

March 2024 Pathways Vermont Community Center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	1	3
	KEY	Drop-in Hours 10a-1p	Drop-in Hours 10a-1p	Drop-in Hours 10a-1p	Drop-in Hours 10a-2p	
	Recurring Programming	Mindfulness 1-2p	Adulting Together 1-2p		Open Art Studio 11a-1p	
	Online Zoom Group	Hearing Voices 3-4p	Anxiety Relief Group 4-5:30p		Game Time 2-4p	
	Special Event	Writing Circle 4-5:30p	Community Cooking 6-8p			
3	4	5	6	7	8	9
	Drop-in Hours 10a-1p	Drop-in Hours 10a-1p	Drop-in Hours 10a-1p	Drop-in Hours 10a-1p	Drop-in Hours 10a-2p	
	Laughter Yoga 1:15-2:15p	Mindfulness 1-2p	Adulting Together 1-2p		Beauty Parlor 1-2p	
		Hearing Voices 3-4p	Anxiety Relief Group 4-5:30p		Open Art Studio 11a-1p	
		Writing Circle 4-5:30p	Community Cooking 6-8p		Karaoke 2-4p	
10	11	12	13	14	15	16
	Drop-in Hours 10a-1p	Drop-in Hours 10a-1p	Drop-in Hours 10a-1p	Drop-in Hours 10a-1p	Drop-in Hours 10a-2p	
	Community Lunch 11:30a-1p	Music Mindfulness 1-2p	Adulting Together 1-2p		Open Art Studio 11a-1p	
	Laughter Yoga 1:15-2:15p	Hearing Voices 3-4p	Anxiety Relief Group 4-5:30p		Jam Time 2-4p	
		Writing Circle 4-5:30p	Community Cooking 6-8p			
17	18	19	20	21	22	23
	Drop-in Hours 10a-1p	Drop-in Hours 10a-1p	Drop-in Hours 10a-1p	Drop-in Hours 10a-1p	Drop-in Hours 10a-2p	
	Laughter Yoga 1:15-2:15p	Mindfulness 1-2p	Young Adult Group 1-2p		Open Art Studio 11a-1p	
	Movie 2:30-4:30p	Hearing Voices 3-4p	Anxiety Relief Group 4-5:30p		Open Mic 2-4p	
		Writing Circle 4-5:30p	Community Cooking 6-8p			
24	25	26	27	28	29	
		PVCC Breakfast 10am				
	Drop-in Hours 10a-1p	Drop-in Hours 10a-1p	Drop-in Hours 10a-1p	Drop-in Hours 10a-1p	Drop-in Hours 10a-2p	
	Laughter Yoga 1:15-2:15p	Mindfulness 1-2p	Adulting Together 1-2p	Nature Walk 2-4p	Open Art Studio 11a-1p	
		Hearing Voices 3-4p	Anxiety Relief Group 4-5:30p		Game Time 2-4p	
		Writing Circle 4-5:30p	Community Cooking 6-8p			