










SUN	MON	TUE	WED	THU	FRI	SAT
<p>1</p> 	<p>2</p> <p>Men's &amp; Women's Group 3:30pm</p> <hr/> <p>Creative Writing w/ Helise - 5pm</p> <hr/> <p>Community Meal 6pm</p>	<p>3</p> 	<p>4</p> <p>Meal Planning w/ Helise - 3:30pm</p> <hr/> <p>5 Stages of Change w/ Helise - 5pm</p> <hr/> <p>Community Meal 6pm</p>	<p>5</p> <p>Book Club w/ Aaron - 12pm</p> <hr/> <p>Recovery w/ Donna - 1:30pm</p> <hr/> <p>Community Resources w/ Shane - 3pm</p>	<p>6</p> <p>Positively Happier w/ Aaron - 12pm</p> <hr/> <p>Community Meeting w/ Aaron - 2pm</p> <hr/> <p>Family Promise 3:30pm</p>	<p>7</p> <p>Bingo 11am</p> <hr/> <p>Grocery Shopping w/ Scott - 12pm</p> <hr/> <p>Music Therapy w/ Scott - 1:30pm</p>
<p>8</p> 	<p>9</p> <p>Blood Pressure Clinic w/ Lakashia - 3pm</p> <hr/> <p>Stress Relief w/ Heather - 5pm</p> <hr/> <p>Community Meal 6pm</p>	<p>10</p> 	<p>11</p> <p>Heart Health w/ Lakashia - 3pm</p> <hr/> <p>Trial to Triumph w/ Aaron - 5pm</p> <hr/> <p>Community Meal 6pm</p>	<p>12</p> <p>Technology 101 w/ Shane - 11:30am</p> <hr/> <p>Art Therapy 12:30pm</p> <hr/> <p>Chess Tournament 3pm</p>	<p>13</p> <p>Positively Happier w/ Aaron - 12pm</p> <hr/> <p>Community Meeting w/ Aaron - 2pm</p> <hr/> <p>Family Promise 3:30pm</p>	<p>14</p> <p>Karaoke 11am</p> <hr/> <p>Grocery Shopping w/ Scott - 12pm</p> <hr/> <p>Music Therapy w/ Scott - 1:30pm</p>
<p>15</p> 	<p>16</p> <p>Men's &amp; Women's Group 3:30pm</p> <hr/> <p>Poetry Writing w/ Helise - 5pm</p> <hr/> <p>Community Meal 6pm</p>	<p>17</p> 	<p>18</p> <p>St. Patty's Paint Party w/ Helise - 3:30pm</p> <hr/> <p>Vision Boards w/ Helise - 5pm</p> <hr/> <p>Community Meal 6pm</p>	<p>19</p> <p>Book Club w/ Aaron - 12pm</p> <hr/> <p>Recovery w/ Donna - 1:30pm</p> <hr/> <p>Community Resources w/ Shane - 3pm</p>	<p>20</p> <p>Positively Happier w/ Aaron - 12pm</p> <hr/> <p>Community Meeting w/ Aaron - 2pm</p> <hr/> <p>Family Promise 3:30pm</p>	<p>21</p> <p>Board Games 11am</p> <hr/> <p>Grocery Shopping w/ Scott - 12pm</p> <hr/> <p>Music Therapy w/ Scott - 1:30pm</p>
<p>22</p> 	<p>23</p> <p>Men's &amp; Women's Group 3:30pm</p> <hr/> <p>Mental Health Warning Signs w/ Heather - 5pm</p> <hr/> <p>Community Meal 6pm</p>	<p>24</p> 	<p>25</p> <p>DBT - DEAR MAN w/ Helise - 3:30pm</p> <hr/> <p>Mandela's Painting w/ Helise - 5pm</p> <hr/> <p>Community Meal / Faith Based Group 6pm</p>	<p>26</p> <p>Book Club w/ Aaron - 12pm</p> <hr/> <p>Recovery w/ Donna - 1:30pm</p> <hr/> <p>Technology 101 w/ Shane - 3pm</p>	<p>27</p> <p>Positively Happier w/ Aaron - 12pm</p> <hr/> <p>Community Meeting w/ Aaron - 2pm</p> <hr/> <p>Family Promise 3:30pm</p>	<p>28</p> <p>Movie Saturday 9am</p> <hr/> <p>Grocery Shopping w/ Scott - 12pm</p> <hr/> <p>Music Therapy w/ Scott - 1:30pm</p>
<p>29</p> 	<p>30</p> <p>Recognition Hour w/ Aaron - 3:30pm</p> <hr/> <p>Dear Diary w/ Helise - 5pm</p> <hr/> <p>Community Meal 6pm</p>	<p>31</p> 