

# May 2023 Pathways Vermont Community Center Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	3	4
	Drop-in Hours 10a-1p Laughter Yoga 1:15-2:15p	Drop-in Hours 10a-1p Hearing Voices 3-4p Writing Circle 4-5:30p	Drop-in Hours 10a-1p <i>Anxiety Relief Group 4-5:30p</i> Community Cooking 6-8p	Drop-in Hours 10a-1p Job Seeking 1:30-3p	Drop-in Hours 10a-2p Open Art Studio 11a-1p Mindfulness 1-2p <b>Game Time 2-4p</b>	
<b>5</b> Mother's Day	6	7	8	9	10	11
	Drop-in Hours 10a-1p Laughter Yoga 1:15-2:15p	Drop-in Hours 10a-1p Hearing Voices 3-4p Writing Circle 4-5:30p	Drop-in Hours 10a-1p <i>Anxiety Relief Group 4-5:30p</i> Community Cooking 6-8p	Drop-in Hours 10a-1p Job Seeking 1:30-3p	Drop-in Hours 10a-2p Open Art Studio 11a-1p Mindfulness 1-2p <b>Karaoke 2-4p</b>	
12	13	14	15	16	17	18
	Drop-in Hours 10a-1p <b>Drum Circle 12-1p</b> Laughter Yoga 1:15-2:15p	Drop-in Hours 10a-1p Mindfulness 1-2p Hearing Voices 3-4p Writing Circle 4-5:30p	Drop-in Hours 10a-1p <i>Anxiety Relief Group 4-5:30p</i> Community Cooking 6-8p	Drop-in Hours 10a-1p Job Seeking 1:30-3p	Drop-in Hours 10a-2p Open Art Studio 11a-1p <b>Music Mindfulness 1-2p</b> <b>Jam Time 2-4p</b>	
19	20	21	22	23	24	25
	Drop-in Hours 10a-1p Laughter Yoga 1:15-2:15p	Drop-in Hours 10a-1p Hearing Voices 3-4p Writing Circle 4-5:30p	Drop-in Hours 10a-1p <i>Anxiety Relief Group 4-5:30p</i> Community Cooking 6-8p	Drop-in Hours 10a-1p	Drop-in Hours 10a-2p Open Art Studio 11a-1p Mindfulness 1-2p <b>Open Mic 2-4p</b>	
26	27	28	29	30	31	1
	Drop-in Hours 10a-1p Laughter Yoga 1:15-2:15p	<b>PVCC Breakfast 10a</b> Drop-in Hours 10a-1p Hearing Voices 3-4p Writing Circle 4-5:30p	Drop-in Hours 10a-1p <i>Anxiety Relief Group 4-5:30p</i> Community Cooking 6-8p	Drop-in Hours 10a-1p Job Seeking 1:30-3p	Drop-in Hours 10a-2p Open Art Studio 11a-1p Mindfulness 1-2p <b>Game Time 2-4p</b>	