

Curriculum Calendar

Program: Mpls
Month/Year: February / 2012

Week 1

Mon Click here to enter text.	Tues Click here to enter text.	Wed 1st	Thurs 2nd	Fri 3rd
Click here to enter text.	Click here to enter text.	<p><u>8:30-9:30</u> Old Town In Town / work <u>8:30-9:30</u> Coffee Talk / kitchen <u>9:30-11:30</u> *Hilton / work <u>10:00-11:00</u> Catch-up on Voc Path / common area <u>12:00 – 1:00</u> Computer / Computer rm <u>12:30-1:30</u> Sports talk with Sean / Kitchen</p>	<p><u>8:30-9:30</u> Old Town In Town / work <u>8:30-9:30</u> Coffee Talk / kitchen <u>9:30-11:30</u> *Hilton / work <u>9:30-10:30</u> Vocational Path A new you / kitchen <u>12:00-1:00</u> Current Events / kitchen <u>12:30-1:30</u> Dice Bowling / activity rm <u>1:00-1:30</u> Dance Movement /common area</p>	<p><u>8:30-9:30</u> Old Town In Town / work <u>8:30-9:30</u> Coffee Talk / kitchen <u>9:30-11:30</u> *Hilton / work <u>9:30-11:00</u> *Art Activity re: month research / common area <u>12:30-1:30</u> Vocational Path Landing a job / kitchen <u>12:30-1:30</u> Trivia & Games / kitchen & Common area</p>

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Equal Opportunity Employer.



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Week 2

Mon 6th	Tues 7th	Wed 8th	Thurs 9th	Fri 10th
<p><u>8:30-9:30</u> Old Town In Town / work</p> <p><u>8:30-9:30</u> Football Picks/ kitchen</p> <p><u>9:30-11:30</u> *Hilton / work</p> <p><u>9:30-10:30</u> Vocational Path – A new you / kitchen</p> <p><u>12:30-1:30</u> Current Events / kitchen</p> <p><u>12:30-1:30</u> Spanish w/Kade / conf rm</p>	<p><u>8:30-9:30</u> Old Town In Town / work</p> <p><u>8:30-9:30</u> Coffee Talk / kitchen</p> <p><u>9:30-11:30</u> *Hilton / work</p> <p><u>9:00-11:30</u> *Peace Coffee / work</p> <p><u>12:30-1:30</u> Vocational Path Landing a job / kitchen</p> <p><u>12:30-1:30</u> Moveit/Walking Club / outside</p>	<p><u>8:30-9:30</u> Old Town In Town / work</p> <p><u>8:30-9:30</u> Coffee Talk / kitchen</p> <p><u>9:30-11:30</u> *Hilton / work</p> <p><u>9:00-11:30</u> *Peace Coffee / work</p> <p><u>12:00 – 1:00</u> Computer / Computer rm</p> <p><u>12:30-1:30</u> Sports talk with Sean / Kitchen</p>	<p><u>8:30-9:30</u> Old Town In Town / work</p> <p><u>8:30-9:30</u> Coffee Talk / kitchen</p> <p><u>9:30-11:30</u> *Hilton / work</p> <p><u>9:30-10:30</u> Vocational Path A new you / kitchen</p> <p><u>12:00-1:00</u> Current Events / kitchen</p> <p><u>12:30-1:30</u> Dice Bowling / activity rm</p> <p><u>1:00-1:30</u> Dance Movement /common area</p>	<p><u>8:30-9:30</u> Old Town In Town / work</p> <p><u>8:30-9:30</u> Coffee Talk / kitchen</p> <p><u>9:30-11:30</u> *Hilton / work</p> <p><u>9:30-11:00</u> *Art Activity re: month research / common area</p> <p><u>12:30-1:30</u> Vocational Path Landing a job / kitchen</p> <p><u>12:30-1:30</u> Trivia & Games / kitchen & Common area</p>

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Week 3

Mon 13th	Tues 14th	Wed 15th	Thurs 16th	Fri 17th
<p><u>8:30-9:30</u> Old Town In Town / work</p> <p><u>8:30-9:30</u> Football Picks/ kitchen</p> <p><u>9:30-11:30</u> *Hilton / work</p> <p><u>9:30-10:30</u> Vocational Path – A new you / kitchen</p> <p><u>12:30-1:30</u> Current Events / kitchen</p> <p><u>12:30-1:30</u> Spanish w/Kade / conf rm</p>	<p><u>8:30-9:30</u> Old Town In Town / work</p> <p><u>8:30-9:30</u> Coffee Talk / kitchen</p> <p><u>9:30-11:30</u> *Hilton / work</p> <p><u>10:00-11:30</u> Ridgedale Library / common area</p> <p><u>12:30-1:30</u> Vocational Path Landing a job / kitchen</p> <p><u>12:30-1:30</u> Moveit/Walking Club / outside</p>	<p><u>8:30-9:30</u> Old Town In Town / work</p> <p><u>8:30-9:30</u> Coffee Talk / kitchen</p> <p><u>9:30-11:30</u> *Hilton / work</p> <p><u>10:00-11:00</u> Catch-up on Voc Path / common area</p> <p><u>12:00 – 1:00</u> Computer / Computer rm</p> <p><u>12:30-1:30</u> Sports talk with Sean / Kitchen</p>	<p><u>8:30-9:30</u> Old Town In Town / work</p> <p><u>8:30-9:30</u> Coffee Talk / kitchen</p> <p><u>9:30-11:30</u> *Hilton / work</p> <p><u>9:30-10:30</u> Vocational Path A new you / kitchen</p> <p><u>12:00-1:00</u> Current Events / kitchen</p> <p><u>12:30-1:30</u> Dice Bowling / activity rm</p> <p><u>1:00-1:30</u> Dance Movement /common area</p>	<p><u>8:30-9:30</u> Old Town In Town / work</p> <p><u>8:30-9:30</u> Coffee Talk / kitchen</p> <p><u>9:30-11:30</u> *Hilton / work</p> <p><u>9:30-11:00</u> *Art Activity re: month research / common area</p> <p><u>12:30-1:30</u> Vocational Path Landing a job / kitchen</p> <p><u>12:30-1:30</u> Trivia & Games / kitchen & Common area</p>

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Curriculum Calendar

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Week 4

Mon 20th	Tues 21st	Wed 22nd	Thurs 23rd	Fri 24th
<p>Lifeworks Holiday / Minneapolis office closed</p>	<p><u>8:30-9:30</u> Old Town In Town / work <u>8:30-9:30</u> Coffee Talk / kitchen <u>9:30-11:30</u> *Hilton / work <u>9:00-11:30</u> *Peace Coffee / work <u>12:30-1:30</u> Vocational Path Landing a job / kitchen <u>12:30-1:30</u> Moveit/Walking Club / outside</p>	<p><u>8:30-9:30</u> Old Town In Town / work <u>8:30-9:30</u> Coffee Talk / kitchen <u>9:30-11:30</u> *Hilton / work <u>9:00-11:30</u> *Peace Coffee / work <u>12:00 - 1:00</u> Computer / Computer rm <u>12:30-1:30</u> Sports talk with Sean / Kitchen</p>	<p><u>8:30-9:30</u> Old Town In Town / work <u>8:30-9:30</u> Coffee Talk / kitchen <u>9:30-11:30</u> *Hilton / work <u>9:30-10:30</u> Vocational Path A new you / kitchen <u>12:00-1:00</u> Current Events / kitchen <u>12:30-1:30</u> Dice Bowling / activity rm <u>1:00-1:30</u> Dance Movement /common area</p>	<p><u>8:30-9:30</u> Old Town In Town / work <u>8:30-9:30</u> Coffee Talk / kitchen <u>9:30-11:30</u> *Hilton / work <u>9:30-11:00</u> *Art Activity re: month research / common area <u>12:30-1:30</u> Vocational Path Landing a job / kitchen <u>12:30-1:30</u> Trivia & Games / kitchen & Common area</p>

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Week 5

Mon 27th	Tues 28th	Wed 29th	Thurs Click here to enter text.	Fri Click here to enter text.
<p><u>8:30-9:30</u> Old Town In Town / work <u>8:30-9:30</u> Football Picks/ kitchen <u>9:30-11:30</u> *Hilton / work <u>9:30-10:30</u> Vocational Path – A new you / kitchen <u>12:30-1:30</u> Current Events / kitchen <u>12:30-1:30</u> Spanish w/Kade / conf rm</p>	<p><u>8:30-9:30</u> Old Town In Town / work <u>8:30-9:30</u> Coffee Talk / kitchen <u>9:30-11:30</u> *Hilton / work <u>10:00-11:30</u> Ridgedale Library / community <u>12:30-1:30</u> Vocational Path Landing a job / kitchen <u>12:30-1:30</u> Moveit/Walking Club / outside</p>	<p><u>8:30-9:30</u> Old Town In Town / work <u>8:30-9:30</u> Coffee Talk / kitchen <u>9:30-11:30</u> *Hilton / work <u>10:00-11:00</u> Catch-up on Voc Path / common area <u>12:00 – 1:00</u> Computer / Computer rm <u>12:30-1:30</u> Sports talk with Sean / Kitchen</p>	<p>Click here to enter text.</p>	<p>Click here to enter text.</p>

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Curriculum Class Descriptions

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Hilton	A hotel within walking distance where Lifeworks folds napkins and roll silverware for the on site restaurant.
Vocational Path. New You	A New You: will get you off to a healthy start for the New Year! You will set personal health goals, learn about the importance of exercise, healthy eating, bustin' the winter blues and winter health safety. Each week you will Move it and Groove it with a different physical activity.
Current Events	Bring you People Magazine, headline from CNN or breaking news story of the day. We discuss what's happening in the world about talk about how that might impact us.
Dice Bowling.	Play dice bowling, learn sportsmanship, practice working as a team and cheer for your colleagues.
Dance / Movement	A chance to burn some calories while having fun. We utilize our open space to do Zumba, Yoga and stretching.
Coffee Talk	Bring your celebrity gossip, new snack recipe, and whatever is on the tip of your tongue. Enjoy a cup of coffee while you relax and talk with your colleagues.
Monthly Research	Research information from the computer, bring items from home, magazine articles, pictures, and anything that has to do with the current month.
Monthly Art.	Create an art project with clippings, drawings, and any other material relating to the current month. Work individually or with a friend.
Monthly Fun Food	Research, converse and maybe try food relating to the current month, as well as, different culture's food that may be new and different.
Puzzle Group	Utilize your brain power to put together puzzles and do brain teasers. Work together or individually and expand your knowledge.
Trivia and Games	Farkel, Uno, Trivial Pursuit and Pictionary are some of our favorites. A chance to practice working on a team and cheer your friends on!

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Spanish Volunteer	Come and join spectacular volunteer Kade, who has lived and traveled across Spain. She shares amazing stories and bits of culture while helping us identify everyday items and phrases in her favorite language – Spanish!
Move-it / Walking	Time to get out and move! There is so much to see as we explore area parks, lakes, bridges, fountains, or meander through the skyways if it's bad weather. Keep track of your steps or count the miles you walk.
Computer Lab	Learn how to type up a grocery list, pretty up your resume, increase your typing speed and then try to beat the computer at a fun game.
Sports Talk	Are you a sports enthusiast? Spend 40 minutes each week selecting your top picks for baseball, basketball, hockey, soccer, football, whatever your interest is. Catch up on scores, trades, coaches and more.
Football Picks	Have fun in a social setting with your friends picking your favorite teams and talking about the reasons why.
Vocational Path. Landing a Job	In this series, the classes are designed to teach you the needed steps to find a job. You will learn how to present yourself, identify work goals; write resumes, references and thank you notes; how to find available jobs and stay motivated in the process!