



July 2017

Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		drop-in... make some new friends!		need more info? call us: 703.763.3865 check us out on the web: www.TrilliumDropInCenter.org		1 Coloring Pizzazz 1 p.m.  Music Group 5p.m.
2 Sorry We're Closed 	3 Noon Yoga 12:00 Wellness Chat 1 p.m. Recovery & Hope 6 p.m.	4  Open 12-6	5 Affirmations with Michelle 1 p.m. Women's Support Group 6 p.m.	6 Managing Anxiety 1 p.m.  Spades 6 p.m.	7 Laughter Yoga 1 p.m. Support Group 8 p.m.	8  3 p.m. Social Skills 5p.m.
9 Sorry We're Closed 	10 Noon Yoga 12:00 Motivation w/ Darye 1 p.m. Beyond Diagnosis 6 p.m.	11 Goal Setting 1 p.m. Playing with Words 4 p.m.  Pool Tourney 6 p.m.	12  Fun w/ Paint! 1 p.m. Staff Meeting Closed 3:30-6:30 Women's Support Group 6:30 p.m.	13 Recovery Basics 1 p.m. Social Skills 6 p.m.	14 Relaxation 1 p.m. Support Group 8 p.m.	15  1 p.m.  Music Group 5p.m.
16 Sorry We're Closed 	17 Noon Yoga 12:00 Renewed Hope 4 p.m. Change is Possible 6 p.m.	18 Gratitude 1 p.m.  Spades 6 p.m.	19 Affirmations with Michelle 1 p.m. Money Mgmt 5 p.m. Women's Support Group 6 p.m.	20 Advocating for Yourself! 1 p.m. Movie Night 6 p.m.	21 Scratch Art 1 p.m. Support Group 8 p.m.	22  3 p.m. Philosophy with Ms. Ann 5 p.m.
23/30 Sorry We're Closed 	24/31 Noon Yoga 12:00 Feeling Good Along the Way w/ Darye 1 p.m. Moving Forward 6 p.m.	25 Laughter Yoga 1 p.m. Playing with Words 4 p.m.  Pool Tourney 6 p.m.	26 FIBER ARTS cross stich * knitting * crocheting 1 p.m. Women's Support Group 6:30 p.m.	27 Positive Thinking 1 p.m.  Spades 6 p.m.	28 Jewelry Making 1 p.m. Support Group 8 p.m.	29 Coloring Pizzazz 1 p.m. Social Skills 5 p.m.