



Spring has Arrived

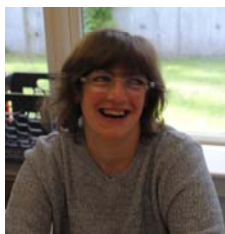
Our cold, gray days have been replaced by warm, sunny days. We are spending time outside on walks, playing basketball and using the swings and tending to our garden and raised beds. Soon we will plant vegetables and herbs and care for them all through the summer. Everyone will get a chance to plant, weed, water and harvest!

Gus and Ms. Sonia cleaned out one of the flower beds and Gus got to push the wheelbarrow!

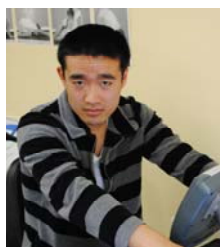


We found this rock near our flower bed. It is a perfect symbol of our program - lot's of heart!

Where in the world...



Emily and her mom and dad took a trip to Italy in May. Emily was all smiles when she returned to the Center.



Andy and his family went to the Grand Canyon in April. He enjoyed bringing in some pictures from his trip.



Many thanks to the New Canaan Foundation for their generous grant to support our music therapy program. This is in cooperation with Arts for Healing, a New Canaan based non-profit, who provides the talented instructors for our program. The Foundation awarded over \$600,000 in grants to 72 different non-profits from New Canaan or surrounding communities, serving New Canaan residents or under represented populations. John Knight, Chair of the Grants Distribution Committee, commented that these non-profits touch the lives of over 50,000 residents in Fairfield County. We are very proud to be counted in that number!

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Yoga Begins

Ms. Louisa finished her second yoga class with the adults at Saint Catherine Center. Using funds raised from the Fairfield County Giving Day, we were able to add this class to our weekly schedule. This class will meet once a week on Mondays with the goal of further integrating physical activity, body awareness and relaxation techniques in each individual's weekly routine. Ms. Louisa has extensive experience in leading classes in Yoga, most recently at Pilot House. It was impressive to see how many of our adult participants were familiar with some of the positions. Ms. Louisa did a great job integrating music and interactive movements. Next week all are going to learn how to clean the yoga mats when class is over!

Upcoming Dates

May 31
Blue Fish Game Lunch at Stadium

June 5
Maritime Center Group 1

June 12
Maritime Center Group 2

June 22
Fishing Trip or

June 29
Lake Mohegan Picnic

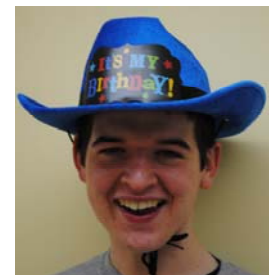
July 4
Independence Day Center Closed

Vacation and Camp Schedules



Please let us know if you have family vacation or camp plans so that we are able to plan staff coverage for the summer.

Program note:
The Center will be closed the week of July 31-August 4th.



May was Happy Birthday Month for Ryan

