

HVE@DU

2020 Full Year Calendar and Curriculum

Special 2020 Dates:

*3rd annual Peter Naffah DU Hockey Outing (5:00pm dinner, 7:00pm game, February 22, 2020)

*Family Picnic: May 23, 2020

*Family Holiday Potlucks: December 16 and 17, 2020

*July/August 2020: Summer life skills program and overnight trip

Quarter 1: Jan. 29 and 30- Mar. 18 and 19

Theme: Supporting lifelong mental and physical wellness

Topics covered: Nutrition, healthy cooking, easy snack prep, mental wellness strategies, yoga, meditation, exercise for lifelong wellness, grocery store tour/scavenger hunt, DU fitness buddies, DU fitness center drop-in workouts

Registration and payment due to RMDSA office staff by: January 22, 2020

Quarter 2: Apr. 1 and Apr. 2- May 20 and May 21

Theme: TBA

Topics covered:

Registration and payment due to RMDSA office staff by: March 25, 2020

Quarter 3: Aug. 19 and Aug. 20- Oct. 7 and Oct. 8

Theme: TBA

Topics covered:

Registration and payment due to RMDSA office staff by: August 12, 2020

Quarter 4: Oct. 21 and Oct. 22- Dec.16 and Dec. 17

Theme: TBA

Topics covered:

Registration and payment due to RMDSA office staff by: October 14, 2020