hapi
Building Community Through Health

Hapi Sample Program Calendar

Sun	Mon	Tues	Wed	Thu	Fri	Sat
			1	2	3	4
			3:00-4:00 Exercise (KIDS) SAM	3:00-5:00 HAPI (ASP) 6:30-7:30 Vibe Fitness (Gino)	4:00-6:00 Friday Family Fun Night	11:30-1:30 Zumba (Lisa) * 1:30-2:30 Nutrition w/Adults (Shelly) 2:30-3:30 Cooking with Shelly(Adults)
5	6	7	8	9	10	11
		3:00-5:00 HAPI After School Program 6:30-7:30 Zumba (Carmen)*	3:00-4:00 Exercise (KIDS) SAM 4:00-5:00 Cooking w/Shelly (KIDS)	3:00-5:00 HAPI (ASP) 6:30-7:30 Vibe Fitness (Gino)	4:00-6:00 Friday Family Fun Night 7:00-8:30 MOVIE NIGHT (Adults) Art Class (Kids)	11:30-1:30 Vibe Fitness (Gino)
12	13	14	15	16	17	18
		3:00-5:00 HAPI After School Program 6:30-7:30 Zumba (Carmen)*	3:00-4:00 Exercise (KIDS)SAM 4:00-5:00 Cooking w/Shelly (KIDS) 5:30-6:30 Nutrition w/Shelly (Adults) 6:30-7:30 Cooking w/Shelly (Adults)	3:00-5:00 HAPI (ASP) 6:30-7:30 Vibe Fitness (Gino)	4:00-6:00 Friday Family Fun Night	11:30-1:30 Zumba (Lisa) *
19	20	21	22	23	24	25
		3:00-5:00 HAPI After School Program 6:30-7:30 Zumba (Carmen)*	3:00-4:00 Exercise (KIDS)SAM 4:00-5:00 Cooking w/Shelly (KIDS)	3:00-5:00 HAPI (ASP) 6:30-7:30 Vibe Fitness (Gino) 5:00-7:00 HAPI Town Hall Meeting with Special Guest Speaker Dr. Zaki Hadaya from Walgreens & Flu Shots distributed by Walgreens	4:00-6:00 Friday Family Fun Night	11:30-1:30 Vibe Fitness (Gino)
26	28	29	30	31		
				3:00-5:00 HAPI (ASP) 6:30-7:30 Vibe Fitness (Gino) Harvest Party		

* 20 minute intervals All levels and ages invited ASP- After-School Program

EVENT CALENDAR ☆ AUG

Daily: Food Served, Stretch & Physical Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Games – Trivia	2	3 Games – Family Feud	4
5	6 Field Trip – Water Park	7	8 Garden – Plant New Seeds	9	10 Healthy Eating – Green Smoothies	11
12	13 Yoga	14	15 ***School Starts*** Homework + Garden	16	17 Homework + Arts & Crafts	18
19	20 Homework + Yoga	21	22 Homework + Program Survey + Park	23	24 Homework + Olympics	25
26	27 Homework + Yoga	28	29 Homework + Act in a Play, Theater Arts	30	31 1st Family Night (7pm – 9pm)	

The Villas of Sorrento

3130 Stag Road, Dallas,TX. 75241

VILLAS of Sorrento ☆ SEP 2018

Daily: Food Served, Stretch & Physical Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Homework/Arts & Crafts	4 Homework/Tutoring	5 Homework/Yoga	6 Homework/Tutoring	7 Homework/Trivia Games (math, reading & science)	8
9	10 Homework/Intro. Talent Show	11 Homework/Tutoring	12 Homework/Yoga	13 Homework/Tutoring	14 Homework/Talent show practice	15
16	17 Homework/Yoga	18 Homework/Tutoring	19 Homework/Talent Show Practice	20 Homework/Tutoring	21 Homework/Intro. To vegetable garden	22
23	24 Homework/Trivia Games (math, reading & science)	25 Homework/Tutoring	26 Homework/ Talent Show practice	27 Homework/Tutoring	28 Homework/Talent Show Practice	29
30	**October 1 Talent Show 7:00 – 8;30 PM FAMILIES WELCOME!**					