

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>September</h1> <p>Breakfast sign-up 8:30-9:15, Breakfast served at 9:30 Dinner sign-up 3-3:30, Dinner served at 4pm Dinner sign-up Sat & Sun 2:-2:30, Dinner served at 3pm Information Hotline 310-692-4127</p>			<p>1 10 Yoga-Upstairs(Gigi) 10 Melody Makers (Nefta) 11:30 Essentials of Recovery (Whitey) 12:30 Learning Center (5thSt) 1 Women's Group 3rd Fl (Midge) 5:30 Living Sober(Terri)</p>	<p>2 10:30-12:30 Art Rm(David) 11 Recovery 101 (Steve) 12 How to tell your story(Jacob) 1Karaoke(Jacob) 1 Work Readiness-Vocational 2 Living w/Strong Emotion/ (Whitey) 5 Stress Management (Stacey)</p>	<p>3 10 Orientation (Ebony) 10-11:30 Art Rm(Dina) 11 Current Events(Ruth) 12 Positive Thinking (Jacob) 12:30 Learning Center (5thSt) 1 Wellness, Wisdom or not? (Larry) 1:15 Musicians Group (Whitey) 2 Staying Sober (Steve) 5:30 Healthy Living (UCLA)</p>	<p>4 10 Dealing with our hurt (Jaylee/Jacob) 10-2:30 Art Rm (Alice) 11 One Day at a time(Terri) 12 Improv Group(Whitey) 1 Conflict Resolution(Whitey) 4:45 Movies</p>
<p>5 10 Wake up with Step Up 11 Dual recovery(Byron) 12 Words / Encouragement (Jacob) 1 Life shows up/What to do(Vickie) 4 Meditation(Lindsey)</p>	<p>6 Labor Day Meal sign-up 11:30-12:30 Dinner at 1pm No Groups</p>	<p>7 10 Nurses Group (Gary) 11-1:30 Art Rm(Chana) 11 Art with Ed 12 Understanding our Thoughts (Jacob) 1 Newspaper (Phil) 3 MAC Meeting 5 Santa Monica Friends(Stacey)</p>	<p>8 10 Yoga-Upstairs(Gigi) 10 Melody Makers (Nefta) 11:30 Essentials of Recovery (Whitey) 12:30 Learning Center (5thSt) 1 Women's Group 3rd Fl (Midge) 5:30 Living Sober(Terri)</p>	<p>9 10 Heart to Heart (Stefanie) 10:30-12:30 Art Rm(David) 11 Recovery 101 (Steve) 12 How to tell your story(Jacob) 1Karaoke(Jacob) 1 Work Readiness-Vocational 2 Living w/Strong Emotion/ (Whitey) 5 Stress Management (Stacey)</p>	<p>10 10 Orientation (Ebony) 10-11:30 Art Rm(Dina) 11 Current Events(Ruth) 12 Positive Thinking (Jacob) 12:30 Learning Center (5th St) 1 Wellness, Wisdom or not? (Larry) 1:15 Musicians Group (Whitey) 2 Staying Sober (Steve)</p>	<p>11 10 Dealing with our hurt (Jaylee/Jacob) 10-2:30 Art Rm (Alice) 11 One Day at a time(Terri) 12 Improv Group(Whitey) 1 Conflict Resolution(Whitey) 4:45 Movies</p>
<p>12 10 Wake up with Step Up 11 Dual Recovery(Byron) 12 Words / Encouragement (Jacob) 1 Life shows up/What to do(Vickie) 4 Meditation(Lindsey)</p>	<p>13 10 Book Club (Ruth) 10:30-12:20 Art Rm (Alex) 11 Coping Skills (Debbie&Edith) 11:45 Entertainment Group(Bruce) 12:30 Learning Center (5th St) 1 Dual Recovery Anonymous 2 Effective comm. w/ family(Beth) 5 Project Return. Ups and Downs(Stacey)</p>	<p>14 10 Nurses Group (Gary) 11-1:30 Art Rm(Chana) 11 Art with Ed 12 Understanding our Thoughts (Jacob) 1 Newspaper (Phil) 3 MAC Meeting 5 Santa Monica Friends(Stacey)</p>	<p>15 10 Yoga-Upstairs(Gigi) 10 Melody Makers (Nefta) 11:30 Essentials of Recovery (Whitey) 12:30 Learning Center (5thSt) 1 Women's Group 3rd Fl (Midge) 5:30 Living Sober(Terri)</p>	<p>16 10 Heart to Heart (Stefanie) 10:30-12:30 Art Rm(David) 11 Recovery 101 (Steve) 12 How to tell your story(Jacob) 1 Karaoke(Jacob) 1 Work readiness- Vocational 2 Living w/Strong Emotion/ (Whitey) 5 Stress Management (Stacey)</p>	<p>17 10 Orientation (Ebony) 10-11:30 Art Rm(Dina) 11 Current Events(Ruth) 12 Positive Thinking (Jacob) 12:30 Learning Center (5th St) 1 Wellness, Wisdom or not? (Larry) 1:15 Musicians Group (Whitey) 2 Staying Sober (Steve) 5:30 Healthy Living (UCLA)</p>	<p>18 10 Dealing with our hurt (Jaylee/Jacob) 10-2:30 Art Rm(Alice) 11 One Day at a time(Terri) 11:30-2:30 Garden Therapy 4:45 Movies</p>
<p>19 10 Wake up with Step Up 11 Dual Recovery(Byron) 12 Words / Encouragement (Jacob) 1 Life shows up/What to do(Vickie) 4 Meditation(Lindsey)</p>	<p>20 10 Book Club (Ruth) 10:30-12:20 Art Rm (Alex) 11 Coping Skills (Debbie&Edith) 11:45 Entertainment Group(Bruce) 12:30 Learning Center (5th St) 1 Dual Recovery Anonymous 2 Effective comm. w/ family(Beth) 5 Project Return. Ups and Downs(Stacey)</p>	<p>21 10 Nurses Group (Gary) 11-1:30 Art Rm(Chana) 11 Art with Ed 12 Understanding our Thoughts (Jacob) 1 Newspaper (Phil) 2 3 MAC Meeting 5 Santa Monica Friends(Stacey)</p>	<p>22 10 Yoga-Upstairs(Gigi) 10 Melody Makers (Nefta) 11:30 Essentials of Recovery (Whitey) 12:30 Learning Center (5thSt) 1 Women's Group 3rd Fl (Midge) 5:30 Living Sober(Terri)</p>	<p>23 10 Heart to Heart (Stefanie) 10:30-12:30 Art Rm(David) 11 Recovery 101 (Steve) 12 How to tell your story(Jacob) 1 Karaoke(Jacob) 1 Work readiness-Vocational 2 Living w/Strong Emotion/ (Whitey) 5 Stress management (Stacey)</p>	<p>24 10 Orientation (Ebony) 10-11:30 Art Rm(Dina) 11 Current Events(Ruth) 12 Positive Thinking (Jacob) 12:30 Learning Center (5thSt) 1 Wellness, Wisdom or not? (Larry) 1:15 Musicians Group (Whitey) 2 Staying Sober (Steve)</p>	<p>25 10 Dealing with our hurt (Jaylee/Jacob) 10-2:30 Art Rm(Alice) 11 One Day at a time(Terri) 12 Improv Group(Whitey) 1 Conflict Resolution(Whitey) 4:45 Movies</p>
<p>26 10 Wake up with Step Up 11 Dual Recovery(Byron) 12 Words / Encouragement (Jacob) 1 Life shows up/What to do(Vickie) 4 Meditation(Lindsey)</p>	<p>27 10 Book Club (Ruth) 10:30-12:20 Art Rm (Alex) 11 Coping Skills (Debbie&Edith) 11:45 Entertainment Group(Bruce) 12:30 Learning Center (5th St) 1 Dual Recovery Anonymous 2 Effective comm. w/ family(Beth) 5 Project Return. Ups and Downs(Stacey)</p>	<p>28 10 Nurses Group (Gary) 11-1:30 Art Rm(Chana) 11 Art with Ed 12 Understanding our Thoughts (Jacob) 1 Newspaper (Phil) 2 5 Santa Monica Friends(Stacey)</p>	<p>29 10 Yoga-Upstairs(Gigi) 10 Melody Makers (Nefta) 11:30 Essentials of Recovery (Whitey) 12:30 Learning Center (5thSt) 1 Women's Group 3rd Fl (Midge) 5:30 Living Sober(Terri)</p>	<p>30 10 Heart to Heart (Stefanie) 10:30-12:30 Art Rm(David) 11 Recovery 101 (Steve) 12 How to tell your story(Jacob) 1 Karaoke(Jacob) 1 Work readiness-Vocational 2 Living w/Strong Emotion/ (Whitey) 5 Stress management (Stacey)</p>		