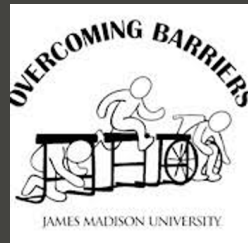


# Shenandoah Valley Inclusive Wellness Coalition (SVIWC) THRIVE Calendar

# MAY

SUN	MON	TUE	WED	THU	FRI	SAT
2 <b>QUOTE OF THE WEEK</b> "WE MAY ENCOUNTER MANY DEFEATS BUT WE MUST NOT BE DEFEATED." - MAYA ANGELOU	3 <b>WORKSHEET</b> <u>MOVE AROUND THE WORLD:</u> <b>AFRICA!</b>	4 <b>VIRTUAL</b> SHOW AND TELL BY SPEECH AND LEARNING CENTER 5:00PM-5:30PM	5 <b>WORKSHEET</b> <u>SPRING SCAVENGER HUNT</u>	6 <b>VIRTUAL</b> DANCE/CREATIVE MOVEMENT BY HALEY BARBER 6:00-6:30PM	7 <b>WORKSHEET</b> <u>DECK O' FITNESS</u>	8
9 <b>QUOTE OF THE WEEK</b> "THE BEST PREPARATION FOR TOMORROW IS DOING YOUR BEST TODAY." -H. JACKSON BROWN, JR.	10 <b>WORKSHEET</b> <u>MOVE AROUND THE WORLD:</u> <b>DOMINICAN REPUBLIC!</b>	11 <b>IN PERSON</b> GOLF LESSONS BY FIRST TEE OF HARRISONBURG 3:00PM-3:45PM & 4:00PM-4:45PM <hr/> <b>VIRTUAL</b> STRETCH AND MOVE BY WAYNESBORO YMCA 5:00PM-5:30PM	12 <b>WORKSHEET</b> <u>ABC WORKOUT</u>	13 <b>VIDEO LINK</b> <u>MOVING AND GROOVING WORKOUT</u>	14 <b>WORKSHEET</b> <u>PORTUGUESE COD DISH RECIPE!</u> <hr/> <b>WORKSHEET</b> <u>PORTUGUESE SOUP RECIPE!</u>	15
16 <b>QUOTE OF THE WEEK</b> "KEEP YOUR FACE ALWAYS TOWARD THE SUNSHINE - AND SHADOWS WILL FALL BEHIND YOU." -WALT WHITMAN	17 <b>WORKSHEET</b> <u>MOVE AROUND THE WORLD:</u> <b>GREECE!</b>	18 <b>VIDEO LINK</b> <u>MOVING AND GROOVING WORKOUT</u>	19 <b>IN PERSON</b> DRUMS ALIVE BY IGNITE FITNESS AT JMU 6:30PM-7:30PM	20 <b>VIRTUAL</b> DANCE/CREATIVE MOVEMENT BY HALEY BARBER 6:00-6:30PM	21 <b>WORKSHEET</b> <u>COLORS/PATTERNS SCAVENGER HUNT</u>	22
23 <b>QUOTE OF THE WEEK</b> "NO ACT OF KINDNESS, NO MATTER HOW SMALL, IS EVER WASTED." -AESOP	24 <b>WORKSHEET</b> <u>MOVE AROUND THE WORLD:</u> <b>IRELAND!</b>	25 <b>WORKSHEET</b> <u>MATH/SCIENCE SCAVENGER HUNT</u>	26 <b>VIDEO LINK</b> <u>MOVING AND GROOVING WORKOUT</u>	27 <b>WORKSHEET</b> <u>WALK/ROAD TRIP I SPY</u>	28 <b>WORKSHEET</b> <u>NATURE SCAVENGER HUNT</u>	29
30 <b>QUOTE OF THE WEEK</b> "CHANGE YOUR THOUGHTS AND YOU CHANGE YOUR WORLD." -NORMAN VINCENT PEALE	31 <b>WORKSHEET</b> <u>MOVE AROUND THE WORLD:</u> <b>SOUTH KOREA!</b>	<p>We encourage you to complete these activities with your family members and/or your mentor</p> <p>To participate in synchronous events fill out this <a href="#">registration link</a></p> <p>If you have questions contact our Director of Communications <b>Promise Yost</b> at <a href="mailto:overcomingbarriers@jmu.edu">overcomingbarriers@jmu.edu</a> or 719-659-3859</p>				

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**HALEY BARBER**