

Krempels Center Spring 2022 Schedule

Time	Monday	Wednesday	Friday
Early Bird 9:30-10:10am	Cards & Coffee Chair Volleyball	Cards & Coffee Chair Volleyball	Cards & Coffee Chair Volleyball
10:15-10:50am	Community Meeting	Community Meeting	Community Meeting
Morning Groups 11-11:50am	Just Move It Music and the Brain Speech and Cognition	Brain Quest Gym Yoga/ Healthy Living biweekly Rise and Shine	Creative Expression Book Club Let's Get Fit Mind Over Mood
12-12:50pm	Lunch	Lunch	Lunch
Afternoon Groups 1-1:50pm	Transitions: Remembering, Reflecting, and Redefining Photo Safari Brain Injury Strategies	Brain Games Meditation All Together Support Group Creative Expression	Music Matters Aphasia/Communication Support Current Events Brain Injury 101