

# March 2021

## Group Services Online Virtual Programs Using Microsoft Teams

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>WOMEN2WOMEN</b> (Open Discussion) 1:00pm - 2:00pm	2 <b>GET MOVING</b> (Seated Yoga) 10:30am - 11:00am <b>VIRTUAL CLIENT MEETING</b> 1:00pm - 2:00pm	3 <b>CLINIC WEDNESDAY</b> (COVID 19 Vaccine) 10:30am - 11:00am <b>VIRTUAL VACATIONS</b> (India) 1:00pm - 2:00pm	4 <b>GET MOVING</b> (Seated Dance) 10:30am - 11:00am <b>THEME THURSDAY</b> (Wheel of Fortune) 1:00pm - 2:00 pm	5 <b>CREATIVE EXPRESSION</b> (Abstract Painting) 10:30am - 11:00am <b>VIRTUAL FRIDAYS</b> (TV Flashback) 6:00pm—7:00pm
8 <b>WOMEN2WOMEN</b> (Would You Rather) 1:00pm - 2:00pm	9 <b>GET MOVING</b> (Seated Exercise) 10:30am - 11:00am <b>PRESENTATION</b> (Our "Virtual" Reality with Jeff) 1:00pm - 2:00 pm	10 <b>CLINIC WEDNESDAY</b> (The Greeter Committee Welcomes You) 10:30am - 11:00am *Family Welcome* <b>VIRTUAL VACATIONS</b> (Ireland) 1:00pm - 2:00pm	11 <b>GET MOVING</b> (Seated Dance) 10:30am - 11:00am <b>THERAPEUTIC THURSDAY</b> (Luck and Superstition) 1:00pm - 2:00pm	12 <b>CREATIVE EXPRESSION</b> (Shamrock Art) 10:30am - 11:00am <b>VIRTUAL FRIDAYS</b> (Sitcoms & Snacks) 6:00pm - 7:00pm
15 <b>WOMEN2WOMEN</b> (Luck) 1:00pm - 2:00pm	16 <b>GET MOVING</b> (Seated Yoga) 10:30am - 11:00am	17 <b>VIRTUAL VACATIONS</b> (Tokyo) 1:00pm - 2:00pm	18 <b>GET MOVING</b> (Seated Dance) 10:30am - 11:00am <b>THEME THURSDAY</b> (All Things Green Trivia) 1:00pm - 2:00 pm	19 <b>CREATIVE EXPRESSION</b> (Lucky Art) 10:30am - 11:00am <b>VIRTUAL FRIDAYS</b> (Logo's) 6:00pm - 7:00pm
22 <b>WOMEN2WOMEN</b> (SOCIAL WORK: Stress Management.) 1:00pm - 2:00pm	23 <b>GET MOVING</b> (Seated Exercise) 10:30am - 11:00am <b>MUSIC THERAPY</b> (Kristen Anderson) 1:00pm—2:00 pm	24 <b>VIRTUAL VACATIONS</b> (Egypt) 1:00pm - 2:00pm	25 <b>GET MOVING</b> (Seated Dance) 10:30am - 11:00am <b>THERAPEUTIC THURSDAY</b> (A Day in the Life) 1:00pm - 2:00pm	26 <b>CREATIVE EXPRESSION</b> (Good Luck Bear) 10:30am - 11:00am <b>VIRTUAL FRIDAYS</b> (Social Night & Chat) 6:00pm - 7:00pm
29 <b>WOMEN2WOMEN</b> (A Fresh Beginning) 1:00pm - 2:00pm	30 <b>GET MOVING</b> (Seated Yoga) 10:30am - 11:00am	31 <b>VIRTUAL VACATIONS</b> (New York) 1:00pm - 2:00pm		

TO JOIN A VIRTUAL PROGRAM  
PLEASE CONTACT THE GROUP  
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Head Injury  
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