



ATLANTIC
CENTER FOR INDEPENDENT LIVING, INC

Activities & Support Groups

May

SUN	MON	TUE	WED	THU	FRI	SAT
1 <u>Meditation 7:30am</u> 	2 <u>Coping Skills 11am</u> <u>Sketch Book 1pm</u> <u>Current Events 3pm</u>	3 <u>Chair Yoga 10am</u> <u>Life Skills 1pm</u>	4 <u>Mind & Body 11am</u> <u>Bat. Burnout 1pm</u> <u>Chronic Pain 2pm</u>	5 <u>The Floor 4pm</u> <u>Life Skills 6pm</u>	6 <u>Soc. & Well 11am</u>	
8 <u>Meditation 7:30am</u> 	9 <u>Coping Skills 11am</u> <u>Sketch Book 1pm</u> <u>Current Events 3pm</u> <u>Support Net. 3pm</u>	10 <u>Chair Yoga 10am</u> <u>Life Skills 1pm</u>	11 <u>Mind & Body 11am</u> <u>Bat. Burnout 1pm</u> <u>Chronic Pain 2pm</u> <u>Health Call 5:30pm</u>	12 <u>The Floor 4pm</u> <u>Life Skills 6pm</u> 	13 <u>Soc. & Well 11am</u>	
15 <u>Meditation 7:30am</u>	16 <u>Coping Skills 11am</u> <u>Sketch Book 1pm</u> <u>Current Events 3pm</u>	17 <u>Chair Yoga 10am</u> <u>Life Skills 1pm</u>	18 <u>Mind & Body 11am</u> <u>Bat. Burnout 1pm</u> <u>Chronic Pain 2pm</u>	19 <u>Com. Skills 3pm</u> <u>The Floor 4pm</u> <u>Life Skills 6pm</u>	20 <u>Soc. & Well 11am</u> 	
22 <u>Meditation 7:30am</u>	23 <u>Coping Skills 11am</u> <u>Sketch Book 1pm</u> <u>Current Events 3pm</u>	24 <u>Chair Yoga 10am</u> <u>Life Skills 1pm</u>	25 <u>Mind & Body 11am</u> <u>Bat. Burnout 1pm</u> <u>Chronic Pain 2pm</u> <u>Health Call 5:30pm</u>	26 <u>Poetry Slam</u> <u>The Floor 4pm</u> <u>Life Skills 6pm</u>	27 <u>Soc. & Well 11am</u>	
29 <u>Meditation 7:30am</u>	30 <u>Memorial Day</u> *** HONORING ALL WHO SERVED *** <u>Coping Skills 11am</u> <u>Sketch Book 1pm</u> <u>Current Events 3pm</u> 	31 <u>Chair Yoga 10am</u> <u>Life Skills 1pm</u>				

Click on each group/activity title for active zoom link.

Contact us for more information at jburke@atlanticcil.org | (609)748-2253 ext. 4

