






February 2019

| Mon | Tues | Wed | Thurs | Fri |
|-----|------|-----|--|-----|
| | | | Bus Coupons Every Thurs 10am-11am  | 1 |
| 4 | 5 | 6 |  | 8 |
| 11 | 12 | 13 |  | 15 |
| 18 | 19 | 20 |  | 22 |
| 25 | 26 | 27 |  | |

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|-------------|---|
| MON | 9:00 am Current Events 10:00 am Recovery Happens (Julie) 10am-1pm Computer Learning Center at 5th Street (Les) 11:00am Healthy Housing Spaces (Andy) 11am-2pm Theo's Art Room 12:00pm Finding Emotional Balance (Rhonda) 1:00 pm Therapeutic Yoga (NAAM) 2:00-2:30pm Adaptive Daily Living Skills (ADL'S) (Jaye-Leigh) 3:30 pm To Be Announced |
| TUES | 9:30 am Boxing (Mia) 10:30 am Check-In (Judy) 11:00 am Member Advisory Committee (MAC) (Theo) 1:00 pm Self Care Group (Julie & Clifton) (5 th & 19 th) 1:pm Writing Group (Phil) (12 th & 26 th) 3:30 pm Games & Socialization (Patrick) |
| WED | 9:00 am Current Events (Judy) 10:00 am Building Positive Habits (Rachel) 10am-1pm Computer Learning Center at 5th Street (Les) 11:00 am Pura Vida (Will) 11am-2pm Theo's Art Room 12:00 pm Discussions about Recovery (Julie) 1:00 pm Santa Monica Friends (Project Return) 2:00 pm Women's Meditation Group (Jessica) 3:15 pm Chicken Soup for the Soul (4 th floor lounge tenants only)(Andy) 3:30 pm Go With Gratitude (Les) |
| THUR | 9:00 am Current Events (Patrick) 10:00am How to Tell Your Story (Rhonda) 10:30 am Computer Basics at 5th Street (Les) 11:00 am-2pm Theo's Art Room 12:00pm Game Time! (Rachel) 1:00 pm New Member Orientation (Jaye-Leigh) 1:30 pm Relax & Write (Amy) 3:30pm How Are You Feeling (Rhonda) |
| FRI | 9:00 am Current Events (Clifton) 10:00 am Project Return Group (Meridith) 10am-1pm Computer Learning Center at 5th street (Les) 11:00 pm Men's Group (Clifton) 11am-2pm Theo's Art Room 12:00 pm Women's Group (Karen) 1:00 pm Boxing Group (Mia) 3:30 pm Fun With...?? |



Computer Learning Center – Must arrive 30 minutes prior to the start of class. Check in w/Staff if interested.

Bus Coupons –Thursdays 10am-11am

Breakfast snacks: 9:00am-9:30am. Dinner sign up: 9:30am-12pm.

Doors to the facility are locked at 2:40pm in preparation for dinner.

Doors re-open at 3:15pm.

Screenings/Intakes for Membership Monday - Thursday 9am-11am

******* All members must enter the group room, no later than 15 minutes after group starts. After the 15 minute grace period, you will not be allowed to attend the group. *******