



## Fall Program Schedule

*All programs are held virtually over Zoom unless otherwise noted*

Follow us on social media for updates!

Instagram: @Door\_NYC

Facebook: @TheDoorNYC

Zoom ID: 550-855-9017

Zoom password: 555121

### Monday

- 12-3pm: Make Your Mark: YC Onsite Art (Outside at 555 Broome)
- 2-2:30 pm: Heart Flow: Meditation (Isa)
- 2:30-3 pm: Live at The Door
- 3-4 pm: Back to Life- Adapt to Reality (Tim)
- 4-5 pm: Drama Club
- 5:30-6:30 pm: Creative Exploration: Writing (Megan)

### Tuesday

- 12-3pm: Make Your Mark: YC Onsite Art (Outside at 555 Broome)
- 1-2 pm: A Vision of Equity (Khadija)
- 2-2:30 pm: Heart Flow: Meditation (Isa)
- 2:30-3 pm: Live at The Door
- 5-6 pm: Strength and Conditioning (Cam)

### Wednesday

- 12-3pm: Make Your Mark: YC Onsite Art (Outside at 555 Broome)
- 2-2:30 pm: Heart Flow: Meditation (Isa)
- 2:30-3 pm: Live at The Door
- 3-4 pm: Men's Group (Paul)
- 4-5 pm: Visual Art (Lala)
- 5-6 pm: Food and Race Justice (email Kate at [kcolburn@door.org](mailto:kcolburn@door.org) for info)

### Thursday

- 12-3pm: Make Your Mark: YC Onsite Art (Outside at 555 Broome)
- 2-2:30 pm: Heart Flow: Meditation (Isa)
- 2:30-3 pm: Live at The Door
- 3-4pm: Dance (Hawk)
- 4-5pm: Drama Club
- 3-5pm: Youth Council Open Mic
- 4-5 pm: Skittlez (Separate Zoom Room) [Email kking@door.org](mailto:kking@door.org) for password