

Zoom Links for Reaching Across Groups for May 2023

Date Time	Group Subject Ctrl+Click on Blue Hyper-Link	Facilitator	Host	Zoom Meeting ID Phone: 669 900 9128	Passcode
May 2 10:00 – 11:00	Artistic Expression	Barbara	Barbara	827 1070 4602	549868
May 2 1:00 – 2:30	Insight and Perspectives Presence	Barbara	Barbara	858 9252 4766	628190
May 3 10:00 – 11:00	Cultivating Self Compassion	Barbara	Barbara	840 3984 9371	046498
May 3 1:00 – 2:00	W.R.A.P.®	Natalie	Markeet'a	862 0640 6605	701696
May 3 2:30 – 3:30	Spirituality	Barbara	Barbara	817 6712 3374	428673
May 4 10:00 – 11:00	Meditation	Gary	Gary	820 6707 5445	130576
May 4 2:00 – 3:00	Museum Tour Olive Hyde	Barbara	Barbara	880 8662 7730	785918
May 9 10:00 – 11:00	Creative Writing and Moods Physical Fitness	Barbara	Barbara	856 1616 7483	100807
May 9 1:00 – 2:00	Meditation	Gary	Gary	882 9120 7053	130576
May 10 10:00 – 11:00	The Power of Journaling	Natalie	Natalie	821 6262 5758	023977
May 10 1:00 – 2:00	W.R.A.P.®	Natalie	Markeet'a	862 0640 6605	701696
May 10 2:30 – 3:30	The Love of Music	Barbara	Gary	834 7613 4858	686689
May 11 10:00 – 11:00	Feelings as Messengers	Natalie	Natalie	840 8470 5543	687936
May 11 11:30 – 12:30	Nutrition Group	Barbara	Barbara	820 4354 7048	617047
May 11 2:00 – 3:00	Recovery Reflection	Barbara	Barbara	891 5103 6741	736462

Date Time	Group Subject Zoom Hyper-Link	Facilitator	Host	Zoom Meeting ID Phone: 669 900 9128	Passcode
May 12 12:00 – 1:00	Zoom Lunch	Natalie	Barbara	849 9275 1376	581926
May 16 10:00 – 11:00	Artistic Expression	Barbara	Barbara	827 1070 4602	549868
May 16 1:00 – 2:30	Insight and Perspectives Serenity	Barbara	Barbara	858 9252 4766	628190
May 17 10:00 – 11:00	Cultivating Self Compassion	Natalie	Barbara	840 3984 9371	046498
May 17 1:00 – 2:00	W.R.A.P.®	Natalie	Markeet'a	862 0640 6605	701696
May 17 2:30 – 3:30	Spirituality	Barbara	Barbara	817 6712 3374	428673
May 18 10:00 – 11:00	Meditation	Gary	Gary	882 9120 7053	130576
May 18 2:00 – 3:00	Museum Tour Fitness Museum	Barbara	Barbara	880 8662 7730	785918
May 23 10:00 – 11:00	Creative Writing and Moods Elders	Barbara	Barbara	856 1616 7483	100807
May 23 1:00 – 2:00	Meditation	Gary	Gary	882 9120 7053	130576
May 24 10:00 – 11:00	The Power of Journaling	Natalie	Natalie	821 6262 5758	023977
May 24 1:00 – 2:00	W.R.A.P.®	Natalie	Markeet'a	862 0640 6605	701696
May 24 2:30 – 3:30	The Love of Music	Gary	Barbara	834 7613 4858	686689
May 25 10:00 – 11:00	Feelings as Messengers	Natalie	Natalie	840 8470 5543	687936
May 25 11:30 – 12:30	Nutrition Group	Gary	Gary	820 4354 7048	617047
May 25 2:00 – 3:00	T'ai Chi Chih	Gary	Gary	824 7697 7758	736462

Date Time	Group Subject Zoom Hyper-Link	Facilitator	Host	Zoom Meeting ID Phone: 669 900 9128	Passcode
May 30 10:00 – 11:00	<u>Artistic Expression</u>	Barbara	Barbara	827 1070 4602	549868
May 30 1:00 – 2:30	<u>Insight and Perspectives</u> Chatter	Barbara	Barbara	858 9252 4766	628190
May 31 10:00 – 11:00	<u>Cultivating Self Compassion</u>	Natalie	Barbara	840 3984 9371	046498
May 31 1:00 – 2:00	<u>W.R.A.P.®</u>	Natalie	Markeet'a	862 0640 6605	701696
May 31 2:30 - 3:30	<u>Spirituality</u>	Barbara	Barbara	817 6712 3374	428673