

RESILIENCE WEEK VA

Community Events

May 2 - 8, 2021



To access an event, click on the presentation title. Events requiring registration, are denoted with an asterisk. *

Resilience Activity Kits:

- **Got Goo?** Fun & Sticky Sensory Play Take Home Kits. First come, first serve and will be available for pick up May 4-7. For more information, call James City County Parks & Rec at 757-259-5354.
- **Resilience Week Coloring Books and Pencils** - Williamsburg Regional Library
Check out our Resilience Week display for free coloring books and pencils to help you practice mindfulness. Available May 3-7, while supplies last.



Mindful Monday - May 3

4 pm: Yoga & Mindfulness for Resilience * - JCC Parks & Rec

6 pm: Youth Yoga: 4-6 yrs *, 9-14 yrs * - JCC Parks & Rec

6 & 7:30 pm: Creating Your Coping Strategy: Teens * Adults *
- York County Parks & Rec

Therapeutic Tuesday - May 4

9 am: Tai Chi - (online) Williamsburg Regional Library

1 pm: Zumba at the MAC * - York County Parks & Rec

5 pm: Indoor Cycling 101 * - JCC Parks & Rec

7:30 pm: Yoga at the MAC * - York County Parks & Rec

Wellness Wednesday - May 5

1 pm: Fun Walk at the MAC * - York County Parks & Rec

5 pm: Drumming for Wellness * - JCC Parks & Rec

7 pm: Techniques of Meditation * - JCC Parks & Rec

Trauma-Informed Thursday - May 6

3 pm: Yoga for Healing * - JCC Parks & Rec

6:30 pm: Drum Circle * - York County Parks & Rec

6:30 pm: Sunset Kayak * - York County Parks & Rec



Fulfilling Friday - May 7

1 pm: Creating Your Coping Strategy: Seniors * - York County Parks & Rec

Saturday - May 8

8 am-12 pm: Wellness Market Day - Yorktown Riverfront

Noon: Weekend on Your Wheels * - York County Parks & Rec



To learn about Resilience Week Activities throughout Virginia, visit the [Resilience Week Events Calendar](#).