

# Life Skills Academy Calendar

## November 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5 Not Your Mother's Book Club 4:30-5:30	6 Anatomy Art 4:30-5:30 @LSA	7 Hoop it up! 4:30-6:00 @ YouthBLAST  Art is Life 4:30-6:00 @ LSA	8	9
10	11 Soul Collage 4:30-5:30	12	13 Game Night 4:30-6:00	14 Hoop it up! 4:30-6:00 @ YouthBLAST	15	16
17	18 Acu-Detox 4:30-6:00	19 Let's Talk About It 4:30-5:30	20 Anatomy Jeopardy 4:30-5:30	21 Hoop it up! 4:30-6:00 @ YouthBLAST  Art is Life 4:30-6:00 @ LSA	22	23
24	25 Wanna be in TLP? 4:30-6:00	26 Let's Talk About It 4:30-5:30	27	28 Thanksgiving Social 12:00-3:00 	29	30

## CLASS REGISTRATION AND TRANSPORTATION

PLEASE REGISTER FOR CLASSES AND TRANSPORTATION AT LEAST 24 HOURS IN ADVANCE

Monday-Friday by calling or texting Life Skills Development Manager: **Rachael Matier** at (505) 274-6311 or email [rmatier@ndnm.org](mailto:rmatier@ndnm.org). To access an online calendar, please visit [www.ndnm.org/programs-services/life-skills-academy](http://www.ndnm.org/programs-services/life-skills-academy)

**NOT your mother's book club- TEEN book club:** *Have you ever wanted to join a book club? Well, now is your chance. This is no ordinary book club and defiantly NOT your mother's book club. Join our vibrant and teen centered book club!!* **Instructor: Carri Shook (New Day Life Skills Coach)**

**Soul Collage and Anatomy Art:** *Come create a soul collage! Create a collage that represents aspects of your soul and personality. Learn techniques for drawing the human anatomy.* **Instructor: Michelle Korte (Community Instructor)**

**LSA Thanksgiving Social:** *This is a gathering for Life Skills Academy young people to eat, be social and build community. This month we will be having a Thanksgiving meal and fun activities. Come eat the traditional Thanksgiving!!* **Instructor: LSA TEAM!**

**Acu-Detox For Young People:** *This class will focus on healing with needles that help heal nerves connected to the brain and blood cells. This practice has been known to help with substance abuse, anxiety and other forms of body ailments.* **Instructor: Sheila Ciminera (LSA Community Instructor)**

**Art is Life!** *Come create art and express yourself with local muralist and mentor Albert Rosales.* **Instructor: Albert Rosales (Community Instructor)**

**Want to be in TLP?** *This is an informative session for all young people who are interested in New Day's transitional living program. **This class is required in order to have a first interview and will be held once a month.** Our program expectations and requirements will be explained. Come prepared with all of your questions!* **Instructor: Jordan Peterson (New Day Resource Navigator)**

**Game Night-** *Come play board games and video games and be social. Meet our New Day Life Skills Coaches.* **Instructor: Janet Martinez (New Day Life Skills Coach)**

**Hoop It Up-** *Shoot some hoops with former New Day life skills coach Cisco at the INDOOR courts at YouthBLAST (Johnny Tapia Community Center)* **Instructor: Francisco Rodriguez (Community Instructor)**

**Anatomy Jeopardy:** *This presentation is designed to help students understand the different parts and functions of the sexual and reproductive anatomy while also discussing how to maintain the health of these body parts. It features a jeopardy game and a body-positivity activity.* **Instructor: Planned Parenthood (Community Instructor)**

**Let's Talk About It:** *Two part series about recognizing and expressing feelings, and general communication skills with practice. Come to one or all!* **Instructor: Susan Wells (New Day Staff)**