

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>October</h1> <p><b>Monday thru Friday breakfast sign –up 8:30-9:15. Breakfast serviced at 9:30am</b>  <b>Monday thru Friday dinner sign-up 3-3:30.</b>  <b>Dinner served at 4pm</b>  <b>Breakfast sign-up Sat and Sun 8:30-9:15pm.</b>  <b>Breakfast served at 9:30am</b>  <b>Dinner sign-up Sat and Sun 2-2:30.</b>  <b>Dinner served at 3pm</b>  <b>Information Hotline 310-692-4127</b></p>						<p>1 11-2 Art Rm (Alice) 11 Life Skills (Jayeleigh) 12 Improv Group(Whitey) 1 Conflict Resolution (Whitey) 4 Game Therapy (Margie) <b>Agency closes at 5pm</b></p>
<p>2 10 Wake up with Step Up 10:30 Life on Life's Terms (Quintin) 12 Words of Encouragement (Jacob) 1 One day at a time (Terri) <b>Agency closes at 5pm</b></p>	<p>3 10 WRAP Group (Margie) 11 On Purpose (Quintin) 11:45 Entertainment Group(Bruce) 12:30 Learning Center (5<sup>th</sup> St) 1 Talk it out. (Closed) 2 Coping with Anxiety (Cliff/Felicia) 5 Project Return. Ups and Downs(Daniel)</p>	<p>4 10 Emotional Health (Quintin) 10:30Computer Basics 5<sup>th</sup> St (Ies) 11 Art with Kendra 12-2 Julie's Rm (Kendra) 12 Understanding our Thoughts (Jacob) 2 MAC Meeting 5 Santa Monica Friends (Arthur) 5-6:30 Learning Center 2<sup>nd</sup> fl</p>	<p>5 10 Milestones of Recovery (Quintin) 11:30 Essentials of Recovery (Whitey) 12:30 Yoga (Gigi) 12:30 Learning Center (5<sup>th</sup>St) 1 Woman's Group 3<sup>rd</sup> Fl (Midge) 1:30 Ethics (David)</p>	<p>6 10 Mental Illness Anonymous(MIA) (David) 11-2 Julies Rm (Kendra) 10:30 Computer Basis 5<sup>th</sup> St 11 Recovery 101 (Steve) 12 How to tell your story(Jacob) 1Karaoke(Jacob) 1 Work Readiness-Vocational 2 Living w/Strong Emotions (Whitey) 5 Meditation (Lindsey) 5-6:30 Learning Center 2<sup>nd</sup> fl</p>	<p>7 10 Orientation (Debbie) 10-11:15 Art Rm(Dina) 11 Write On! (Jessica) 11 Work Retention(stipend workers ONLY) 12 Positive Thinking (Jacob) 12:30 Learning Center (5th St) 1 Musicians Group (Whitey) 2 Staying Sober (Steve) 4 Healthy Living (UCLA)</p>	<p>8 9:30-1 Mobile Clinic (UCLA) 11-2 Art Rm (Alice) 11 Life Skills (Jayeleigh) 12 Improv Group (Whitey) 11-2 Hiking w/ Cynthia and Joyce 1 Conflict Resolution (Whitey) 12:30 Learning Center (5th St) 4 Game Therapy (Margie) <b>Agency closes at 5pm</b></p>
<p>9 10 Wake up with Step Up 10:30 Life on Life's Terms (Quintin) 12 Words of Encouragement (Jacob) 1 One day at a time (Terri) <b>Agency closes at 5pm</b></p>	<p>10 10 WRAP Group (Margie) 11 On Purpose (Quintin) 11:45 Entertainment Group(Bruce) 12:30 Learning Center (5<sup>th</sup> St) 1 Talk it out. (Closed) 2Coping with Anxiety (Cliff/Felicia) 5 Project Return. Ups and Downs(Daniel)</p>	<p>11 10 Emotional Health(Quintin) 10:30Computer Basics 5<sup>th</sup>St (Ies) 11 Art with Kendra 12-2 Julie's Rm (Kendra) 12 Understanding our Thoughts (Jacob) 1 Newspaper (Phil) 2 MAC Meeting 5 Santa Monica Friends(Arthur) 5-6:30 Learning Center 2<sup>nd</sup> fl</p>	<p>12 10 Milestones of Recovery (Quintin) 11:30 Essentials of Recovery (Whitey) 12:30 Yoga (Gigi) 12:30 Learning Center (5<sup>th</sup>St) 1 Woman's Group 3<sup>rd</sup> Fl (Midge) 1:30 Ethics (David)</p>	<p>13 10 MIA (David) 11-2 Julie's Rm (Kendra) 10:30 Computer Basis 5<sup>th</sup> St 11 Recovery 101 (Steve) 12 How to tell your story(Jacob) 1 Karaoke(Jacob) 1 Work readiness- Vocational 2 Living w/Strong Emotions (Whitey) 5 Meditation (Lindsay) 5-6:30 Learning Center 2<sup>nd</sup> fl</p>	<p>14 10 Orientation (Debbie) 10-11:15 Art Rm(Dina) 11 Write On! (Jessica) 11 Work Retention(stipend workers ONLY) 12 Positive Thinking (Jacob) 12:30 Learning Center (5th St) 1 Musicians Group (Whitey) 2 Staying Sober (Steve) 4:30 Movie Night (MAC)</p>	<p>15 11-1:30 Art Rm(Alice) 11 Life Skills (Jayeleigh) 12 Improv Group (Whitey) 1 Conflict Resolution (Whitey) 4 Game Therapy (Margie) <b>Agency closes at 5pm</b></p>
<p>16 10 Wake up with Step Up 10:30 Life on Life's Terms (Quintin) 12 Words of Encouragement (Jacob) 1 One day at a time (Terri) <b>Agency closes at 5pm</b></p>	<p>17 10 WRAP Group (Margie) 11 On Purpose (Quintin) 11:45 Entertainment Group(Bruce) 12:30 Learning Center (5<sup>th</sup> St) 1 Talk it out. (Closed) 2 Coping with Anxiety (Cliff/Felicia) 5 Project Return. Ups and Downs(Daniel)</p>	<p>18 10 Emotional Health(Quintin) 10:30Computer Basics 5<sup>th</sup>St (Ies) 11 Art with Kendra 12-2 Julie's Rm (Kendra) 12 Understanding our Thoughts (Jacob) 1 Newspaper (Phil) 2 MAC Meeting 5 Santa Monica Friends(Arthur) 5-6:30 Learning Center 2<sup>nd</sup> fl</p>	<p>19 10 Milestones of Recovery (Quintin) 11:30 Essentials of Recovery (Whitey) 12:30 Yoga (Gigi) 12:30 Learning Center (5<sup>th</sup>St) 1 Woman's Group 3<sup>rd</sup> Fl (Midge) 1:30 Ethics (David)</p>	<p>20 10 MIA (David) 11-2 Julie's Rm (Kendra) 10:30 Computer Basis 5<sup>th</sup> St 11 Recovery 101 (Steve) 12 How to tell your story(Jacob) 1 Karaoke(Jacob) 1 Work readiness- Vocational 2 Living w./Strong Emotions (Whitey) 5 Mediation (Lindsey) 5-6:30 Learning Center 2<sup>nd</sup> fl</p>	<p>21 10 Orientation (Debbie) 10-11:15 Art Rm(Dina) 11 Write On! (Jessica) 11 Work Retention(stipend workers ONLY) 12 Positive Thinking (Jacob) 12:30 Learning Center (5th St) 1 Musicians Group (Whitey) 2 Staying Sober (Steve) 5 Healthy Living (UCLA)</p>	<p>22 9:30-1 Mobile Clinic (UCLA) 11-1:30 Art Rm(Alice) 11 Life Skills (Jayeleigh) 11-2 Garden Therapy (Whitey) 4Game Therapy (Margie) <b>Agency closes at 5pm</b></p>
<p>23/30 10 Wake up with Step Up 10:30 Life on Life's Terms (Quintin) 12 Words of Encouragement (Jacob) 1 One day at a time (Terri) <b>Agency closes at 5pm</b></p>	<p>24/31 10 WRAP Group (Margie) 11 On Purpose (Quintin) 11:45 Entertainment Group(Bruce) 12:30 Learning Center(5<sup>th</sup> st) 1 Talk it out. (Closed) 2 Coping with Anxiety (Cliff/Felicia) 5 Project Return. Ups and Downs(Daniel) <b>Halloween Party-31<sup>st</sup> 12-2pm</b></p>	<p>25 10 Emotional Health(Quintin) 10:30Computer Basics 5<sup>th</sup>St (Ies) 11 Art with Kendra 12-2 Julies's Rm (Kendra) 12 Understanding our Thoughts (Jacob) 1 Newspaper (Phil) 2 MAC Meeting 5 Santa Monica Friends(Arthur) 5-6:30 Learning Center 2<sup>nd</sup> fl</p>	<p>26 10 Milestones of Recovery (Quintin) 11:30 Essentials of Recovery (Whitey) 12:30 Yoga (Gigi) 12:30 Learning Center (5<sup>th</sup>St) 1 Women's Group 3<sup>rd</sup> Fl (Midge) 1:30 Ethics (David)</p>	<p>27 10 MIA (David) 11-2 Julie's Rm (Kendra) 10:30 Computer Basis 5<sup>th</sup> St 11 Recovery 101 (Steve) 12 How to tell your story(Jacob) 1 Karaoke(Jacob) 1 Work readiness- Vocational 2 Living w/Strong Emotions (Whitey) 5 Mediation (Lindsey) 5-6:30 Learning Center 2<sup>nd</sup> fl</p>	<p>28 10 Orientation (Debbie) 10-11:15 Art Rm(Dina) 11 Write On! (Jessica) 11 Work Retention(stipend workers ONLY) 12 Positive Thinking (Jacob) 12:30 Learning Center (5th St) 1 Musicians Group (Whitey) 2 Staying Sober (Steve) 4:30 Movie Night(MAC)</p>	<p>29 11-1:30 Art Rm(Alice) 11 Life Skills (Jayeleigh) 12-2 Custom SE Design(Whitey) 4 Game Therapy (Margie) <b>Agency closes at 5pm</b></p>