

MHW Center Day Program Course Schedule
January 2nd-March 22nd 2024

Class	Description	Days	Time	Room/Location	Instructor
Keyboarding: 2	Cognitive Development & Hand Motor Skills	Monday	10:30am-12:00pm	MHWC Classroom	Various staff
Film History	History education and socialization	Monday	1:00pm-3:00pm	MHWC Classroom	Jim O'Garey
Volunteer and Museum Outings	Vocational training & Community integration	Tuesday	10:30am-12:00pm	Various Locations	Various staff
Book Club	Education & Cognitive Development	Tuesday	1:00pm-3:00pm	MHWC Classroom	Chelsea Jensen
Current Events/Debate	Public Speaking & Socialization	Wednesday	10:30am-12:00pm	MHWC Classroom	Ampha Manorind
Wearable Art and Accessories	Problem Solving and Creativity	Wednesday	1:00pm-3:00pm	MHWC Classroom	Kira Martin
Emergency Preparedness	Independent Living Skills	Thursday	10:30am-12:00pm	MHWC Classroom	Steven O'Garey
Puppeteering	Communication Skills & Creativity	Thursday	1:00pm-3:00pm	MHWC Classroom	Espy Vogel
PE: Tai Chi and Yoga	Health and Physical Fitness Development	Friday	10:30am-12:00pm	MHWC Classroom	Various staff
Game Day	Socialization & Community Integration	Friday	1:00pm-3:00pm	MHWC Classroom	Various staff
Support Groups					
Heads Up! Support Group	Adult Brain injury support group	Monday	5:00pm-6:30pm	MHWC classroom	Various staff