



*** SIGNS OF ABUSE ENFORCED FOR ALL PROGRAMS ***

COMMUNITY ADDRESSES

Grace Bible Fellowship Church (GBFC)
3415 Oakley Rd.
Antioch, 94509

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Independent Learning Center (ILC)/ The Revive House  
2309 Calhoun Court  
Antioch, 94509

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Concord Farmers' Market
2175 Willow Pass Rd. Concord, CA 94520

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**FIELD & WATER DAY ( PARK OF CHOICE)**

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MONTHLY

BP w/ CeCe & Genny Tue or Wed
Beauty/ Make Soap w/ Ronda via Zoom
Car Market w/ Charlotte via Zoom

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**WEEKLY**

**Monday- ALL Fitness Classes**  
Zoom ID: 880 6872 3147 PW 260483

**Tuesday - Music w/ Vernon - LIVE**  
Zoom ID: 869 2789 9281 PW: 563650

**Wednesday - Cooking w/Diana**  
Zoom ID: 823 4288 5792 PW: 995285

**Thursday - Art & Crafts w/ Maggie**  
Zoom ID: 843 9252 0190 PW: 488643




**\*CLIENT ESSENTIAL RUN EVERY 3RD THURSDAY OF THE MONTH\***








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**SPIRIT WEEK JULY 22<sup>ND</sup>-26<sup>TH</sup>**

**Silly Hat, Crazy Hair, Team Jersey, Pajama, Wear Green**

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | THURSDAY                                                                                                                                                                                                                          | FRIDAY                                                                                                                                                                                                                                                                                                                                                                      |
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| <p style="text-align: right;">1</p> <p>9:30 AM<br/>Morning Meditation @ the Park<br/><b>Pittsburg @ GBFC</b><br/>Brentwood/Concord @ ILC House</p> <p>10:15 AM<br/>SNAP Curriculum:<br/>Relaxation!</p> <p><b>ALL PROGRAMS</b></p> <p>11:00 AM<br/>Fitness w/ KyReese<br/><i>*See cover page for Zoom info</i></p> <p>11:30 AM<br/><i>Make a List of all the places that<br/>make You happy!</i></p> <p>12:00 PM<br/>Lunch</p> <p>1:00 PM – 2:15 PM<br/>Music Hall w/Vernon 🎵<br/>LIVE in-person@<br/>Antioch GBFC</p> <p>2:30 PM<br/>End of the Day<br/><b>* Gas Vans*</b></p> | <p style="text-align: right;">2</p> <p>9:30 AM<br/>Morning Meditation @ the Park<br/><b>Pittsburg @ ILC House</b><br/>Brentwood/Concord @ GBFC</p> <p>10:00 AM - 12:00 PM<br/>St. Vincent DePaul Training &amp;<br/>Work Program <i>*client's choice*</i><br/><b>Oakland / Richmond</b><br/><b>** 10:30 AM Pittsburg /</b><br/><b>Concord/Brentwood</b></p> <p>10:00 AM - 11 AM<br/>Paradise PANTRY<br/><b>Oakland ONLY</b></p> <p>10:15 AM<br/>SNAP Curriculum:<br/>Why go to the park?</p> <p>10 AM-11:30 AM<br/>Brentwood Library<br/>Adult Insiders<br/><b>Concord</b><br/>Farmer's Market<br/><b>Brentwood</b></p> <p>11:00 PM<br/><i>Review July Calendar</i></p> <p>12:00 PM<br/>Lunch</p> <p>🎵 1:00 PM – 2:15 PM 🎵<br/>Music Hall w/Vernon<br/><b>Live in-person @</b><br/><b>Antioch GBFC</b></p> <p>2:30 PM<br/>End of the Day</p> | <p style="text-align: right;">3</p> <p>9:30 AM<br/>Morning Meditation @ the Park<br/><b>Pittsburg @ GBFC</b><br/>Brentwood/Concord @ ILC House</p> <p>10:15 AM<br/>SNAP Curriculum:<br/>What Do I Want to Learn?<br/><b>Richmond / Vallejo / Oakland</b></p> <p>10:30 am - 12:00 PM<br/>St. Vincent DePaul Training &amp;<br/>Work Program <i>*client's choice*</i><br/><b>Pittsburg / Concord</b></p> <p><b>ALL PROGRAMS</b></p> <p>11:00 AM<br/>HIP-HOP Dance Cardio</p> <p>11:30 AM<br/>Cooking w/ Diana<br/><b>Chili Dogs</b><br/></p> <p><i>*See cover page for Zoom info</i></p> <p>12:00 PM<br/>Lunch</p> <p>1:00 PM – 2:15 PM<br/>Music Hall w/Vernon 🎵<br/><b>Live in person @ Vallejo</b></p> <p>2:30 PM<br/>End of the Day<br/><b>* Wash/Gas Up*</b></p> | <p style="text-align: right;">4</p> <p style="text-align: center;">CLOSED<br/>FOR<br/>INDEPENDENCE DAY</p> <p style="text-align: center;"></p> | <p style="text-align: right;">5</p> <p>9:30 AM<br/>Morning Meditation @<br/>the Park</p> <p><b>ALL PROGRAMS</b></p> <p><b>FUN IN THE SUN</b><br/>(PARK OF CHOICE)</p> <p>10:00 AM</p> <p>Balloon Toss<br/>Sack Race<br/></p> <p>12:00 PM<br/>Lunch</p> <p>2:30 PM<br/>End of the Day</p> |

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | FRIDAY                                                                                                                                                                                                                                                                                                                          |
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| <p style="text-align: right;">8</p> <p>9:30 AM<br/>Morning Meditation @ the Park<br/><b>Pittsburg @ GBFC</b><br/>Brentwood/Concord @ ILC House</p> <p>10:15 AM<br/>SNAP Curriculum:<br/><i>Speaking up for Yourself</i></p> <p><b>ALL PROGRAMS</b></p> <p>11:00 AM<br/>Body in Motion w/Allan<br/><i>*See cover page for Zoom info</i></p> <p>11:30 AM<br/>SNAP Curriculum:<br/><i>Public Speaking</i></p> <p>12:00 PM<br/>Lunch</p> <p>1:00 PM – 2:15 PM<br/>Music Hall w/Vernon<br/> <b>LIVE in-person@</b> <br/>Antioch GBF</p> <p>2:30 PM<br/>End of the Day</p> <p><b>Gas Vans</b></p> | <p style="text-align: right;">9</p> <p>9:30 AM<br/>Morning Meditation @ the Park<br/><b>Pittsburg @ ILC House</b><br/>Brentwood/Concord @ GBFC</p> <p>10:15 AM<br/>SNAP Curriculum:<br/><i>Basic First Aid</i></p> <p>10:30 AM - 12:00 PM<br/>St. Vincent DePaul Training &amp;<br/>Work Program <i>*client's choice*</i><br/><b>Richmond / Pittsburg/Concord</b></p> <p>11:00 AM<br/>Concord Library<br/><i>Apply for library cards &amp; DMV<br/>applications</i><br/><b>Concord/Brentwood<br/>Vallejo/Richmond/Oakland</b></p> <p><b>ALL PROGRAMS</b></p> <p>11:00 AM<br/><b>Make Planters</b></p> <p>12:00 PM<br/>Lunch</p> <p> 1:00 PM – 2:15 PM <br/>Music Hall w/Vernon<br/><b>Live in-person @</b><br/>Antioch GBFC</p> <p>2:30 PM<br/>End of the Day</p> | <p style="text-align: right;">10</p> <p>9:30 AM<br/>Morning Meditation @ the Park<br/><b>Pittsburg @ GBFC</b><br/>Brentwood/Concord @ ILC House</p> <p>10:15 AM<br/>SNAP Curriculum:<br/><i>Recognizing Emotions</i></p> <p>10:30 AM- 12:00 PM<br/>St. Vincent DePaul Training &amp;<br/>Work Program <i>*client's choice*</i><br/><b>Pittsburg / Concord</b></p> <p><b>ALL PROGRAMS</b></p> <p>11:00 AM<br/>Zumba</p> <p> 11:30 AM<br/>Cooking w/ Diana<br/><i>Burrito Supreme</i><br/><i>*See cover page for Zoom info</i></p> <p>12:00 PM<br/>Lunch</p> <p>1:00 PM – 2:15 PM<br/>Music Hall w/Vernon <br/><b>LIVE in-person@</b><br/>Vallejo</p> <p>2:30 PM<br/>End of the Day</p> <p><b>Wash/Gas Up</b></p> | <p style="text-align: right;">11</p> <p>9:30 AM<br/>Morning Meditation @ the Park<br/><b>Pittsburg @ ILC House</b><br/>Brentwood/Concord @ GBFC</p> <p>10:15 AM<br/>SNAP Curriculum:<br/><i>Personal Space</i></p> <p>10:30 am - 12:00 pm<br/>St. Vincent DePaul Training &amp;<br/>Work Program <i>*client's choice*</i><br/><b>Pittsburg / Concord</b></p> <p><b>ALL PROGRAMS</b></p> <p>11:00 a.m.<br/>Arts &amp; Crafts w/ Maggie<br/>Jewelry Boxes</p> <p>12:00 PM<br/>Lunch</p> <p>1:00 PM – 2:15 PM<br/>Music Hall w/Vernon <br/><b>LIVE in-person@</b><br/>Oakland</p> <p>2:30 PM<br/>End of the Day</p> | <p style="text-align: right;">12</p> <p>9:30 AM<br/>Morning Meditation @<br/>the Park</p> <p><b>U-Pick Fruit<br/>BRENTWOOD</b></p> <p><b>ALL PROGRAMS</b></p> <p style="text-align: center;"><b>F<br/>R<br/>E<br/>E<br/><br/>D<br/>A<br/>Y</b></p> <p style="text-align: center;"><i>Relax &amp; enjoy your<br/>Friday!</i></p> |

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                              |
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| <p style="text-align: right;">15</p> <p>9:30 AM<br/>Morning Meditation @ the Park</p> <p><b>Pittsburg @ GBFC</b><br/>Brentwood/Concord @ ILC House</p> <p>10:15 AM<br/>SNAP Curriculum:<br/><i>Create a Training Video</i></p> <p>Richmond / Vallejo<br/><b>** Oakland (11:30 AM)</b></p> <p><b>ALL PROGRAMS</b></p> <p>11:00 AM<br/>Jumping Jacks w/KyReese<br/><i>*See cover page for Zoom info</i></p> <p>11:30 AM<br/>SNAP Curriculum:<br/><i>Continue Training Video</i></p> <p>12:00 PM<br/>Lunch</p> <p>1:00 PM – 2:15 PM<br/>Music Hall w/Vernon 🎵<br/><b>LIVE in-person@</b><br/>Antioch Grace</p> <p>2:30 PM<br/>End of the Day</p> <p><b>* Gas Vans*</b></p> | <p style="text-align: right;">16</p> <p>9:30 AM<br/>Morning Meditation @ the Park</p> <p><b>Pittsburg @ ILC House</b><br/>Brentwood/Concord @ GBFC</p> <p>10:00 am - 12:00 pm<br/>St. Vincent DePaul Training &amp;<br/>Work Program <i>*client's choice*</i><br/>Oakland / Richmond<br/><b>Pittsburg/Concord (10:30 AM)</b></p> <p>10:00 AM- 11:00 AM<br/>Paradise PANTRY<br/>Oakland ONLY</p> <p>10:15 AM<br/>SNAP Curriculum:<br/><i>In the Box!</i></p> <p>10 AM-11:30 AM<br/>Brentwood Library<br/>Adult Insiders<br/>Brentwood<br/>10:30 AM<br/>Concord Farmers' Market<br/>Concord</p> <p><b>ALL PROGRAMS</b></p> <p>11:00 AM<br/><i>Apply for library cards &amp; DMV</i><br/><i>applications at your local Library</i></p> <p>12:00 PM<br/>Lunch</p> <p>🎵 1:00 PM – 2:15 PM 🎵<br/>Music Hall w/Vernon<br/><b>Live in-person @</b><br/>Antioch GBFC<br/>2:30 PM<br/>End of the Day</p> | <p style="text-align: right;">17</p> <p>9:30 AM<br/>Morning Meditation @ the Park</p> <p><b>Pittsburg @ GBFC</b><br/>Brentwood/Concord @ ILC House</p> <p>10:15 AM<br/>SNAP Curriculum:<br/><i>Tactile Activity</i></p> <p>10:30 AM - 12:00 PM<br/>St. Vincent DePaul Training &amp;<br/>Work Program <i>*client's choice*</i><br/>Pittsburg / Concord</p> <p><b>ALL PROGRAMS</b></p> <p>11:00 AM<br/>YOGA - STRETCHING</p> <p>11:30 AM<br/>Cooking w/ Diana<br/>Charcuterie Board<br/><i>*See cover page for Zoom info</i></p> <p>12:00 PM<br/>Lunch</p> <p>1:00 PM – 2:15 PM<br/>Music Hall w/Vernon 🎵<br/><b>Live in-person @ Vallejo</b></p> <p>2:30 PM<br/>End of the Day<br/><b>* Wash/Gas Up*</b></p> | <p style="text-align: right;">18</p> <p>9:30 AM<br/>Morning Meditation @ the Park</p> <p><b>Pittsburg @ ILC House</b><br/>Brentwood/Concord @ GBFC</p> <p>10:15 AM<br/>SNAP Curriculum:<br/><i>Personal Space</i></p> <p>10:30 am - 12:00 pm<br/>St. Vincent DePaul Training &amp;<br/>Work Program <i>*client's choice*</i><br/>Pittsburg / Concord</p> <p><b>ALL PROGRAMS</b></p> <p>11:00 a.m.<br/>Arts &amp; Crafts w/Maggie<br/>Jewelry</p> <p>12:00 PM<br/>Lunch</p> <p>1:00 PM – 2:15 PM<br/>Music Hall w/Vernon 🎵<br/><b>LIVE in-person@</b><br/>Oakland</p> <p>2:30 PM<br/>End of the Day</p> | <p style="text-align: right;">19</p> <p>9:30 AM<br/>Morning Meditation<br/><br/>(PARK OF CHOICE)</p> <p><b>ANTIOCH</b><br/><b>WATER PARK</b><br/>&amp;<br/><b>July Birthdays</b></p>  <p>2:30 PM<br/>End of the Day</p> <p>12:00 PM<br/>Lunch</p> <p>1:00 PM<br/>FREE TIME</p> <p>2:30 PM<br/>End of the Day</p> |

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | FRIDAY                                                                                                                                                                                                                                                                                                                                                                    |
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| <p style="text-align: right;">22</p> <p> <b>HAT DAY</b><br/>9:30 AM<br/>Morning Meditation @ the Park</p> <p><b>Pittsburg @ GBFC</b><br/>Brentwood/Concord @ ILC House</p> <p>10:15 AM<br/>SNAP Curriculum:<br/><i>Sun Protection</i></p> <p><b>ALL PROGRAMS</b></p> <p>11:00 AM<br/>Let's Get Fit w/ Allan<br/><i>*See cover page for Zoom info</i></p> <p>11:30 AM<br/>Let's Talk Goals</p> <p>12:00 PM<br/>Lunch</p> <p>1:00 PM – 2:15 PM<br/>Music Hall w/Vernon <br/>LIVE in-person@<br/>Antioch Grace</p> <p>2:30 PM<br/>End of the Day</p> <p><b>* Gas Vans*</b></p> | <p style="text-align: right;">23</p> <p><b>CRAZY HAIR DAY</b><br/>9:30 AM<br/>Morning Meditation</p> <p><b>Pittsburg @ ILC House</b><br/>Brentwood/Concord @ GBFC</p> <p>10:00 AM - 12:00 AM<br/>St. Vincent DePaul Training &amp;<br/>Work Program <i>*client's choice*</i><br/><b>Pittsburg/ Concord/Richmond</b></p> <p>10:15 AM<br/>SNAP Curriculum:<br/>What are Your Interests? / What<br/>Would you Like to Learn?<br/><i>(client's choice)</i><br/>Report suggestions to<br/>management</p> <p>10:30 AM<br/>Explore Downtown Brentwood<br/>Concord/Brentwood</p> <p><b>ALL PROGRAMS</b></p> <p>11:00 AM<br/>Bird Feeders<br/>Concord/Brentwood<br/>Vallejo/Richmond/Oakland</p> <p><b>ALL PROGRAMS</b></p> <p>12:00 PM<br/>Lunch</p> <p> 1:00 PM - 2:15 <br/>Music Hall w/Vernon<br/>Live in-person @<br/>Antioch GBFC</p> <p>2:30 PM<br/>End of the Day</p> | <p style="text-align: right;">24</p> <p><b>JERSEY DAY</b><br/>9:30 AM<br/>Morning Meditation</p> <p><b>Pittsburg @ GBFC</b><br/>Brentwood/Concord @ ILC House</p> <p>10:15 AM<br/>SNAP Curriculum:<br/><i>Writing Skills</i></p> <p>10:30 AM - 12:00 PM<br/>St. Vincent DePaul Training &amp;<br/>Work Program <i>*client's choice*</i><br/><b>Pittsburg / Concord</b></p> <p><b>ALL PROGRAMS</b></p> <p>11:00 AM<br/>Hip-Hop-CARDIO</p> <p>11:30 AM<br/>Cooking w/ Diana<br/>Chicken Caesar Wrap<br/><i>*See cover page for Zoom info</i></p> <p>12:00 AM<br/>Lunch</p> <p> 1:00 PM - 2:15 <br/>Music Hall w/Vernon<br/>LIVE @ ILC House<br/>Vallejo</p> <p>2:30 PM<br/>End of the Day</p> <p><b>* Wash/Gas Up*</b></p> | <p style="text-align: right;">25</p> <p><b>PAJAMA DAY</b><br/>9:30 AM<br/>Morning Meditation</p> <p><b>Pittsburg @ ILC House</b><br/>Brentwood/Concord @ GBFC</p> <p>10:15 AM<br/>SNAP Curriculum:<br/><i>Fitness &amp; Diet</i></p> <p>10:30 AM - 12:00 PM<br/>St. Vincent DePaul Training &amp;<br/>Work Program <i>*client's choice*</i><br/><b>Pittsburg / Concord</b></p> <p><b>ALL PROGRAMS</b></p> <p>11:00 AM<br/>Arts &amp; Crafts w/ Maggie<br/>Tye-Dye</p> <p>11:30 PM<br/>Clients Monthly Essential Run</p> <p>12:00 PM<br/>Lunch</p> <p> 1:00 PM - 2:15 <br/>Music Hall w/Vernon<br/>LIVE @ ILC House<br/>Vallejo</p> <p>2:30 PM<br/>End of the Day</p> | <p style="text-align: right;">26</p> <p><b>GREEN DAY</b><br/>9:30 AM<br/>Morning Meditation</p> <p>10:00 AM<br/>Please arrive<br/>well-rested, preferably<br/>with an outdoor lunch!</p> <p>Tildon Park</p> <p>LET'S WORK ON BEING<br/>SOCIAL AND CREATING<br/>BOUNDARIES AT THE<br/>SAME TIME!</p> <p><b>TEAM<br/>BUILDING DAY</b></p> <p>2:30 PM<br/>End of the Day</p> |

| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | THURSDAY                            | FRIDAY                              |
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| <p style="text-align: right;">29</p> <p>9:30 AM<br/>Morning Meditation</p> <p>Pittsburg @ GBFC<br/>Brentwood/Concord @ ILC House</p> <p>10:15 AM<br/>SNAP Curriculum:<br/>WORK PERFORMANCE</p> <p>11:00 AM -11:30 AM<br/>(Richmond / Vallejo)<br/>Cooking with Diana</p> <p><b>ALL PROGRAMS</b></p> <p>11:00 AM<br/>Fitness w/ KyReese<br/><i>*See cover page for Zoom info</i></p> <p>11:30 AM<br/>SNAP Curriculum:</p> <p>12:00 PM<br/>Lunch</p> <p>1:00 PM – 2:15 PM<br/>Music Hall w/Vernon 🎵<br/>LIVE in-person@<br/>Antioch Grace</p> <p>2:30 PM<br/>End of the Day<br/><b>* Gas Vans*</b></p> | <p style="text-align: right;">30</p> <p>9:30 AM<br/>Morning Meditation</p> <p>Pittsburg @ ILC House<br/>Brentwood/Concord @ GBFC</p> <p>10:00 AM - 11:00 AM<br/>Paradise PANTRY<br/>Oakland ONLY</p> <p>10:15 AM<br/>SNAP Curriculum:<br/>Stranger Awareness - Social<br/>Media</p> <p>10:30 AM - 12:00 PM<br/>St. Vincent DePaul Training &amp;<br/>Work Program <i>*client's choice*</i><br/>Oakland / Richmond<br/><b>** Pittsburg/Concord ** (10:45<br/>AM)</b></p> <p><b>ALL PROGRAMS</b></p> <p>11:00 AM<br/>Research Craft Ideas?<br/><i>* Report suggestions back to<br/>management</i></p> <p>12:00 PM<br/>Lunch</p> <p>1:00 PM – 2:15 PM<br/>Music Hall w/Vernon 🎵<br/>Live in-person @<br/>Antioch GBFC</p> <p>End of the Day</p> | <p style="text-align: right;">31</p> <p>9:30 AM<br/>Morning Meditation</p> <p>Pittsburg @ ILC House<br/>Brentwood/Concord @ GBFC</p> <p>10:15 AM<br/>SNAP Curriculum:<br/>Computer Skills</p> <p><b>ALL PROGRAMS</b></p> <p>11:00 a.m.<br/>Hip Hop Cardio</p> <p>11:30 AM<br/>Cooking w/ Diana<br/>Spaghetti<br/><i>*See cover page for Zoom info</i></p> <p>12:00 PM<br/>Lunch</p> <p>1:00 PM – 2:15 PM<br/>Music Hall w/Vernon 🎵<br/>LIVE in-person@<br/>Vallejo</p> <p>2:30 PM</p> <p>End of the Day</p> <p><b>* Wash/Gas Up*</b></p> | <p style="text-align: right;">1</p> | <p style="text-align: right;">2</p> |

