

Empowerment3/Overcoming Barriers THRIVE Calendar

APRIL

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
|-----|-----|-----|-----|-----|-----|-----|

We encourage you to complete these activities with your family members and/or your mentor
 To participate in synchronous events fill out this [registration link](#)
 If you have questions contact our Director of Communications **Promise Yost** at overcomingbarriers@jmu.edu or 719-659-3859

| | | | | | | |
|---|--|---|---|---|---|---|
| <p>4 WORKSHEET</p> <p><u>MOVE AROUND THE WORLD: BRAZIL!</u></p> | <p>5 VIRTUAL</p> <p>BOXING TAUGHT BY MAX 5:00PM-5:30PM</p> | <p>6 VIRTUAL</p> <p>DANCE/CREATIVE MOVEMENT BY HALEY BARBER 6:00-6:30PM</p> | <p>31 VIRTUAL</p> <p>DANCE/CREATIVE MOVEMENT TAUGHT BY HALEY 6:00PM-6:30PM</p> | <p>1 VIRTUAL</p> <p>WUSHU/DEFENSE TAUGHT BY TASHA 4:30PM-5:00PM</p> | <p>2 VIRTUAL</p> <p>DANCE CLASS TAUGHT BY MADISON 5:00PM-5:30PM</p> | <p>3 WORKSHEET</p> <p><u>AVOCADO AND ROASTED CHICKPEA TOAST RECIPE</u></p> |
| <p>7 IN PERSON</p> <p>BACKYARD GAMES AT JMU 6:00PM-6:30PM</p> <p>-----</p> <p>VIRTUAL</p> <p>SCAVENGER HUNT BY SPEECH & LEARNING CENTER 4:30PM-5:00PM</p> <p>VIRTUAL</p> <p>ARTS AND CRAFTS BY SARAH 5:00PM-5:30PM</p> | <p>8 VIRTUAL</p> <p>WUSHU/DEFENSE TAUGHT BY TASHA 4:30PM-5:00PM</p> | <p>9 WORKSHEET</p> <p><u>MORRISON BRUCE CENTER PROTEIN MEMORY NUTRITION GAME</u></p> | <p>10 VIDEO LINK</p> <p><u>DISNEY DANCE CHALLENGE</u></p> <p>-----</p> <p>CHIPOTLE FUNDRAISER 4:00PM-8:00PM</p> | | | |
| <p>11 IN PERSON</p> <p>TENNIS LESSONS TAUGHT BY VICTORIA 2:00PM-3:00PM HARRISONBURG</p> <p>-----</p> <p>WORKSHEET</p> <p><u>MOVE AROUND THE WORLD: NEW ZEALAND!</u></p> | <p>12 VIRTUAL</p> <p>BOXING TAUGHT BY MAX 5:00PM-5:30PM</p> | <p>13 WORKSHEET</p> <p><u>DECK OF FITNESS</u></p> | <p>14 VIRTUAL</p> <p>BOOT CAMP TAUGHT BY BRANDON 5:30PM-6:00PM</p> | <p>15 VIRTUAL</p> <p>WUSHU/DEFENSE TAUGHT BY TASHA 4:30PM-5:00PM</p> | <p>16 VIRTUAL</p> <p>DANCE CLASS TAUGHT BY MADISON 5:00PM-5:30PM</p> | <p>17 IN PERSON</p> <p>SPRING FLING/ FUNDRAISER MULLIGAN'S GOLF 10:00AM-2:00PM</p> |
| <p>18 IN PERSON</p> <p>TENNIS LESSONS TAUGHT BY VICTORIA 2:00PM-3:00PM HARRISONBURG</p> <p>-----</p> <p>WORKSHEET</p> <p><u>MOVE AROUND THE WORLD: INDIA!</u></p> | <p>19 VIRTUAL</p> <p>BOXING TAUGHT BY MAX 5:00PM-5:30PM</p> | <p>20 VIRTUAL</p> <p>DANCE/CREATIVE MOVEMENT BY HALEY BARBER 6:00-6:30PM</p> | <p>21 IN PERSON</p> <p>SCAVENGER HUNT AT ARBORETUM 6:00PM-6:30PM</p> <p>-----</p> <p>VIRTUAL</p> <p>STRETCH AND MOVE BY WAYNESBORO YMCA 5:00PM-5:30PM</p> | <p>22 VIRTUAL</p> <p>WUSHU/DEFENSE TAUGHT BY TASHA 4:30PM-5:00PM</p> | <p>23 WORKSHEET</p> <p><u>EXERCISE BINGO</u></p> | <p>24 IN PERSON</p> <p>PURCELL PARK WALK TAUGHT BY PROMISE 10:00AM-10:30AM</p> |
| <p>25 IN PERSON</p> <p>TENNIS LESSONS TAUGHT BY VICTORIA 2:00PM-3:00PM HARRISONBURG</p> <p>-----</p> <p>WORKSHEET</p> <p><u>MOVE AROUND THE WORLD: FRANCE!</u></p> | <p>26 VIRTUAL</p> <p>BOXING TAUGHT BY MAX 5:00PM-5:30PM</p> <p>-----</p> <p>VIRTUAL</p> <p>STRETCH AND MOVE BY WAYNESBORO YMCA 5:00PM-5:30PM</p> | <p>27 WORKSHEET</p> <p><u>ABC WORKOUT</u></p> | <p>28 VIRTUAL</p> <p>ACTS OF KINDNESS BINGO TAUGHT BY KEEGAN 5:00PM-5:30PM</p> <p>-----</p> <p>VIRTUAL</p> <p>YOGA TAUGHT BY JENNIFER 5:30PM-6:00PM</p> | <p>29 VIRTUAL</p> <p>WUSHU/DEFENSE TAUGHT BY TASHA 4:30PM-5:00PM</p> <p>-----</p> <p>VIRTUAL</p> <p>STRETCH AND MOVE BY WAYNESBORO YMCA 5:00PM-5:30PM</p> | <p>30 VIDEO LINK</p> <p><u>THIS OR THAT? WOULD YOU RATHER WORKOUT</u></p> | <p>STAY TUNED FOR MAY'S THRIVE CALENDAR</p> |

Sponsored by



Contact us to get involved with May's THRIVE Calendar at overcomingbarriers@jmu.edu