

January 2018

Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 HAPPY NEW YEAR Open 12-6 pm	2 Gratitude 1 p.m. Spades 6 p.m.	3 S, C, R, A, B, B, L, E 1 p.m. WHAM Support 3 p.m. Growing Mindful 6:00 p.m.	4 Managing Anxiety 1 p.m. Karaoke 6 p.m.	5 Pool Tourney 1 p.m. Support Group 8 p.m.	6 S, C, R, A, B, B, L, E 1 p.m. Social Skills 5p.m.
7 Sorry We're Closed 	8 Noon Yoga 12:00 Advance Directives 3 p.m. Hope & Recovery 6 p.m.	9 Laughter Yoga 1 p.m. Playing with Words 4 p.m. Spades 6 p.m.	10 Growing Happy 1 p.m. Staff Meeting CLOSED 3:30 - 6:30	11 Recovery Basics 1 p.m. Karaoke 6 p.m.	12 Thumbball Toss 1 p.m. Kindness Rocks 4 p.m. Support Group 8 p.m.	13 Discovering My Strengths 3 p.m. Music Group 5p.m.
14 Sorry We're Closed 	15 Noon Yoga 12:00 Renewed Hope 4 p.m. Beyond Diagnosis 6 p.m.	16 Goal Setting 1 p.m. Spades 6 p.m.	17 Relaxation 1 p.m. WHAM Support 4 p.m. Wellness Chat 6:00 p.m.	18 Advocating for Yourself! 1 p.m. Social Skills 6 p.m.	19 Scratch Art 1 p.m. Support Group 8 p.m.	20 S, C, R, A, B, B, L, E 1 p.m. Social Skills 5p.m.
21 Sorry We're Closed 	22 Staff Training OPEN Noon to 6 p.m.	23 Coloring Pizzazz 1 p.m. Playing with Words 4 p.m. Spades 6 p.m.	24 Thumbball Toss 1 p.m. WHAM Support 3 p.m. Self-Compassion 6:00 p.m.	25 Positive Thinking 1 p.m. Karaoke 6 p.m.	26 Laughter Yoga 1 p.m. Kindness Rocks 4 p.m. Support Group 8 p.m.	27 Building My Personal Vision 3 p.m. Music Group 5p.m.
28 Sorry We're Closed 	29 Noon Yoga 12:00 Moving Forward 6 p.m.	30 Growing Mindful 1 p.m. Spades 6 p.m.	31 Jewelry Making 1 p.m. WHAM Support 4 p.m. Growing Happy 6 p.m.	New Donations Trillium now has Dunkin' Donuts and Outback potatoes on a weekly basis. Many can be taken home. See a Trillium Staff Member for details.		drop-in... make some new friends!