





















July 2018

Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
1	2 Women's Support Group @ 11 Noon Yoga 12:00 Advance Directives 4 p.m. Hope & Recovery 6 p.m.	3 Laughter Yoga 1 p.m. Playing with Words 4 p.m.  Spades 6:00 p.m.	4  Open 12-6	5 Recovery Basics 1 p.m. Social Skills 6 p.m.	6 Gratitude 1 p.m. Support Group 8 p.m.	7  Pool Tourney 1 p.m. Social Skills 5 p.m. Women's Support Group 7:30 p.m.		
8 Sorry We're Closed 	9 Women's Support Group 11:00 Noon Yoga 12:00 Beyond Diagnosis 6 p.m.	10 Staff Training Open 12-6	11 Staff Meeting CLOSED 3:30 - 6:30 Growing Happy 6:00 p.m.	12 Overcoming Anxiety 1 p.m.  Karaoke 6:00 p.m.	13 Relaxation 1 p.m. Support Group 8 p.m.	14  Pool Tourney 1 p.m.  Music Group 5 p.m. Women's Support Group 7:30 p.m.		
15 Sorry We're Closed 	16 Women's Support Group 11:00 Noon Yoga 12:00 Change is Possible 6 p.m.	17 Goal Setting  1 p.m. Gratitude  Spades 6:00 p.m.	18  Pool Tourney 1 p.m. Money Management 6 p.m.	19 Advocating for Yourself! 1 p.m.  Social Skills 6 p.m.	20 Kindness Rocks 1 p.m. Support Group 8:00 p.m.	21  Pool Tourney 1 p.m. Social Skills 5 p.m. Women's Support Group 7:30 p.m.		
22 Sorry We're Closed 	23 Women's Support Group @ 11 Noon Yoga 12:00 Renewed Hope 4 p.m. Moving Forward 6 p.m.	24 Relaxation 1 p.m. Playing with Words 4 p.m.  Spades 6:00 p.m.	25 Mood Trackers Workshop 1 p.m. Gratitude 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  Pool Tourney 1 p.m.  Music Group 5 p.m. Women's Support Group 7:30 p.m.		
29 Sorry We're Closed 	30 Women's Support Group 11:00 Noon Yoga 12:00 Gratitude 6 p.m.	31 Gratitude 1 p.m.  Spades 6:00 p.m.	<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: 0 auto;"><p>drop-in... make some new friends!</p></div>				