

THURSDAY

10 a.m.	Relaxation and Meditation	YTC
	Computer Cognitive Boost	YTC
	Electronic Gaming	YTC
	Moving on Up	YTC
	Inspire Me!	YTC
11 a.m.	The Real U	YTC
	Fun with Food	YTC
	Fun!damentals	YTC
	Real Rock	YTC
Noon	Exploring the Community (2 hours)	YTC
1 p.m.	Puzzle Mania	YTC
	Xtreme Hobbies	YTC
	Casino Royale	YTC
	Brain Games	YTC
2 p.m.	Craft Skills	YTC
	Puzzle Mania	YTC
	Disney Doings	YTC
3 p.m.	Terrific and True	YTC
6:30 p.m.	Outing	AA

FRIDAY

10 a.m.	Greenhouse	YTC
	The Daily	YTC
	Brain Quest	YTC
	Computer 101	YTC
11 a.m.	We Love the 80s	YTC
	Twilight Zone	YTC
1 p.m.	Community Adventures (2 hours)	YTC
	Deal Me In	YTC
	Rainbow Theatre	YTC
	Computer Cognitive Boost	YTC
	Karaoke	YTC
2 p.m.	Painting	YTC
	Rainbow Theatre	YTC
	Cooking Skills	YTC
3 p.m.	Games Galore	YTC
	Cooking Skills	YTC
6:30 p.m.	Movie Night/Leisure Activity	YTC

YTC-Ypsilanti Treatment Center
AA-Ann Arbor Specialized Residential Program



COURSE SCHEDULE

January 7–April 26, 2019

Trimester 1

SOUTH

Ypsilanti and Ann Arbor



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

10 a.m.	The Daily	YTC
	Brain Quest	YTC
11 a.m.	Physical Wellness— Chair Aerobics	YTC
	Comedy U	YTC
	Fun with Food	YTC
1 p.m.	Globetrotting	YTC
	Computer Cognitive Boost	YTC
	Art Therapy	YTC
	Craft Skills	YTC
2 p.m.	Art Journaling	YTC
	Pay It Forward	YTC
	Fun!damentals	YTC
3 p.m.	Cooking Skills	YTC
	Upcycling	YTC
	Electronic Gaming	YTC
6:30 p.m.	Ladies Night (2 hrs.)	YTC
	Man Cave (2 hrs.)	YTC

TUESDAY

10 a.m.	Terrific and True	YTC
	Greenhouse	YTC
	Computer Cognitive Boost	YTC
	Spa 4 Me	YTC
	Xtreme Hobbies	YTC
11 a.m.	Puzzle Mania	YTC
	Pool Sharks	YTC
	Painting	YTC
Noon	Exploring the Community (2 hours)	YTC
1 p.m.	Casino Royale	YTC
	Real Rock	YTC
	Scrapbooking	YTC
2 p.m.	Jewelry	YTC
	Mystery Theatre	YTC
	Sweet Treats	YTC
3 p.m.	Blast from the Past	YTC
6:30 p.m.	One Day at a Time	YTC

WEDNESDAY

10 a.m.	Music Appreciation	YTC
	Art Therapy	YTC
	Games Galore	YTC
	Blast from the Past	YTC
11 a.m.	Upcycling	YTC
	Garage Band	YTC
	Sports Talk	YTC
	Karaoke	YTC
1 p.m.	Computer 101	YTC
	Mad Scientist	YTC
	Sweet Treats	YTC
2 p.m.	Craft Skills	YTC
	All About Animals	YTC
3 p.m.	Comedy U	YTC

