



# JANUARY 3 - MARCH 27 2022 WINTER TERM

Registration details and program information at [AutismUp.org](https://AutismUp.org)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Yoga I</b> 9:00 am - 9:50 am	<b>Navigating Relationships</b> 9:00 am - 9:50 am	<b>Rise &amp; Shine Fitness I</b> 9:00 am - 9:50 am	<b>Rise &amp; Shine Fitness II</b> 9:00 am - 9:50 am	<b>Full Life Foundations Virtual - Group</b> 10:00 am - 11:00 am
<b>Full Life Foundations</b> 10:00 am - 10:50 am	<b>Creative Expressions I</b> 10:00 am - 11:30 am	<b>Zoo Life<sup>4</sup></b> 10:30 am - 11:30 am	<b>Financial Literacy</b> 10:00 am - 10:50 am	<b>FLA FLEX<sup>2</sup></b> 12:00 pm - 2:00 pm
<b>My Place</b> 11:00 am - 11:50 am	<b>Career Exploration<sup>3</sup></b> 1:00 pm - 2:00 pm	<b>Plugged In<sup>4</sup></b> 1:00 pm - 2:30 pm	<b>Safety Awareness<sup>3</sup></b> 1:00 pm - 3:00 pm	
<b>Cooking Basics I</b> 12:00 pm - 1:30 pm	<b>Unpaid Work Experience On-Site<sup>1</sup></b> 2:30 pm - 4:30 pm	<b>TECH Connect<sup>4</sup></b> 2:30 pm - 4:30 pm	<b>Yoga II</b> 3:30 pm - 4:20 pm	
<b>Full Life Connections<sup>3</sup></b> 2:30 pm - 4:00 pm		<b>Body Mind Connections</b> 5:00 pm - 6:00 pm		

*Full Life Foundations Individual 1:1 Sessions, both virtual and in-person, are available throughout the week by appointment only. For scheduling details, please contact Jeanne Ricigliano, [jricigliano@autismup.org](mailto:jricigliano@autismup.org).*



<sup>1</sup> Must be enrolled in Career Exploration to participate in on-site Unpaid Work Experience    <sup>2</sup> Must be enrolled in Full Life Academy classes to participate in FLA FLEX    <sup>3</sup> Facilitated in multiple locations    <sup>4</sup> Off-site location