


DC Day Service Class Catalog: June 1st-30th

Monday	Tuesday	Wednesday	Thursday	Friday
		1 GL Coffee Cafe Group Choice Board Games Pixel Art Mystery Pictures	2 Dance and Movement String Painting GL Bowling League Ceramic- Glaze	3 Group Choice DragonFly Craft Sticks BINGO Photography Club
6 Group Choice Seashell Canvas Art Walking Club Book Club	7 Walking Club Ceramics - Tic Tac Toe Board Group Choice Paper Plate Fish	8 Group Choice GL Coffee Cafe Water Fun Cactus Rock Pots	9 Dance and Movement Ceramics- Glaze Paper Bowl Jellyfish GL Bowling League	10 Group Choice Mini Instant Photo Frames Photography Club Movie: Group Choice
13 Baking Lemon Bars Walking Club Book Club Group Choice	14 Group Choice Helping Hands- Vans Ceramics- Clay Flags Music Therapy	15 Local Park Water Fun Paper Fans Movie: Group Choice	16 Dance and Movement Ceramics-Glaze Summer Dot Sticker Art GL Bowling League	17 Group Choice Photography Club Marble Painting BINGO
20 Walking Club Baking: Smores Bars 	21 Group Choice Helping Hands- Vans Ceramics- Nature Impressions Music Therapy	22 Pet Sore Water Fun GL Coffee Cafe Cloud Paintings	23 Ceramics-Glaze Outdoor Games Gardening GL Bowling League	24 Group Choice Photography Club DIY Flower Pot BINGO
27 Group Choice Paper Pinwheels Walking Club Book Club	28 Group Choice Helping Hands- Vans Ceramics- Sea Shells Music Therapy	29 Pet Sore Water Fun GL Coffee Cafe Pinecone Pineapples	30 Ceramics- Glaze Outdoor Games Gardening GL Bowling League	

Want to Join a Class or Visit? Email kimberlygray@mygoodlife.org or ashleygoodman@mygoodlife.org

Day Service Class Descriptions

Exercise - Pound Workout- Walking Club- Chair Yoga- Stretching- Being active and healthy by walking, dancing, stretching and moving our bodies!

Guest Teacher- Staff will take turns sharing and creating activities that they enjoy!

Community Outings- Exploring the community and getting involved!

Helping Hands- Working together and building life skills.

Movie- Enjoying watching favorites or classic movies.

Cooking: Baking and Making Healthy Snacks- Measuring and following a recipe are great life skills to practice!

Ceramics- Build ceramics by molding clay and firing it in the kiln then adding color by glazing it.

Game Time- Having fun and playing games while building healthy social skills.

Music Therapy and Karaoke- Singing and enjoying a variety of songs!

Crafting- Making a wide variety of crafts.

GL Coffee Cafe- Making drinks, listening to music and socializing with friends. We are bringing the coffee house experience to Goodlife.

Photography Club- Enjoying the outdoors and taking pictures of nature and the community.

Gardening- Planting, growing and caring for a wide variety of plants on the back patio.

Book Club- Reading and discussing our favorite books.