



## Day Service Class Catalog: January 14th – March 25<sup>th</sup> 2018

	<u><i>Monday</i></u>		<u><i>Tuesday</i></u>		<u><i>Wednesday</i></u>		<u><i>Thursday</i></u>		<u><i>Friday</i></u>	
<b>9-9:45</b>	<b>MNF Round Up</b>		<b>MNF Round Up</b>		<b>MNF Round Up</b>		<b>MNF Round Up</b>		<b>MNF Round Up</b>	
<b>10-10:45</b>	GTC	Ceramics	The joy of cooking	GTC	Community Involvement	GTC	GTC	Community Involvement	Zumba	GTC
<b>11:11:45</b>	Art Studio	Animal Visits	The joy of cooking	The joy of cooking	Community Involvement	Music Therapy	Music Therapy	Community Involvement	Helping Hands	Zumba
<b>12-1</b>	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<b>1:00-2:00</b>	Ceramics	Art Studio	Yoga	Golf Carts	Community Involvement	Yoga	Animal Visits	Community Involvement	Golf Carts	Helping Hands
<b>2:00-2:45</b>	<b>MNF Move 'em Out</b>		<b>MNF Move 'em Out</b>		<b>MNF Move 'em Out</b>		<b>MNF Move 'em Out</b>		<b>MNF Move 'em Out</b>	

Please submit all questions and registrations to: [laurawilliams@clokan.org](mailto:laurawilliams@clokan.org) or call 785-979-1889 at any time.

Please feel free if you have any questions, comments or suggestions just ask!

We would be glad to accommodate!

### **Yoga**

Come work on relaxation, meditation, and flexibility. A very gentle and restorative yoga that is suitable for almost all abilities.

### **The Joy of Cooking**

Come out and spend quality time in the kitchen! Everyone loves a good home cooked meal! Look for our cookbooks in the spring!

### **(GTC) Green Thumb Club**

The Green house needs us to get it ready for the spring! We will be working on basic skills of planting, potting, watering, and watching plants grow.

### **Helping Hands**

We will learn how we can serve others in our community. As a group we will plan and execute service projects to help make a difference in our community.

### **Animal Visits**

Our Funny, Furry, and Friendly pals need your attention! Come visit us!

### **Golf Carts**

Learn the basics of driving in our golf carts! Learn to pass our “driving course” and go for a leisurely ride at the farm. For those who would rather have a chauffeur, enjoy a ride and relax.

### **Arena Games**

Come and get active in our indoor arena! We will be playing Kickball, Red light Green light, Ultimate Frisbee, and capture the flag.

### **Ceramics**

Learn the basics of ceramics in our Pottery Barn. We will hand build pinch and coil pots, learn all about the different stages of firing the kilns, glazing our finished products. We are also practicing using the slip to create beautiful pieces of pottery!

### **Music Therapy**

Learn the basics of drumming, the ukulele, games to get you shaking, pass the beat, and more! Each week we will practice using and learning the different kinds of instruments we have!

### **Art Studio**

Each week we will work on an ongoing art studio project! Look out for oil and pastel paintings, wire art, wood carving projects, lamp shade art, selfies & more!

### **Zumba!**

Join us every Friday morning as we dance into the weekend with Zumba! It will be held in the arena, so get ready to move!

### **Community**

Being a part of the community is so important to us! We will be starting our day by delivering the helping hands projects to the Cedar Creek office as well as the City Building in downtown Lawrence! Then we will spend the morning at the East Lawrence Rec Center to partake in physical activity. Then we will have lunch in the community and then follow up with visiting the different museums and attractions around the Lawrence, Eudora and Baldwin areas!