

RendeverLive™ – May 2022

Monday

2 **Mindfulness**
Curiosity & Wonder
11:00am ET (8:00am PT)

Book Club
Short Stories
2:00pm ET (11:00am PT)

9 **Mindfulness**
Boost Your Mood
11:00am ET (8:00am PT)

Book Club
Shakespeare's
Sonnets
2:00pm ET (11:00am PT)

16 **Mindfulness**
5 Senses Grounding
11:00am ET (8:00am PT)

Book Club
Greek Myths
2:00pm ET (11:00am PT)

23 **Mindfulness**
Compassionate Body
Scan
11:00am ET (8:00am PT)

Book Club
Canadian Stories
2:00pm ET (11:00am PT)

Victoria Day (CA)

30 **Mindfulness**
Anchor in Love
11:00am ET (8:00am PT)

Book Club
Summer Poems
2:00pm ET (11:00am PT)

Memorial Day

Tuesday

3 **Mindfulness**
Curiosity & Wonder
11:00am ET (8:00am PT)

Travel & Adventure
Zen Places
2:00pm ET (11:00am PT)

End of Ramadan

10 **Mindfulness**
Boost Your Mood
11:00am ET (8:00am PT)

Travel & Adventure
Kentucky Derby
2:00pm ET (11:00am PT)

17 **Mindfulness**
5 Senses Grounding
11:00am ET (8:00am PT)

Travel & Adventure
1950s
2:00pm ET (11:00am PT)

24 **Mindfulness**
Compassionate Body
Scan
11:00am ET (8:00am PT)

Travel & Adventure
Bob Dylan
2:00pm ET (11:00am PT)

Bob Dylan's Birthday

31 **Mindfulness**
Anchor in Love
11:00am ET (8:00am PT)

Travel & Adventure
Farm Animals
2:00pm ET (11:00am PT)

Wednesday

4 **Mindfulness**
Curiosity & Wonder
11:00am ET (8:00am PT)

Tea & Talk
Nature Share & Tell
2:00pm ET (11:00am PT)

Game Time
Community Trivia
4:00pm ET (1:00pm PT)

11 **Mindfulness**
Curiosity & Wonder
11:00am ET (8:00am PT)

Tea & Talk
Art Share & Tell
2:00pm ET (11:00am PT)

Game Time
Community Trivia
4:00pm ET (1:00pm PT)

18 **Mindfulness**
Curiosity & Wonder
11:00am ET (8:00am PT)

Can't Miss Session!
Baking with Sarah
2:00pm ET (11:00am PT)

Game Time
Community Trivia
4:00pm ET (1:00pm PT)

25 **Mindfulness**
Curiosity & Wonder
11:00am ET (8:00am PT)

Tea & Talk
Animal Share & Tell
2:00pm ET (11:00am PT)

Game Time
Community Trivia
4:00pm ET (1:00pm PT)

Thursday

5 **Mindfulness**
Curiosity & Wonder
11:00am ET (8:00am PT)

Travel & Adventure
Mexico
2:00pm ET (11:00am PT)

Cinco de Mayo

12 **Mindfulness**
Boost Your Mood
11:00am ET (8:00am PT)

Travel & Adventure
Everyday Heroes
2:00pm ET (11:00am PT)

Special Event
Laughter Yoga
2:30pm ET (11:30am PT)

Florence Nightingale's Birthday

19 **Mindfulness**
5 Senses Grounding
11:00am ET (8:00am PT)

Travel & Adventure
Canada
2:00pm ET (11:00am PT)

26 **Mindfulness**
Compassionate Body
Scan
11:00am ET (8:00am PT)

Travel & Adventure
Ancient Wonders
2:00pm ET (11:00am PT)

Friday

6 **Mindfulness**
Curiosity & Wonder
11:00am ET (8:00am PT)

Move & Groove
Sing Along
4:00pm ET (1:00pm PT)

National Nurses Day (US)

13 **Mindfulness**
Boost Your Mood
11:00am ET (8:00am PT)

Move & Groove
Name That Tune
4:00pm ET (1:00pm PT)

20 **Mindfulness**
5 Senses Grounding
11:00am ET (8:00am PT)

Move & Groove
Sing Along
4:00pm ET (1:00pm PT)

27 **Mindfulness**
Compassionate Body
Scan
11:00am ET (8:00am PT)

Move & Groove
Name That Tune
4:00pm ET (1:00pm PT)

Our community is celebrating Mental Health Awareness Month!

Build your mental health practice through our mindfulness programming happening every single morning this month, and join us for our new weekly Tea Time on Wednesdays!