

(Creative, Resourceful, Adventurous Youth and Young Adultz)**MONDAYS****ARTISTIC HOUR****3-4 PM**

- Simple, Fun Art Projects Using Various Mediums (See Schedule on Back)
- Supplies Provided, Free to Participate
- Accessible to Youth with All Kinds of Disabilities

CHILL ZONE**4-5 PM**

- Free Art Centers (Including Adult Coloring Book Station)
- Puzzles
- Reading (Magazines and Comic Books)
- Writing Center/Decorate Your Own Journal
- Bring Your Own Quiet Activity (Listen to Music, Read, Play Your Own Video Games with Headphones, Etc.)

WEDNESDAYS**INTERN AND LEADERSHIP TEAM****1-3 PM**

- Get Work Experience/Community Service Hours and a Letter of Recommendation to put on Your Resume
- Help Plan Youth Events and Develop Leadership Skills
- Learn and Practice Independent Living Skills such as Creating a Resume and Advocating for What you Need in the Workplace

HITTING THE TOWN

Join us at least once a month as we go out to eat, go to the movies, or participate in other community activities outside of the office. See schedule on back.

FRIDAYS**GAMING
HANG OUT (VIDEO
GAMES/CARD/
BOARD GAMES)
12-2 PM**

- Non-Violent Games for Xbox 360 and Wii or Bring Your Own
- Board Games and Puzzles
- Bring Your Pokemon Cards or Dungeons and Dragons
- Bring Your Lunch if You Want

**MOVIES AND POPCORN
1-3 PM**

- Nonviolent Movies PG-13 or Under (See Schedule on Back)
- Snacks Provided or Bring Your Own

SUMMER EVENT CALENDAR (July 9th–August 10th)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9 ARTISTIC HOUR 3-4 PM: Watercolor Canvases CHILL ZONE 4-5 PM	10	11 INTERN AND LEADERSHIP TEAM 1-3 PM	12	13 GAMING HANGOUT 12-2 PM MOVIE 2-4 PM: The Theory of Everything	14
15	16 ARTISTIC HOUR 3-4 PM: Drawing Cartoons/Anime CHILL ZONE 4-5 PM	17	18 FREED AGING & DISABILITY CONFERENCE @ GOLD MINERS INN	19	20 GAMING HANGOUT 12-2 PM MOVIE 2-4 PM: Still Alice	21 PIZZA NIGHT @ ROUND TABLE PIZZA (686 Sutton Way, Grass Valley) 5-7 PM
22	23 ARTISTIC HOUR 3-4 PM: Making Slime CHILL ZONE 4-5 PM	24	25 INTERN AND LEADERSHIP TEAM 1-3 PM	26	27 GAMING HANGOUT 12-2 PM MOVIE 2-4 PM: Star Wars	28
29	30 ARTISTIC HOUR 3-4 PM: Zentangle Drawing CHILL ZONE 4-5 PM	31	1 INTERN AND LEADERSHIP TEAM 1-3 PM	2	3 GAMING HANGOUT 12-2 PM MOVIE 2-4 PM: Wonder	4
5	6 ARTISTIC HOUR 3-4 PM: Clay Sculptures CHILL ZONE 4-5 PM	7	8 INTERN AND LEADERSHIP TEAM 1-3 PM	9 NEVADA COUNTY FAIR COMMUNITY (Disability) DAY 10-5 PM	10 GAMING HANGOUT 12-2 PM MOVIE 2-4 PM: Silver Linings	11

Location of Events: FREED Office, 435 Sutton Way, Grass Valley, CA 95945 (Phone: 530 477 3333)

*RSVP not required but Registration Packet will need filled out before participating.

For more information, please call or email Shay@FREED.org. Events will also be posted on our Facebook page (Search: FREED C.R.A.Y.Y.z Group)