












November 2018

Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>drop-in... make some new friends!</p>				1 Recovery Basics 1 p.m. Social Skills 6 p.m.	2 Affirmations with Michelle 1 p.m. Support Group 8 p.m.	3  Pool Tourney 1 p.m.  Music Group 5 p.m. Women's Support Group 7:30 p.m.
4 Sorry We're Closed 	5  Pool Tourney 1 p.m. Advance Directives Overview 4 p.m. Hope & Recovery 6 p.m.	6 Create a Bookmark 1 p.m.  Spades 6 p.m.	7 Thumb Ball Toss 1 p.m. Gratitude 6 p.m.	8 Overcoming Anxiety 1 p.m.  Karaoke 6 p.m.	9 Goal Setting 1 p.m.  Good Nutrition 5 p.m.	10  Pool Tourney 1 p.m. Social Skills 5 p.m. Women's Support Group 7:30 p.m.
11 Sorry We're Closed 	12 Women's Support Group 11 a.m. Renewed Hope 4 p.m. Beyond Diagnosis 6 p.m.	13 Boundaries for Women 1 p.m. Good Nutrition 4 p.m.  Spades 6 p.m.	14 Staff Meeting Closed	15 Advocating for Yourself! 1 p.m. Social Skills 6 p.m.	16 Affirmations with Michelle 1 p.m. Support Group 8 p.m.	17  Pool Tourney 1 p.m.  Music Group 5 p.m. Women's Support Group 7:30 p.m.
18 Sorry We're Closed 	19  Pool Tourney 1 p.m. Playing with Words 4 p.m. Change is Possible 6 p.m.	20  <p>Happy Thanksgiving It's a potluck! 2 pm to 6 p.m.</p>	21 Mood Trackers Workshop 1 p.m. Gratitude 6 p.m.	22  <p>Happy Thanksgiving CLOSED</p>	23 Laughter Yoga 1 p.m. Good Nutrition 5 p.m.	24  Pool Tourney 1 p.m. Social Skills 5 p.m. Women's Support Group 7:30 p.m.
25 Sorry We're Closed 	26 Women's Support Group 11 a.m. Moving Forward 6 p.m.	27 Boundaries for Women 1 p.m. Good Nutrition 4 p.m.  Spades 6 p.m.	28 Coloring Pizzazz 1 p.m. Money Management 6 p.m.	29 Gratitude 1 p.m. Social Skills 6 p.m.	30 Affirmations with Michelle 1 p.m. Support Group 8 p.m.	