COMMUNITY LIVING Essex County

Inspiring Possibilities

FOCUS ACCREDITATION

VIRTUAL SUPPORTS

SESSION DATES AND TIMES

APRIL 1ST - APRIL 30TH 2026



SUN	MON	TUE	WED	THU	FRI	SAT
			1 **11a-12p** Baseball is Back **2:30p-3:30p** Music Therapy **4p-5p** Game Night	2 **11a-12p** Let's go to Tennessee **2p-3p** Painting with Brianne	3 **Good Friday**	4
5	6 **Easter Monday**	7 **10a-11a** Morning Stretches **3p-4p** Drum Fit with Sunshine	8 **11:30a-12:30p** Wellness Wednesday: Living a Balanced Life **2p-3p** What Would You Do? **6p-7p** Spring Bingo	9 **11a-12p** Laughter Yoga **3p-4p** What's Up with this Weather **6p-8p** Comedy Movie Night	10 **10:45a-11:45a** Ready to Read **12:30p-1:30p** Karaoke with Candace **3p-4p** Number Bingo	11
12	13 **10a-11a** Yoga with Coco **12p-1p** Meet & Eat **3:30p-4:30p** Signing with Friends	14 **11:30a-12:30p** Craft & Chat Spring Craft **3p-4p** Drum Fit with Sunshine	15 **11a-12p** Actors that Sing **2:30p-3:30p** Music Therapy **4p-5p** Dice Games	16 **11a-12p** Large Dog Breeds **6p-7p** Jeopardy	17 **10:45a-11:45a** Ready to Read **3p-4p** Number Bingo	18
19	20 **10a-11a** Yoga with Coco **3:30p-4:30p** Earth Day Music Trivia	21 **10a-11a** Morning Stretches **3p-4p** Drum Fit with Sunshine	22 **11a-12p** Then and Now **2p-3p** Cooking with Company **5p-6p** Spring Bingo	23 **11a-12p** Laughter Yoga **2p-3p** Guess Who? **6p-8p** Movie Night	24 **10:45a-11:45a** Ready to Read **3p-4p** Number Bingo	25
26	27 **10a-11a** Yoga with Coco **12p-1p** Meet & Eat **3:30p-4:30p** Music Trivia	28 **11:30a-12:30p** Spring into Spring **3p-4p** Drum Fit with Sunshine	29 **11:30a-12:30p** Wellness Wednesday: A Good Laugh Goes a Long Way **2:30p-3:30p** Music Therapy **6p-7p** Game Night	30 **11a-12p** Small Dog Breeds **2p-3p** National Honesty Day		