

## MAY 5<sup>th</sup>

### PAPER MÂCHÉ CLASS

Celebrate Cinco de Mayo with old school paper mâché arts & crafts! Starts at 2 pm with Ms. Thelisa.

## MAY 6<sup>th</sup>

### EXERCISE WITH BERNICE

A cardio class displaying various types of walking skills that'll get your blood racing at 1:15 pm

## MAY 7<sup>th</sup>

### TRAKELL'S BOUNDARIES & ACCOUNTABILITY

Your skills will be put to the test and hard lessons will be learned at 1:15 pm.

## MAY 8<sup>th</sup>

### CARD MAKING CLASS

Develop a personalized card for you mom or mom figure with Bernice at 1 pm, they'll cherish it.

## MAY 9<sup>th</sup>

### LETTERS TO MOM

Write a personal letter to your beloved at 1 pm with Thelisa that'll help you get to the root of your feelings.

## MAY 13<sup>th</sup>

### WHY WE STAY

Questions with answers that explores a deeper root to staying stuck & staying free at 1:15 pm.

## MAY 15<sup>th</sup>

### TRAKELL'S COOKING CLASS

Southern roots are explored in this class, showing easy ways in completing a full soul food dish at 1:30 pm

## MAY 21<sup>st</sup>

### BERNICE'S COOKING CLASS

Got a strict budget? This class will show you how to get all the deliciousness out of a dime at 1:30 pm

## MAY 22<sup>nd</sup>

### CLARK COMMUNITY PARK

Donald's taking a field trip to Stockbridge to enjoy the outdoors. Van leaves at 1:30 pm

## MAY 27<sup>th</sup>

### HEALTHY BOUNDARIES

Boundaries are good to heave. Learn how to develop healthy ones in this class with Thelisa at 2 pm

## MAY 28<sup>th</sup>

### MO MONEY, MO PROBLEMS

Face it, problems come with or without money. Explore ways to get around either with Trakell at 1:15 pm

## MAY 14<sup>th</sup>

### DIALOGUE DIARIES

A guest speaker shares their experiences, strengths and hope at 2 pm hosted by Bernice.

## MAY 20<sup>th</sup>

### THE GIFT OF HOPE

Simply having to look forward to is what gets one from one level to the next. Class starts at 1:15 pm

1792 Mt. Zion Rd, Morrow | Phone: 770.960.2009

# THE CRANE



SUN	MON	TUE	WED	THU	FRI	SAT
<b>May Calendar of Events</b>				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	31

Join us every Monday for Meditation at 1:15 and Fridays at 8:30 for Coffee and Chit Chat.

A Clayton Center Community Service Board Program

