

* SIGNS OF ABUSE ENFORCED FOR ALL PROGRAMS *

COMMUNITY ADDRESSES

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

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

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

FIELD & WATER DAY (PARK OF CHOICE)

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

MONTHLY

WEEKLY

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

<u>Tuesday</u> - Music w/ Vernon - LIVE Zoom ID: 869 2789 9281 PW: 563650

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

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

CLIENT ESSENTIAL RUN EVERY 3RD THURSDAY OF THE MONTH

SPIRIT WEEK JULY 22ND-26TH

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8	9	10	11	12
9:30 AM	9:30 AM	9:30 AM	9:30 AM	9:30 AM
Morning Meditation @ the Park	Morning Meditation @ the Park	Morning Meditation @ the Park	Morning Meditation @ the Park	Morning Meditation @
Pittsburg @ GBFC Brentwood/Concord @ ILC House	Pittsburg @ ILC House Brentwood/Concord @ GBFC	Pittsburg @ GBFC Brentwood/Concord @ ILC House	Pittsburg @ ILC House Brentwood/Concord @ GBFC	the Park
10:15 AM	10:15 AM	10:15 AM	10:15 AM	U-Pick Fruit
SNAP Curriculum:	SNAP Curriculum:	SNAP Curriculum:	SNAP Curriculum:	BRENTWOOD
Speaking up for Yourself	Basic First Aid	Recognizing Emotions	Personal Space	ALL PROGRAMS
ALL PROGRAMS	10:30 AM - 12:00 PM	10:30 AM- 12:00 PM	10:30 am - 12:00 pm	F
11:00 AM	St. Vincent DePaul Training &	St. Vincent DePaul Training &	St. Vincent DePaul Training &	R
Body in Motion w/Allan	Work Program *client's choice* Richmond / Pittsburg/Concord	Work Program *client's choice* Pittsburg / Concord	Work Program *client's choice*	E
*See cover page for Zoom info	Richmond / Pittsburg/Concord	Fittsburg / Collcord	Pittsburg / Concord	Е
11:30 AM	11:00 AM	ALL DECCEAMS	ALL DROODAMO	D
SNAP Curriculum:	Concord Library Apply for library cards & DMV	ALL PROGRAMS	ALL PROGRAMS	D
Public Speaking	applications	11:00 AM	11:00 a.m.	A Y
	Concord/Brentwood	Zumba	Arts & Crafts w/ Maggie	ľ
	Vallejo/Richmond/Oakland		Jewelry Boxes	Relax & enjoy your
12:00 PM	411 22002440	11:30 AM	40.00 PM	Friday!
Lunch	ALL PROGRAMS	Cooking w/ Diana	12:00 PM Lunch	-
	11:00 AM	Burrito Supreme	Lunch	
1:00 PM - 2:15 PM	Make Planters	*See cover page for Zoom info	1:00 PM - 2:15 PM	
Music Hall w/Vernon	12:00 PM	12:00 PM	Music Hall w/Vernon	
J LIVE in-person@ J □	Lunch	Lunch	LIVE in-person@	
Antioch GBF		1:00 PM – 2:15 PM	Oakland	
	1:00 PM - 2:15 PM	_		
	Music Hall w/Vernon	Music Hall w/Vernon		
	Live in-person @	LIVE in-person@	2:30 PM	
2:30 PM End of the Day	Antioch GBFC	Vallejo	End of the Day	
Life of the Day		2:30 PM		
Gas Vans	2:30 PM	End of the Day		
	End of the Day	ĺ		
		Wash/Gas Up		

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
22	23	24	25	26
HAT DAY	CRAZY HAIR DAY	JERSEY DAY	PAJAMA DAY	GREEN DAY
9:30 AM Morning Meditation @ the Park	9:30 AM	9:30 AM	9:30 AM	9:30 AM
morning-incutation & the rank	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation
Pittsburg @ GBFC	Pittsburg @ ILC House	Pittsburg @ GBFC	Pittsburg @ ILC House Brentwood/Concord @ GBFC	
Brentwood/Concord @ ILC House	Brentwood/Concord @ GBFC	Brentwood/Concord @ ILC House	Bientwood/ooncord @ ODI O	10:00 AM
			10:15 AM	Please arrive
10:15 AM	10:00 AM - 12:00 AM St. Vincent DePaul Training &		SNAP Curriculum:	well-rested, preferably with an outdoor lunch!
SNAP Curriculum:	Work Program *client's choice*	10:15 AM	Fitness & Diet	with an outdoor functi:
Sun Protection	Pittsburg/ Concord/Richmond	SNAP Curriculum: Writing Skills	10:30 AM - 12:00 PM	Tildon Park
		Willing Skills	St. Vincent DePaul Training &	- Indon i di k
ALL PROGRAMS	10:15 AM		Work Program *client's choice*	
ALL PROGRAMS	SNAP Curriculum: What are Your Interests? / What	10:30 AM - 12:00 PM	Pittsburg / Concord	
11:00 AM	Would you Like to Learn?	St. Vincent DePaul Training &		LET'S WORK ON BEING
Let's Get Fit w/ Allan	(client's choice)	Work Program *client's choice*	ALL PROGRAMS	SOCIAL AND CREATING
*See cover page for Zoom info	Report suggestions to	Pittsburg / Concord	11:00 AM	BOUNDARIES AT THE
11:30 AM	management		Arts & Crafts w/ Maggie	SAME TIME!
Let's Talk Goals	40:00 AM	ALL PROGRAMS	Tye-Dye	
Let's Talk Goals	10:30 AM			TEAM
	Explore Downtown Brentwood Concord/Brentwood	11:00 AM Hip-Hop-CARDIO	11:30 PM	TEAM DILL DINCEAY
12:00 PM	Oonidora/Brentwood	The-Hop-CARbio	Clients Monthly Essential Run	BUILDINGDAY
Lunch	ALL PROGRAMS	11:30 AM	12:00 PM	
4.00 DM 2.45 DM		Cooking w/ Diana	Lunch	
1:00 PM – 2:15 PM	11:00 AM	Chicken Caesar Wrap		2:30 PM
Music Hall w/Vernon	Bird Feeders Concord/Brentwood	*See cover page for Zoom info	1:00 PM - 2:15	End of the Day
LIVE in-person@	Vallejo/Richmond/Oakland		Music Hall w/Vernon	
Antioch Grace	ALL PROGRAMS	12:00 AM	LIVE @ ILC House	
		Lunch	Vallejo	
2:30 PM	12:00 PM	1:00 PM - 2:15		
End of the Day	Lunch	Music Hall w/Vernon	2:30 PM End of the Day	
		LIVE @ ILC House	End of the Day	
* Gas Vans*	1:00 PM - 2:15_	Vallejo		
	Music Hall w/Vernon	2:30 PM		
	Live in-person @	End of the Day		
	Antioch GBFC			
	2:30 PM	* Wash/Gas Up*		
	End of the Day			

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