



















# April 2018

# Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 Sorry We're Closed 	2 Noon Yoga 12:00 Advance Directives 3 p.m. Hope & Recovery 6 p.m.	3 Thumball Toss 1 p.m.  Spades 6:00 p.m.	4 Scratch Art 1 p.m. Gratitude 6:00 p.m.	5 Managing Anxiety 1 p.m. Social Skills 6 p.m.	6 Relaxation 1 p.m. Support Group 8 p.m.	7  1 p.m. Social Skills 5p.m.	
8 Sorry We're Closed 	9 Noon Yoga 12:00 Beyond Diagnosis 6 p.m.	10 Laughter Yoga 1 p.m. Playing with Words 4 p.m.  Spades 6:00 p.m.	11 Staff Meeting CLOSED 3:30 - 6:30 Growing Happy 6:30 p.m.	12 Recovery Basics 1 p.m.  Karaoke 6 p.m.	13 Coloring Pizzazz 1 p.m. Support Group 8 p.m.	14  3 p.m.  Music Group 5p.m.	
15 Sorry We're Closed 	16 Noon Yoga 12:00 Renewed Hope 4 p.m. Change is Possible 6 p.m.	17 Goal Setting 1 p.m.   Spades 6:00 p.m.	18 Wellness Chat 1 p.m. Gratitude 6:00 p.m.	19 Advocating for Yourself! 1 p.m. Social Skills 6 p.m.	20 Kindness Rocks 1 p.m. Support Group 8 p.m.	21  1 p.m. Social Skills 5p.m.	
22 Sorry We're Closed 	23 Staff Training OPEN Noon to 6 p.m.	24 Jewelry Making 1 p.m. Playing with Words 4 p.m.  Spades 6:00 p.m.	25 Self Compassion 1 p.m. Mindfulness 6:00 p.m.	26 Positive Thinking 1 p.m.  Karaoke 6 p.m.	27 Laughter Yoga 1 p.m. Support Group 8 p.m.	28  3 p.m.  Music Group 5p.m.	
29 Sorry We're Closed 	30 Noon Yoga 12:00 Moving Forward 6 p.m.	<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: 0 auto;">                         drop-in...                          make some new friends!                     </div>					