

Copa Health West Village

June 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Greatness doesn't just come, it's earned</i></p>	<p><i>Evaluation of self is where true growth begins</i></p>	<p><i>Your worth is your worth and should never be negotiated</i></p>	<p>1</p> <p>SCREENING: TW Art/Starr</p> <p>7:00-7:50: Arrival & Relaxation 8:00-8:50: Feelings Check (ML) 9:00-9:50: Healthy Living/Art (LN) (SW) 10:00-10:50: Current Events (ML) 11:00-11:50: Fitness/Boundaries (ML)(TW) 12:00-12:59: Lunch/Clean-up (All) 1:00- Departure: Board games Thursday's (TW)</p> <p><u>Coffee/Lunch Prep</u> ML</p> <p><u>Transport/Snack cart:</u> LN/ML</p>	<p>2</p> <p>SCREENING: ML</p> <p>7:00-7:50: Arrival & Relaxation 8:00-8:50: Feelings Check (SW) 9:00-9:50: Illness Management (TW) 10:00-depart: Fun Friday's/Lunch/Depart (all staff)</p> <p><u>Coffee/Lunch Prep</u> TW</p> <p><u>Transport/ Snack Cart</u> SW/ML</p>
<p>5</p> <p>SCREENING: SW</p> <p>7:00-7:50: Arrival & Relaxation 8:00-8:50: Feelings Check (SW) 9:00-9:50: Enhancing Resilience (TW) 10-10:50: Let's talk about it (ML) 11:00-11:50: Fitness/Member's Choice (ML) 12:00-12:50: Lunch/Clean-up (All) 1:00-Departure: Movie Monday's (ML)</p> <p><u>Coffee/Lunch Prep</u> ML</p> <p><u>Transport/Snack Cart</u> TW/ML</p>	<p>6</p> <p>SCREENING: ML</p> <p>7:00-7:50: Arrival & Relaxation 8:00-8:50: Feelings Check (LN) 9:00-9:50 GAG (TW) 10:00-10:50: Effective Communication (ML) 11-11:50: Trivia/Fitness (LN) (ML) 12:00-12:50: Lunch/Clean-up (All) 1:00-Departure: Board Games (TW)</p> <p><u>Outing</u> <u>Coffee/Lunch Prep</u> TW</p> <p><u>Transport/Snack Cart</u> LN/TW</p>	<p>7</p> <p>SCREENING: LN</p> <p>7:00-7:50: Arrival & Relaxation 8:00-8:50: Feelings Check (TW) 9:00-9:50: Family Feud (LN) 10:00-10:50: Music Brainstorming (TW) 11:00-10:50: Self-care (ML) 12:00-12:59: Lunch/Clean-up (All) 1:00- Departure: Free time/Social (ML)</p> <p><u>Coffee/Lunch Prep</u> LN</p> <p><u>Transport/Snack cart:</u> TW/LN</p>	<p>8</p> <p>SCREENING: LN</p> <p>7:00-7:50: Arrival & Relaxation 8:00-8:50: Feelings Check (ML) 9:00-9:50: Healthy Living/Art (LN) (SW) 10:00-10:50: Current Events (ML) 11:00-11:50: Fun Group (LN) 12:00-12:59: Lunch/Clean-up (All) 1:00- Departure: Board games Thursday's (TW)</p> <p><u>Coffee/Lunch Prep</u> ML</p> <p><u>Transport/Snack cart:</u> LN/ML</p> <p>Toni: Off</p>	<p>9</p> <p>SCREENING: ML</p> <p>7:00-7:50: Arrival & Relaxation 8:00-8:50: Feelings Check (SW) 9:00-9:50: Illness Management (TW) 10:00-depart: Fun Friday's/Lunch/Depart (all staff)</p> <p><u>Coffee/Lunch Prep</u> TW</p> <p><u>Transport/ Snack Cart</u> SW/ML</p>
<p>12</p> <p>SCREENING: SW</p> <p>7:00-7:50: Arrival & Relaxation 8:00-8:50: Feelings Check (SW) 9:00-9:50: Enhancing Resilience (TW) 10-10:50: Let's talk about it (ML) 11:00-11:50: Fitness/Member's Choice (ML) 12:00-12:50: Lunch/Clean-up (All) 1:00-Departure: Movie Monday's (ML)</p> <p><u>Coffee/Lunch Prep</u> ML</p> <p><u>Transport/Snack Cart</u> TW/ML</p>	<p>13</p> <p>SCREENING: ML</p> <p>7:00-7:50: Arrival & Relaxation 8:00-8:50: Feelings Check (LN) 9:00-9:50 GAG (TW) 10:00-10:50: Effective Communication (ML) 11-11:50: Trivia/Fitness (LN) (ML) 12:00-12:50: Lunch/Clean-up (All) 1:00-Departure: Board Games (TW)</p> <p><u>Outing</u> <u>Coffee/Lunch Prep</u> TW</p> <p><u>Transport/Snack Cart</u> LN/TW</p>	<p>14</p> <p>SCREENING: LN</p> <p>7:00-7:50: Arrival & Relaxation 8:00-8:50: Feelings Check (TW) 9:00-9:50: Family Feud (LN) 10:00-10:50: Music Brainstorming (TW) 11:00-10:50: Self-care (ML) 12:00-12:59: Lunch/Clean-up (All) 1:00- Departure: Free time/Social (ML)</p> <p><u>Coffee/Lunch Prep</u> LN</p> <p><u>Transport/Snack cart:</u> TW/LN</p>	<p>15</p> <p>SCREENING: TW Art/Starr</p> <p>7:00-7:50: Arrival & Relaxation 8:00-8:50: Feelings Check (ML) 9:00-9:50: Healthy Living/Art (LN) (SW) 10:00-10:50: Current Events (ML) 11:00-11:50: Boundaries (TW) 12:00-12:59: Lunch/Clean-up (All) 1:00- Departure: Board games Thursday's (TW)</p> <p><u>Coffee/Lunch Prep</u> ML</p> <p><u>Transport/ Snack cart:</u> LN/ML</p>	<p>16</p> <p>SCREENING: ML</p> <p>7:00-7:50: Arrival & Relaxation 8:00-8:50: Feelings Check (SW) 9:00-9:50: Illness Management (TW) 10:00-depart: Fun Friday's/Lunch/Depart (all staff)</p> <p><u>Coffee/Lunch Prep</u> TW</p> <p><u>Transport/ Snack Cart</u> SW/ML</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>19 SCREENING: SW</p> <p>7:00-7:50: Arrival & Relaxation 8:00-8:50: Feelings Check (SW) 9:00-9:50: Enhancing Resilience (TW) 10-10:50: Let's talk about it (ML) 11:00-11:50: Fitness/Member's Choice (ML) 12:00-12:50: Lunch/Clean-up (All) 1:00-Departure: Movie Monday's (ML)</p> <p><u>Coffee/Lunch Prep</u> ML</p> <p><u>Transport/Snack Cart</u> TW/ML</p>	<p>20 SCREENING: ML</p> <p>7:00-7:50: Arrival & Relaxation 8:00-8:50: Feelings Check (LN) 9:00-9:50 GAG (TW) 10:00-10:50: Effective Communication (ML) 11-11:50: Trivia/Fitness (LN) (ML) 12:00-12:50: Lunch/Clean-up (All) 1:00-Departure: Board Games (TW)</p> <p><u>Outing</u> <u>Coffee/Lunch Prep</u> TW <u>Transport/Snack Cart</u> LN/TW</p>	<p>21 SCREENING: LN</p> <p>7:00-7:50: Arrival & Relaxation 8:00-8:50: Feelings Check (TW) 9:00-9:50: Family Feud (LN) 10:00-10:50: Music Brainstorming (TW) 11:00-10:50: Self-care (ML) 12:00-12:59: Lunch/Clean-up (All) 1:00- Departure: Free time/Social (ML)</p> <p><u>Coffee/Lunch Prep</u> LN</p> <p><u>Transport/Snack cart:</u> TW/LN</p>	<p>22 SCREENING: TW</p> <p>7:00-7:50: Arrival & Relaxation 8:00-8:50: Feelings Check (ML) 9:00-9:50: Healthy Living/Art (LN) (SW) 10:00-10:50: Current Events (ML) 11:00-11:50:Boundaries (TW) 12:00-12:59: Lunch/Clean-up (All) 1:00- Departure: Board games Thursday's (TW)</p> <p><u>Coffee/Lunch Prep</u> ML</p> <p><u>Transport/Snack cart:</u> LN/ML</p>	<p>23 SCREENING: ML</p> <p>7:00-7:50: Arrival & Relaxation 8:00-8:50: Feelings Check (SW) 9:00-9:50: Illness Management (TW) 10:00-depart: Fun Friday's/Lunch/Depart (all staff)</p> <p><u>Coffee/Lunch Prep</u> TW</p> <p><u>Transport/ Snack Cart</u> SW/ML</p>
<p>26 SCREENING: SW</p> <p>7:00-7:50: Arrival & Relaxation 8:00-8:50: Feelings Check (SW) 9:00-9:50: Enhancing Resilience (TW) 10-10:50: Let's talk about it (ML) 11:00-11:50: Fitness/Member's Choice (ML) 12:00-12:50: Lunch/Clean-up (All) 1:00-Departure: Movie Monday's (ML)</p> <p><u>Coffee/Lunch Prep</u> ML</p> <p><u>Transport/Snack Cart</u> TW/ML</p>	<p>27 SCREENING: ML</p> <p>7:00-7:50: Arrival & Relaxation 8:00-8:50: Feelings Check (LN) 9:00-9:50 GAG (TW) 10:00-10:50: Effective Communication (ML) 11-11:50: Trivia/Fitness (LN) (ML) 12:00-12:50: Lunch/Clean-up (All) 1:00-Departure: Board Games (TW)</p> <p><u>Outing</u> <u>Coffee/Lunch Prep</u> TW <u>Transport/Snack Cart</u> LN/TW</p>	<p>28 SCREENING: LN</p> <p>7:00-7:50: Arrival & Relaxation 8:00-8:50: Feelings Check (TW) 9:00-9:50: Family Feud (LN) 10:00-10:50: Music Brainstorming (TW) 11:00-10:50: Self-care (ML) 12:00-12:59: Lunch/Clean-up (All) 1:00- Departure: Free time/Social (ML)</p> <p><u>Coffee/Lunch Prep</u> LN</p> <p><u>Transport/Snack cart:</u> TW/LN</p>	<p>29 SCREENING: TW Art/Starr</p> <p>7:00-7:50: Arrival & Relaxation 8:00-8:50: Feelings Check (ML) 9:00-9:50: Healthy Living/Art (LN) (SW) 10:00-10:50: Current Events (ML) 11:00-11:50: Boundaries (TW) 12:00-12:59: Lunch/Clean-up (All) 1:00- Departure: Board games Thursday's (TW)</p> <p><u>Coffee/Lunch Prep</u> ML</p> <p><u>Transport/Snack cart:</u> LN/ML</p>	<p>30 SCREENING: ML</p> <p>7:00-7:50: Arrival & Relaxation 8:00-8:50: Feelings Check (SW) 9:00-9:50: Illness Management (TW) 10:00-depart: Fun Friday's/Lunch/Depart (all staff)</p> <p><u>Coffee/Lunch Prep</u> TW</p> <p><u>Transport/ Snack Cart</u> SW/ML</p>



Contact Information
3617 W Cambridge Ave
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West Village: (602)433-3555
(602)443-3553 fax

Remember to be healthy by eating a good breakfast before attending the Village,
WE CANNOT PROVIDE IT HERE.

We will have lunch daily at the Village. Coffee is also provided in the mornings.

Due to unforeseen circumstances the calendar may change.

Thank you for understanding.

“Being uncomfortable is the start of growth”