COMMUNITY LIVING Essex County

Inspiring Possibilities

FOCUS ACCREDITATION

VIRTUAL SUPPORTS

SESSION DATES AND TIMES

MAY 1ST - MAY 31ST 2026



SUN	MON	TUE	WED	THU	FRI	SAT
					1 **10:45a-11:45a** Ready to Read **3p-4p** Bingo	2
3	4 **10a-11a** Yoga with Coco **3:30p-4:30p** Signing with Friends	5 **10a-11a** Morning Stretches **3p-4p** Drum Fit with Sunshine	6 **11:30a-12:30p** National Astronauts Day **2p-3p** The Life of a Mother Through the Ages **6p-7p** Bingo	7 **11a-12p** Laughter Yoga **2p-3p** Word Games **6p-8p** Movie Night	8 **10:45a-11:45a** Ready to Read **3p-4p** Bingo	9
10	11 **10a-11a** Yoga with Coco **12p-1p** Meet & Eat **3:30p-4:30p** Music Trivia	12 **11a-12p** Spring Refresh **3p-4p** Drum Fit with Sunshine	13 **11a-12p** Spotlight: Dwayne Johnson **2:30p-3:30p** Music Therapy **4p-5p** Game Day	14 **11a-12p** Tennessee Part 2: Dollywood **6p-7p** Family Feud	15 **10:45a-11:45a** Ready to Read **3p-4p** Spring Bingo	16
17	18 HOLIDAY	19 **10a-11a** Morning Stretches **3p-4p** Drum Fit with Sunshine	20 **11a-12p** Travel the World Around Us **2p-3p** Firefighters from Around the World **5p-6p** Bingo	21 **11a-12p** Laughter Yoga **2p-3p** All About Cats	22 **10:45a-11:45a** Ready to Read **3p-4p** Number Bingo	23
24	25 **10a-11a** Yoga with Coco **12p-1p** Meet & Eat **3:30p-4:30p** Music Trivia	26 **1p-2p** Painting with Brianne **3p-4p** Drum Fit with Sunshine	27 **11:30a-12:30p** Wellness Wednesday **2:30p-3:30p** Music Therapy **6p-7p** Game Night	28 **11a-12p** Spring Trivia **3p-4p** Guess the Sounds and Pictures **6p-8p** Movie Night	29 **10:45a-11:45a** Ready to Read **3p-4p** Number Bingo	30 31