



SLEIGH RIDES



January 2019



Unique Peerspectives

** Need to sign-up for these events*

Monthly Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 New Years Day Center Closed	2 Bus Pass Support Group 10-11 Support Group 1:30-2:30 Open Hours 12:30-4:30	3 Bus Pass Support Group 10-11 Support Group 1:30-2:30 Yoga 3-4 Open Hours 12:30-4:30	4 Support Group 1:00-2:00	5 On your own Activities
6 Movies/Games	7 Support Group 11-12 Women's Group 1:00-2:00 Open Hours 12:30-4:30	8 Support Group 10-11 Men's Group 12:00-1:00 Support Group 1:30-2:30 Open Hours 12:30-4:30	9 Support Group 10-11 *Birthday Celebration 12:00-1:00 Support Group 1:30-2:30 Open Hours 12:30-4:30 	10 Support Group 10-11 Support Group 1:30-2:30 Yoga 3-4 Open Hours 12:30-4:30	11 Support Group 1:00-2:00	12 *Skip Bo Tournament 11-2
13 Movies/Games	14 Support Group 11-12 Women's Group 1:00-2:00 Open Hours 12:30-4:30	15 Support Group 10-11 Men's Group 12:00-1:00 Support Group 1:30-2:30 Open Hours 12:30-4:30	16 Support Group 10-11 Support Group 1:30-2:30 Open Hours 12:30-4:30	17 Support Group 10-11 *Participant's Meeting 1PM Yoga 3-4 Open Hours 12:30-4:30 	18 Support Group 1:00-2:00	19 *Bingo 12-2
20 Movies/Games	21 Martin Luther King Jr. Day Center Closed	22 Support Group 10-11 Men's Group 12:00-1:00 Support Group 1:30-2:30 Open Hours 12:30-4:30	23 Support Group 10-11 Support Group 1:30-2:30 Open Hours 12:30-4:30	24 Support Group 10-11 Support Group 1:30-2:30 Yoga 3-4 Open Hours 12:30-4:30	25 Support Group 1:00-2:00	26 On your own Activities
27 Movies/Games	28 Support Group 11-12 Women's Group 1:00-2:00 Open Hours 12:30-4:30	29 Support Group 10-11 Men's Group 12:00-1:00 Support Group 1:30-2:30 Open Hours 12:30-4:30 *Wellness Group 4:30-6:30	30 Support Group 10-11 Support Group 1:30-2:30 Open Hours 12:30-4:30	31 Support Group 10-11 Support Group 1:30-2:30 Hearing Voices 2-3 Yoga 3-4 Open Hours 12:30-4:30		
				Open Hours Open Hours start at 12:30 Mon - Fri Prior to 12:30 please only come for recovery based activity (Group, 1 on 1 or computer use) There will be no warm line until further notice.		Center Hours Monday 10:30-4:30 pm Tuesday - Thursday 9:30-4:30 pm Friday 11:30-4:30 pm Saturday 9:30-4:00 pm Sunday 9:00-3:00 pm