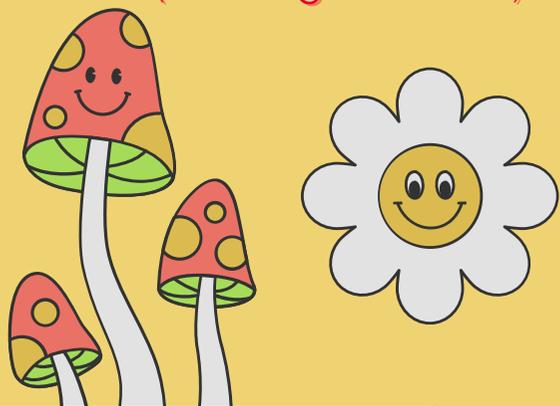


# SPRING AT GROUNDED:

## Pop-In Programming

(Starting March 24)



All drop-in calendar events are included in your **Monthly Membership**

**\$28/month per person**

**\$38/month group rate**

If you're not a member, we ask for a donation to our community pantry or needs cupboard to help keep this space accessible for all.

### Monday

#### Reset & Recharge

 10 AM  
Senior Coffee Hour & Games

 2 PM  
Low-Stakes Productivity  
(Body Doubling Session)

### Tuesday

#### Stories & Stillness

 11 AM - Intersectional  
Storytime with Dani

 2-4 PM  
Quiet Time  
(Sensory Reset)

### Wednesday

#### Movement & Release

 10 AM – Shake It Off  
Movement Class

 2 PM – Afternoon Dance  
Class with Lisa

### Thursday

#### Recess for Adults

 10am - Junk Journalling

 6 PM – Fern's X Grounded  
Thursday Night Out!

### Friday

#### Creativity & Curiosity

 10 AM – Low-Pressure Book  
Club

### Saturday

#### Community & Connection

 Scavenger Hunt (**First  
Saturday of the Month**)

 10am - Dead Hobby Swap  
 2pm - Picky Pad Workshops  
**(PAID WORKSHOP)**

**To book paid workshops visit [theoneinfiveproject.com/bookings](https://theoneinfiveproject.com/bookings)**

\*All events are included in your monthly membership unless stated otherwise. Events are open to all ages unless specified.