

REP Group Outline			
Date	Topic	Activity	Supplies to Bring
April 15, 2025	Creativity & Mindfulness	Wellness Rocks	None
April 29, 2025	Cognitive Activity	Musical Bingo w/ Prizes	None
May 13, 2025	What Does Spirituality Mean For You	Exploring different forms of spirituality	None
May 27, 2025	Identifying Emotions	Emotional Wheel + Coloring	None
June 10, 2025	Show and Tell	Show and Tell	Bring a short activity that you would like to show & teach the group about
June 24, 2025	Cool Ways To Move Your Body	Learning the Basics of Line Dancing	None
July 8, 2025	Creativity & Mindfulness	Crochet	BYOS-bring your own supplies
July 22, 2025	Cognitive Activity	Trivia	None
August 5, 2025	Cognitive Activity Social Activity	Board Games	Can bring some, we also have some
August 19, 2025	Emotions	Walk to Dairy Delight	Walking shoes, water and money for ice cream
September 2, 2025	Social	Karaoke	None
September 16, 2025	Cool Ways To Move Your Body	Just Dance	None