

EMPOWERMENT CENTER

FIELD TRIP AGENDA

2/18/25 - Dollar Day Field Trip

Time - 11:30am - 2:30pm

Place - Santa Rosa Dollar Tree

3/4/25 - Bingo

Time - 11:30am - 2:30pm

Place - Senior Center, Guerneville

3/25/25 - Bingo

Time - 11:00am - 1:00pm

Place - Senior Center, Guerneville

4/7/25 - Dollar Day Field Trip

Time - 11:30am - 2:30pm

Place - Santa Rosa Dollar Tree

4/23/25 - Armstrong Woods Field Trip

Time - 11:30am - 2:00pm

Place - Armstrong Woods

5/5/25 - Cinco de Mayo Celebration

Time - 11:30am - 2:30pm

Place - The Empowerment Center

5/27/25 - Bingo

Time - 11:00am - 1:00pm

Place - Senior Center, Guerneville

THE EMPOWERMENT CENTER

March 2025

MONDAY

11:00am Conversation & Coffee
11:30am Self-Empowerment
12:30 Exercise for Everyone
 Chair Cardio, Tai Chi
1:00pm Hola! Spanish for Fun
1:30pm Exchange of Thoughts & Ideas
2:00pm Artists' Hour

WEDNESDAY

11:00am Conversation & Coffee
11:30am Self-Empowerment
12:30 Exercise for Everyone
 Chair Cardio, Yoga
1:00pm Hola! Spanish for Fun
1:30pm More Fun for the Empowerment Center!?
2:00pm Expressing Gratitude
2:15pm Artists' Hour (almost)

TUESDAY

11:00am Conversation & Coffee
11:30am Self-Empowerment
12:30 Exercise for Everyone
 Chair Cardio, Qigong
1:00pm Hola! Spanish for Fun
1:30pm Writing: Self-Expression
2:00pm Artists' Hour

THURSDAY

11:00am Conversation & Coffee
11:20am Self-Empowerment
12:00 Artists' Hour