





# SEPTEMBER 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 3:15 Creative Expressions - DR (Rob) 3:30 Social Skills - AR (Anna) 3:30 Women's discussion - LC (Elizabeth) 4:00 What's In a Picture - AR (Mary Pat) 6:45 Games Group - AR (Rachel) 7:00 Yoga - FC (Rebecca)	<b>2</b> 10:00 Neighborhood Walk—IR (Rachel) 12:45 Ukulele Group - LC (Rob) 1:45 Explorations of Sound - AR (Rebecca) 2:00 Knitting - AR (Mollie) 3:00 Computers for Absolute Beginners - AR (Mollie) 3:30 You're Golden: Aging at Andrew—LC (Elizabeth) 4:00 Strength Class - FC (Sam) C 4:15 The 15 Minute Break (Massage)—AR (Lizzy) 7:00 Chemical Health and Wellness - LC (Elle)	<b>3</b> 10:45 Morning Walkers Group—DR 2:00 Bicycle World Tour- FC (Sam) 2:30 Mindfulness - IR (Rebecca) 3:00 DBT Skills - AR (Anna, Nicole B) 3:00 Walkers - IR (Rob) 4:00 Anger Management - AR (Mary Pat) 7:00 Coping With Life Changes—LC (Emily S) 7:30 Chemical Health Education - LC (Elle)	<b>4</b> 1:00 Chemical Health Process Group - LC (Elle) 1:30 Neighborhood Walk - IR (Rachel) 1:30 Budgeting Basics - AR (Mollie) 2:00 Yoga—FC (Rebecca) C 3:00 Resident Workers Support Group - AR (Mollie) 3:00 Men's Discussion - LC (Elle) 4:00 Free Art - AR (Mollie) 4:15 Letters from Andrew—CR (Rob)	<b>5</b> 2:30 Coffee and Trivia at Segue - IR (Rebecca) 4:00 Fitness Center Open  SEE POSTERS FOR WEEKEND ACTIVITIES INFORMATION
<b>6</b> 2:00 Yoga - FC (Rebecca)  SEE POSTERS FOR WEEKEND ACTIVITIES INFORMATION	<b>7</b> 	<b>8</b> 3:15 Creative Expressions - DR (Rob) 3:30 Social Skills - AR (Anna) 3:30 Women's discussion - LC (Elizabeth) 4:00 What's In a Picture - AR (Mary Pat) 6:45 Games Group - AR (Rachel) 7:00 Yoga - FC (Rebecca)	<b>9</b> 10:00 Neighborhood Walk—IR (Rachel) 12:45 Ukulele Group - LC (Rob) 1:45 Explorations of Sound - AR (Rebecca) 3:30 You're Golden: Aging at Andrew—LC (Elizabeth) 4:00 Strength Class - FC (Sam) C 4:15 The 15 Minute Break (Massage)—AR (Lizzy) 7:00 Chemical Health and Wellness - LC (Elle)	<b>10</b> 10:45 Morning Walkers Group—DR 2:00 Bicycle World Tour- FC (Sam) 2:30 Mindfulness - IR (Rebecca) 3:00 DBT Skills - AR (Anna, Nicole B) 3:00 Walkers - IR (Rob) 4:00 Anger Management - AR (Mary Pat) 7:00 Coping With Life Changes—LC (Emily S) 7:30 Chemical Health Education - LC (Elle)	<b>11</b> 1:00 Chemical Health Process Group - LC (Elle) 2:00 Yoga—FC (Rebecca) 2:00 Segue Coffee Shop - IR (Rob/Rachel) 3:00 Men's Discussion - LC (Elle) 4:15 Letters from Andrew—CR	<b>12</b> 4:00 Fitness Center Open  SEE POSTERS FOR WEEKEND ACTIVITIES INFORMATION 
<b>13</b> SEE POSTERS FOR WEEKEND ACTIVITIES INFORMATION	<b>14</b> 1:00 Cover to Cover - FC (Sam) 1:30 Healthy Relationships - AR (Anna) 2:30 Walkers - IR (Rob) 3:30 Mental Health Topics - LC (Emily S) 4:00 Assertiveness Skills - LC (Mary Pat)	<b>15</b> 3:15 Creative Expressions - DR (Rob) 3:30 Social Skills - AR (Anna) 4:00 What's In a Picture - AR (Mary Pat) 6:45 Games Group - AR (Rachel) 7:00 Coping With Traumatic Stress - LC (Nicole B) 7:00 Yoga - FC (Rebecca)	<b>16</b> 10:00 Neighborhood Walk—IR (Rachel) 12:45 Ukulele Group - LC (Rob) 1:45 Explorations of Sound - AR (Rebecca) 2:00 Knitting - AR (Mollie) 3:00 Computers for Absolute Beginners - AR (Mollie) 3:30 You're Golden: Aging at Andrew—LC (Elizabeth) 4:00 Strength Class - FC (Sam) 7:00 Chemical Health and Wellness - LC (Elle)	<b>17</b> 10:45 Morning Walkers Group—DR 2:00 Bicycle World Tour- FC (Sam) 2:30 Mindfulness - IR (Rebecca) 3:00 DBT Skills - AR (Anna, Nicole B) 3:00 Walkers - IR (Rob) 4:00 Anger Management - AR (Mary Pat) 7:00 Coping With Life Changes—LC (Emily S) 7:30 Chemical Health Education - LC (Elle)	<b>18</b> 1:00 Chemical Health Process Group - LC (Elle) 1:30 Budgeting Basics - AR (Mollie) 2:00 Yoga—FC (Rebecca) 3:00 Neighborhood Walk - IR (Rachel) C 3:00 Resident Workers Support Group - AR (Mollie) 3:00 Men's Discussion - LC (Elle) 4:00 Free Art - AR (Mollie) 4:15 Letters from Andrew—CR	<b>19</b> 2:30 Coffee and Trivia at Segue - IR (Rebecca) 4:00 Fitness Center Open  SEE POSTERS FOR WEEKEND ACTIVITIES INFORMATION
<b>MAJOR ROOM CLEANING WEEK Sunday 9/13 - Thursday 9/17</b>						
<b>20</b> 2:00 Yoga - FC (Rebecca)  SEE POSTERS FOR WEEKEND ACTIVITIES INFORMATION 	<b>21</b> 1:00 Cover to Cover - FC (Sam) 2:30 Walkers - IR (Rob) 3:30 Mental Health Topics - LC (Emily S) 4:00 Assertiveness Skills - LC (Mary Pat) 7:30 Bedtime Stories: Listening Book Club - LC (Elizabeth)	<b>22</b>  3:15 Creative Expressions - DR (Rob) 3:30 Women's discussion - LC (Elizabeth) 4:00 What's In a Picture - AR (Mary Pat) 6:45 Games Group - AR (Rachel) 7:00 Coping With Traumatic Stress - LC (Nicole B) 7:00 Yoga - FC (Rebecca)	<b>23</b> 10:00 Neighborhood Walk—IR (Rachel) 12:45 Ukulele Group - LC (Rob) 1:45 Explorations of Sound - AR (Rebecca) 3:30 You're Golden: Aging at Andrew—LC (Elizabeth) 4:00 Strength Class - FC (Sam) C 4:15 The 15 Minute Break (Massage)—AR (Lizzy) 7:00 Chemical Health and Wellness - LC (Elle)	<b>24</b> 10:45 Morning Walkers Group—DR 2:00 Bicycle World Tour- FC (Sam) 3:00 DBT Skills - AR (Anna, Nicole B) 3:00 Walkers - IR (Rob) 4:00 Anger Management - AR (Mary Pat) 7:00 Coping With Life Changes—LC (Emily S) 7:30 Chemical Health Education - LC (Elle)	<b>25</b> 1:00 Chemical Health Process Group - LC (Elle) 2:00 Segue Coffee Shop - IR (Rob/Rachel) 3:00 Men's Discussion - LC (Elle) 4:15 Letters from Andrew—CR	<b>26</b> 3:30 Fitness Center (Rob)  SEE POSTERS FOR WEEKEND ACTIVITIES INFORMATION
<b>27</b> 2:30 Walkers - IR (Rob)  SEE POSTERS FOR WEEKEND ACTIVITIES INFORMATION	<b>28</b> 1:00 Cover to Cover - FC (Sam) 1:30 Healthy Relationships - AR (Anna) 2:30 Walkers - IR (Rob) 3:30 Mental Health Topics - LC (Emily S) 7:30 Bedtime Stories: Listening Book Club - LC (Elizabeth)	<b>29</b> 3:15 Creative Expressions - DR (Rob) 3:30 Social Skills - AR (Anna) 3:30 Women's discussion - LC (Elizabeth) 6:45 Games Group - AR (Rachel) 7:00 Coping With Traumatic Stress - LC (Nicole B) 7:00 Yoga - FC (Rebecca)	<b>30</b> 10:00 Neighborhood Walk—IR (Rachel) 12:45 Ukulele Group - LC (Rob) 1:45 Explorations of Sound - AR (Rebecca) 2:00 Knitting - AR (Mollie) 3:00 Computers for Absolute Beginners - AR (Mollie) 3:30 You're Golden: Aging at Andrew—LC (Elizabeth) 4:00 Strength Class - FC (Sam) C 4:15 The 15 Minute Break (Massage)—AR (Lizzy) 7:00 Chemical Health and Wellness - LC (Elle)	<b>31</b> 10:45 Morning Walkers Group—DR 2:00 Bicycle World Tour- FC (Sam) 3:00 DBT Skills - AR (Anna, Nicole B) 3:00 Walkers - IR (Rob) 4:00 Anger Management - AR (Mary Pat) 7:00 Coping With Life Changes—LC (Emily S) 7:30 Chemical Health Education - LC (Elle)	<div style="border: 1px solid black; padding: 5px;"> <b>LOCATIONS:</b>                      B9 Basement                      LC Learning Center                      MR Music Room                      CR Community Room                      DR Dining Room                      FSL Floor Small Lounge                      FTV Floor TV Lounge                      COM Commons                      FC Fitness Center                      IR Iris Room                      AC Activity Room                      C = Closed Group                      Community Groups meet by the Iris Room                 </div> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;">                     1:1's with Living Skills Instructors                      2nd Rebecca Scott                      3rd                      4th Ryan Voiles                      5th Michael Long                 </div> 