

ASAT Master Schedule

9am	IP/V: Morning Meeting, 9am - 9:30am		IP/V: Get to Know New Haven: History & Points of Interest 9am - 10am	IP/IV: Morning Meeting, 9am - 9:30am	V/II: Civics and Citizenship 9am - 10am	V/II: Sign Language 102 9am - 10am
10am	V/II: Meal Planning: A Balanced Plate 10am - 11am		V: Study Skills + Other Tips for College Success 10am - 11am	V/II: Spring Crafts 10am - 11am	V/II: Typing and Data Entry 10am - 11am	V/II: 80s & 90s Entertainment and Trivia 10am - 11am
11am	IP/V: Generational Communication and Conflict	V/II: My Career Plan 11am - 12pm	IP: Moving Meditation: Mindfulness Through Walking 11am - 12pm	V: SCSU "Social Hour" 11am - 12pm	V: Book Club: With the Fire on High 11am - 12pm	V/II: Art Journaling 11am - 12pm
12pm			IP: "Meet & Eat" 12pm - 1pm			V/II: Spring Salads 12pm - 1:30pm
1pm	IP: Hiking 1pm - 3pm		IP/V: Chess Club 1pm - 2pm	V/II: Study Group 1pm - 2pm		V: Banking and Budgeting 1pm - 2pm
2pm	V: Personal Style & Presentation for Women		V/II: The History of Africa 2pm - 3pm	V/II: Staff Assisted Cooking 2pm - 3pm	V: Transition Series: Locating Housing	V/II: Weird and Wonderful Science 2pm - 3pm
3pm			V: Men's Group 3pm - 4pm			
4pm	V: Body Positive - Wellness Group 4pm - 5pm		V: Take a Break Night - Virtual Edition 4pm - 5pm			
5pm						
6pm						
7pm	IP: Recap 7pm - 8pm				IP: Recap 7pm - 8pm	
8pm						