THE PAULA CRANE CENTER

April Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1/	2	3

The Paula Crane Center is located at 1792 Mt. Zion Rd, Morrow GA 30260

For a full list of our services visit our webpage: thecrane.org or look us up on Facebook or Instagram



MEDITATION

Learn how to lower your stress, improve your focus and reduce brain chatter in our Meditation Mondays every Monday in **April at 1:15 pm facilitated** by Ms. Thelisa and Trakell. Experience all <u>techniques</u> to use in your life.

Co-hosted Bi-We

GARDENING

It's the beginning of Spring and we're ready to bloom. Join us at 1:15 to learn trade secrets in gardening and how to start your own!

Hosted by Ms. Bernice

Hosted by Mr. Donald

Hosted by Mr. Trakell

LINE DANING

this class you'll know all

of the latest dances and

you too will be able to put

your boots on the ground

and join in on the fun.

Class starts at 1:15 with

step by step directions.

No longer will

you have to be a

wallflower, after

FIELD TRIP

We're packing up the van at 1 pm sharp and hitting The road to Stone Mountain where we'll have peer support. We may even climb the mountain, but we'll definitely enjoy a nice picnic together!

Don't wait until you're in the hole to learn how to budget, get a jump start on your finances by learning how to properly categorize all types of incomes, understand needs vs. wants and a whole lot more. Class starts at 1:15 pm.

GETTING TO

SOLUTIONS

problematic situations

or behaviors when you

to move past problems

and focus on solu-

tions in this class

starting at 1:15 pm

don't have to. Learn how

Hosted by Mr. Donald

BUDGETING

Why stay stuck in

Hosted by Ms. Nicole

Hosted by All Staff

COFFEE 8 **CHIT CHAT**

Every Friday in April we're hosting coffee and chit chat at 8 am. You're more than welcomed to join us for each!

Hosted by Ms. Nicole

POETRY

We're celebrating National Poetry month at The Crane. Join us on the 24th at 1:15 for creative writing class and share your writings on the 25th. We'd love to see your creativity on both days!

Hosted by All Staff

PINATA BUILDING

We're gearing up for Cinco de Mayo by creating our own pinatas. We're taking it old school, so come and feel the nostalgia of arts & crafts. Starts at 2 pm.

Hosted by Ms. Thelisa

Hosted by Mr. Trakell

COOKING ()

Today, we're teaching how to cook a simple dish on a budget, and of course there's tasting involved!

VOLLEYBALL

You asked for it, and we're going to make it happen. We're splitting into teams and seeing just how well we can communicate as a team with this volleyball game. Bragging rights are at stake!!

Hosted by Ms. Bernice

TALENT

Dust off your dancing shoes, warm up your vocal chords, and get together whatever other talent you may have to showcase it! Top prize for the winner. Starts at 1:15 pm. Sign up!