yoga with Tamra-1:30pm-2:30pm<br>Smartphone Movie Making-3pm-4pm                                       | <b>4</b> Arts Alive! - 6pm-9pm<br><b>ART</b> - "Hand-Painted Hallucinations" by Toad<br><b>MUSIC</b> - Blues, country, rock & humor with the Original Anna Banana!<br><b>FOOD</b> - Light Refreshments will be served. |
| <b>5</b>  | <b>6</b><br>Healing Through Poetry-10am-11:30am<br>Mindfulness Meditation-3pm-4pm<br>Yoga with Emily-5:30pm-6:30pm                                    | <b>7</b><br>Tea With Nurse Laura-11am-12pm<br>Herbal Healing-12pm-1pm<br>Tai Chi Made EZ-1pm-2:30pm<br>Wellbeing Works Workshop Last Day*-5pm-7pm<br>Zumba-6pm-7pm | <b>8</b> Tai Chi Made EZ-10am-11:30am<br>Group Walk-12pm-1pm<br>Gentle Yoga With Ann-12pm-1pm<br>Restorative Movement-1:15pm-2:15pm<br>Grow Business w/Social-3pm-4:45pm<br>Zumba-6pm-7pm | <b>9</b> Tai Chi Made EZ-10am-11:30am<br>The Power of Mirroring-12pm-1pm<br>Stress Management-1:30pm-2:30pm<br>Yoga Nidra-5:30pm-6:30pm                                  | <b>10</b> QiGong-10am-11:30am<br>Pilates with Tamra-12pm-1pm<br>Yoga with Tamra-1:30pm-2:30pm<br>Smartphone Movie Making-3pm-4pm<br>Special Speaker Sue Sisley MD-5:30pm | <b>11</b><br><b>JOB FAIR</b><br><b>EMPLOYMENT ASSISTANCE &amp; SUPPORT EVENT</b><br>10AM-4PM   |
| <b>12</b> | <b>13</b><br>Healing Through Poetry-10am-11:30am<br>Thai Massage Workshop-12pm-2pm<br>Mindfulness Meditation-3pm-4pm<br>Yoga with Emily-5:30pm-6:30pm | <b>14</b><br>Herbal Healing-12pm-1pm<br>Tai Chi Made EZ-1pm-2:30pm<br>Zumba-6pm-7pm  | <b>15</b> Tai Chi Made EZ-10am-11:30am<br>Group Walk-12pm-1pm<br>Gentle Yoga With Ann-12pm-1pm<br>Restorative Movement With Ann-1:15pm-2:15pm<br>Zumba-6pm-7pm                            | <b>16</b> Tai Chi Made EZ-10am-11:30am<br>The Power of Mirroring-12pm-1pm<br>Stress Management-1:30pm-2:30pm<br>Yoga Nidra-5:30pm-6:30pm<br>Scrap Humboldt Reuse-3pm-5pm | <b>17</b> QiGong-10am-11:30am<br>Pilates with Tamra-12pm-1pm<br>Yoga with Tamra-1:30pm-2:30pm<br>Smartphone Movie Making-3pm-4pm   | <b>18</b>  |
| <b>19</b> | <b>20</b><br>Healing Through Poetry-10am-11:30am<br>Sushi and Joint Rolling-5pm-6:30pm<br>*No Yoga with Emily Today<br>*No Mindful Meditation         | <b>21</b><br>Tea With Nurse Laura-11am-12pm<br>Herbal Healing-12pm-1pm<br>Tai Chi Made EZ-1pm-2:30pm<br>Zumba-6pm-7pm  | <b>22</b> Tai Chi Made EZ-10am-11:30am<br>Group Walk-12pm-1pm<br>Gentle Yoga With Ann-12pm-1pm<br>Restorative Movement With Ann-1:15pm-2:15pm<br>Zumba-6pm-7pm                            | <b>23</b> Tai Chi Made EZ-10am-11:30am<br>The Power of Mirroring-12pm-1pm<br>Stress Management-1:30pm-2:30pm<br>Yoga Nidra-5:30pm-6:30pm                                 | <b>24</b> QiGong-10am-11:30am<br>Pilates with Tamra-12pm-1pm<br>Yoga with Tamra-1:30pm-2:30pm<br>Smartphone Movie Making-3pm-4pm   | <b>25</b>  |
| <b>26</b> | <b>27</b><br>CLOSED FOR MEMORIAL DAY  | <b>28</b><br>Herbal Healing-12pm-1pm<br>Tai Chi Made EZ-1pm-2:30pm<br>Zumba-6pm-7pm  | <b>29</b> Tai Chi Made EZ-10am-11:30am<br>Group Walk-12pm-1pm<br>Gentle Yoga With Ann-12pm-1pm<br>Restorative Movement With Ann-1:15pm-2:15pm<br>Zumba-6pm-7pm                            | <b>30</b> Tai Chi Made EZ-10am-11:30am<br>The Power of Mirroring-12pm-1pm<br>Stress Management-1:30pm-2:30pm<br>Yoga Nidra-5:30pm-6:30pm                                 | <b>31</b> QiGong-10am-11:30am<br>Pilates with Tamra-12pm-1pm<br>Yoga with Tamra-1:30pm-2:30pm<br>Smartphone Movie Making-3pm-4pm<br>Open Mic Night-6:30pm-9:30pm         |  |

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Permit #A 12-18-0000025-TEMP | Permit #M 12-18-0000027-TEMP