

THURSDAY

9 a.m.	Vocational Program	FHTC
	The Daily *	NRC
10 a.m.	Physical Wellness—Fitness	FHTC
	Physical Wellness—Mat Group	FHTC
	Meditation	FHTC
	Brain Quest	FHTC
	Vocational Program	FHTC
	Painting	NRC
11 a.m.	Physical Wellness—Fitness	FHTC
	Coping Skills	FHTC
	Electronic Gaming	FHTC
	Cooking Skills	FHTC
	Vocational Program	FHTC
	The View *	NRC
12:30 p.m.	The Daily	GTC
1 p.m.	Casino Royale	FHTC
	Cooking Skills	FHTC
	Vocational Program	FHTC
	Craft Skills	NRC
	Man Cave	GTC
2 p.m.	Healthy Living	FHTC
	Vocational Program	FHTC
	Pay It Forward	NRC
	Woodshop	GTC
3 p.m.	Book Club *	NRC

FRIDAY

9 a.m.	Vocational Program	FHTC
	Brain Quest *	NRC
10 a.m.	Craft Skills	FHTC
	Vocational Program	FHTC
	Awareness	NRC
	Community Outing (5 hrs.)	GTC
11 a.m.	Physical Wellness—Fitness	FHTC
	Just Dance!	FHTC
	Comedy U	FHTC
	Vocational Program	FHTC
	Electronic Gaming *	NRC
	Community Outing (cont.)	GTC
1 p.m.	Physical Wellness—Mat Group	FHTC
	Painting	FHTC
	Book Club	FHTC
	Vocational Program	FHTC
	Rainbow Theatre *	NRC
	Community Outing (cont.)	GTC
2 p.m.	The View	FHTC
	Upcycling	FHTC
	Vocational Program	FHTC
	Rainbow Theatre *	NRC
	Community Outing (cont.)	GTC
3 p.m.	Rainbow Theatre *	NRC

* *Rainbow U on the Go* provides additional activities to clients in their rooms due to personal/medical needs

FHTC-Farmington Hills Treatment Center
NRC-NeuroRehab Campus
GTC-Genesee Treatment Center



COURSE SCHEDULE

January 7–April 26, 2019

Trimester 1

NORTH

Farmington Hills and Flint



Rainbow U is a day treatment program offered by Rainbow Rehabilitation Centers.

For more information, call or visit:

800.968.6644

rainbowrehab.com

NOTE: Courses, dates and times are subject to change. Core therapies are scheduled separately. Some courses may not be appropriate for all clients depending on skill level.

MONDAY

9 a.m.	Physical Wellness—Fitness	FHTC
	Vocational Program	FHTC
	Brain Daily *	NRC
10 a.m.	Physical Wellness—Mat Group	FHTC
	The Daily	FHTC
	Vocational Program	FHTC
	Games Galore	NRC
11 a.m.	Physical Wellness—Mat Group	FHTC
	The Challenges	FHTC
	Mad Scientist	FHTC
	Vocational Program	FHTC
	Celebrate!	NRC
1 p.m.	Mystery Theatre	FHTC
	Inspire Me!	FHTC
	Vocational Program	FHTC
	Community Adventures (3 hrs.)	NRC
	Disney Doings *	NRC
2 p.m.	Physical Wellness—Fitness	FHTC
	Games Galore	FHTC
	Artistic Creations	FHTC
	Vocational Program	FHTC
	Community Adventures (cont.)	NRC
	<i>Core Therapy Group</i> *	NRC
3 p.m.	Community Adventures (cont.)	NRC
	<i>Core Therapy Group</i> *	NRC

TUESDAY

9 a.m.	Vocational Program	FHTC
	The Daily *	NRC
10 a.m.	Physical Wellness—Fitness	FHTC
	Physical Wellness—Mat Group	FHTC
	Terrific and True	FHTC
	Vocational Program	FHTC
	Casino Royale	NRC
11 a.m.	Physical Wellness—Yoga	FHTC
	Physical Wellness—Mat Group	FHTC
	Music Skills	FHTC
	Vocational Program	FHTC
	Fun!damentals	NRC
12:30 p.m.	The Daily	GTC
1 p.m.	Physical Wellness—Fitness	FHTC
	War	FHTC
	Broadway Bound	FHTC
	Vocational Program	FHTC
	Music Appreciation *	NRC
	Insights	GTC
2 p.m.	Spa 4 Me	FHTC
	Woodshop	FHTC
	Vocational Program	FHTC
	We Love the 80s! *	NRC
	Just Dance!	GTC
3 p.m.	Book Club *	NRC
5:30 p.m.	Activity Night (2 hrs.)	FHTC

WEDNESDAY

9 a.m.	Physical Wellness—Fitness	FHTC
	Physical Wellness—Mat Group	FHTC
	Games Galore	FHTC
	Vocational Program	FHTC
	Brain Daily *	NRC
10 a.m.	Community Reintegration Outing (5 hrs.)	FHTC
	Vocational Program	FHTC
	Artistic Creations	NRC
	Food and Nutrition	GTC
11 a.m.	Community Reintegration Outing (cont.)	FHTC
	Vocational Program	FHTC
	Deal Me In	NRC
	Cooking Skills	GTC
12:30 p.m.	Brain Quest	GTC
1 p.m.	Community Reintegration Outing (cont.)	FHTC
	Vocational Program	FHTC
	Community Adventures (3 hrs.)	NRC
	All About Animals *	NRC
	Physical Wellness—Chair Aerobics	GTC
2 p.m.	Community Reintegration Outing (cont.)	FHTC
	Vocational Program	FHTC
	Community Adventures (cont.)	NRC
	Real Rock *	NRC
	<i>Core Therapy Group</i> *	NRC
	Relaxation and Meditation	GTC
3 p.m.	Community Adventures (cont.)	NRC
	Comedy U *	NRC
	<i>Core Therapy Group</i> *	NRC