






















August 2017

Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 1px solid gray; padding: 10px; text-align: center;"> drop-in... make some new friends! </div>		1 Gratitude 1 p.m. Playing with Words 4 p.m.  Spades 6 p.m.	2 Affirmations with Michelle 1 p.m. Women's Support Group 6 p.m.	3 Managing Anxiety 1 p.m. Social Skills 6 p.m.	4  Pool Tourney 1 p.m. Support Group 8 p.m.	5  1 p.m. Social Skills 5p.m.
6 Sorry We're Closed 	7 Noon Yoga 12:00 Gratitude 1 p.m. Recovery & Hope 6 p.m.	8  Pool Tourney 1 p.m. Relaxation 4 p.m. 6 p.m.	9 Staff Meeting Closed 3:30-6:30 Women's Support Group 6:30 p.m.	10 Recovery Basics 1 p.m.  Karaoke 6 p.m.	11 Scratch Art 1 p.m. Support Group 8 p.m.	12  3 p.m.  Music Group 5p.m.
13 Sorry We're Closed 	14 Noon Yoga 12:00 Motivation w/ Darye 1 p.m. Beyond Diagnosis 6 p.m.	15 Goal Setting  1 p.m. Playing with Words 4 p.m.  Spades 6 p.m.	16 Affirmations with Michelle 1 p.m. Women's Support Group 6 p.m.	17 Advocating for Yourself! 1 p.m. Social Skills 6 p.m.	18  Pool Tourney 1 p.m. Support Group 8 p.m.	19  1 p.m. Social Skills 5p.m.
20 Sorry We're Closed 	21 Noon Yoga 12:00 Renewed Hope 4 p.m. Change is Possible 6 p.m.	22  Pool Tourney 1 p.m.  Spades 6 p.m.	23 Coloring Pizzazz 1 p.m. Money Mgmt 5 p.m. Women's Support Group 6 p.m.	24 Positive Thinking 1 p.m.  Karaoke 6 p.m.	25 Laughter Yoga 1 p.m. Support Group 8 p.m.	26  3 p.m. Philosophy with Ms. Ann 5 p.m.
27 Sorry We're Closed 	28 Noon Yoga 12:00 Feeling Good Along the Way w/ Darye 1 p.m. Moving Forward 6 p.m.	29 Laughter Yoga 1 p.m. Playing with Words 4 p.m.  Spades 6 p.m.	30 Affirmations with Michelle 1 p.m. Women's Support Group 6:30 p.m.	31 Thumb Ball Toss 1 p.m. Social Skills 6 p.m.	 10th! Trillium Anniversary! DROP-IN CENTER, INC. Join us! Saturday, September 23 at 2 pm	

need more info? call us: 703.763.3865

check us out on the web: www.TrilliumDropInCenter.org