










October 2018

Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Women's Support Group 11 a.m. Playing with Words 4 p.m. Hope & Recovery 6 p.m.	2 Boundaries for Women 1 p.m. Good Nutrition 4 p.m. ♠ Spades 6 p.m.	3 Wellness Chat 1 p.m. Coloring Pizzazz 4 p.m. Gratitude 6 p.m.	4 Recovery Basics 1 p.m. Social Skills 6 p.m.	5  Goal Setting 1 p.m. Good Nutrition 5 p.m.	6  Pool Tourney 1 p.m.  Music Group 5 p.m. Women's Support Group 7:30 p.m.
7 Sorry We're Closed 	8 Women's Support Group 11 a.m. Renewed Hope 4 p.m. Moving Forward 6 p.m.	9 Boundaries for Women 1 p.m. Good Nutrition 4 p.m. ♠ Spades 6 p.m.	10 Close at 1 pm Mental Health Awareness Event at Ferlazzo 3-7:30	11 Overcoming Anxiety 1 p.m.  Karaoke 6 p.m.	12 Affirmations 1 p.m. Good Nutrition 5 p.m.	13  Pool Tourney 1 p.m. Social Skills 5 p.m. Women's Support Group 7:30 p.m.
14 Sorry We're Closed 	15 Pool Tourney 1 p.m. Change is Possible 6 p.m.	16 Boundaries for Women 1 p.m. Good Nutrition 4 p.m. ♠ Spades 6 p.m.	17 Gratitude 1 p.m. Coloring Pizzazz 4 p.m. Money Management 6 p.m.	18 Advocating for Yourself! 1 p.m. Social Skills 6 p.m.	19 Laughter Yoga 1 p.m. Good Nutrition 5 p.m.	20  Pool Tourney 1 p.m.  Music Group 5 p.m. Women's Support Group 7:30 p.m.
21 Sorry We're Closed 	22 Women's Support Group 11 a.m. Playing with Words 4 p.m. Moving Forward 6 p.m.	23 Boundaries for Women 1 p.m. Good Nutrition 4 p.m. ♠ Spades 6 p.m.	24 Mood Trackers Workshop 1 p.m. Gratitude 6 p.m.	25 Positive Thinking 1 p.m.  Karaoke 6 p.m.	26 Affirmations 1 p.m. Good Nutrition 5 p.m.	27  Pool Tourney 1 p.m. Social Skills 5 p.m. Women's Support Group 7:30 p.m.
28 Sorry We're Closed 	29 Women's Support Group 11 a.m. Gratitude 6 p.m.	30 Boundaries for Women 1 p.m. Good Nutrition 4 p.m. ♠ Spades 6 p.m.	31  Halloween Party 1-4	drop-in... make some new friends!		

need more info? call us: 703.763.3865

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