




Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>LOCATIONS: 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 AR Activity Room</p> <p>C = Closed Group *Community Groups meet by the Iris Room*</p>	<p>1:1's with Living Skills Instructors 2nd Haoseng Thao 3rd Lila Weaver 4th Ryan Voiles 5th</p>			<p>1 10:00 AM wakeup-DR (Mollie & Morgan) 1:00 Chemical Health—LC (Emily C) 3:00 Interpersonal Skills-CR (Shayna & Nicole) 3:45 DBT Skills-LC (Taya) 6:45 Resident Peer Support-LC (Resident Ran) 7:00 Chair Yoga-FC (Jasmine) 7:30 Bingo—DR (Tony)</p>	<p>2 12:45 Healthy Relationships-CR (Avery) 2:30 Free Art-AR (Mollie) 3:30 Dual Diagnosis Process—LC (Emily, Jane) 4:00 Cultural Tapestry-AR (Nicole)</p> 	<p>3 2:00 Saturday Social-DR (Social Workers) 3:00 Creative Writing—AR (Resident) TBD Metro Transit Travels (Katie V)</p> <p>SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION</p>
<p>4 7:15 Root Beer Floats & Movie-DR (Katie V)</p> <p>SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION</p>	<p>5 10:00 Jogging My Memory-LC (Taya) 1:00 LGBTQ+ Support Group-LC (Jane & Taya) 2:30 Jewelry Making-DR (Katie V) 3:00 Interpersonal Skills-CR (Shayna & Nicole)</p>	<p>6 1:00 Chemical Health—LC (Emily C) 2:00 1/2 Price books n Dunkin'-Leisure book (Mollie) 2:15 Spanish Class-LC (Lila W) 3:00 Coping with Anxiety/Depression-LC (Shayna) All Day Professional Haircuts-AR (Katie V) 7:00 Chair Yoga-FC (Jasmine)</p>	<p>7 10:00 AM wakeup-DR (Nick G & Chuck K) 10:30 CBT Group-CR (Avery) 1:00 Coping with Hallucinations-LC (Jane & Connor) 2:00 Computers-AR (James B) 3:30 Men's Discussion-LC (Haoseng & Willy) 3:45 15 Minute Break-AR (Rob) 4:00 Independent Living-LC (Lila W) 7:00 Letters from Andrew-LC (Katie V) 7:00 Voices Heard Community Choir - DR (Melissa)</p>	<p>8 10:00 AM wakeup-DR (Mollie & Morgan) 1:00 Metro Transit Travels (Katie V) 2:00 Community Council Board (C)- AR (Mollie, Mary Pat, Shayna) 3:00 Interpersonal Skills-CR (Shayna & Nicole) 3:45 DBT Skills-LC (Taya) 3:45 Spiritual Care Group-AR (Rob) 6:45 Resident Peer Support-LC (Resident Ran) 7:00 Chair Yoga-FC (Jasmine) 7:15 Chemical Health—LC (Emily C) 7:30 Bingo—DR (Tony)</p>	<p>9 12:45 Healthy Relationships-CR (Avery) 1:00 Leisure Walk-Powderhorn Lake (Katie V) 2:00 Shopping Wal-Mart (Rob) 2:30 Anger Management-CR (Willy & Connor) 2:30 Free Art-AR (Mollie) 3:30 Dual Diagnosis Process—LC (Emily, Jane) 4:00 Cultural Tapestry-AR (Nicole)</p>	<p>10 2:00 Saturday Social-DR (Social Workers) 3:00 Creative Writing—AR (Resident)</p> <p>SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION</p>
<p>11  2:00 Leisure Walk (Avery)</p> <p>SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION</p>	<p>12 10:00 Jogging My Memory-LC (Taya) 1:00 LGBTQ+ Support Group-LC (Jane & Taya) 3:00 Interpersonal Skills-CR (Shayna & Nicole)</p>	<p>13 1:00 Chemical Health—LC (Emily) 2:15 Spanish Class-LC (Lila W) 3:00 Coping with Anxiety/Depression-LC (Shayna)</p>	<p>14 10:00 AM wakeup-DR (Nick G & Chuck K) 10:30 CBT Group-CR (Avery) 1:00 Coping with Hallucinations-LC (Jane & Connor) 2:00 Computers-AR (James B) 3:30 Men's Discussion-LC (Haoseng & Willy) 3:45 15 Minute Break-AR (Rob) 4:00 Independent Living-LC (Lila W) 7:00 Letters from Andrew-LC (Katie V) 7:00 Voices Heard Community Choir - DR (Melissa)</p>	<p>15 10:00 AM wakeup-DR (Mollie & Morgan) 3:00 Interpersonal Skills-CR (Shayna & Nicole) 3:45 DBT Skills-LC (Taya) 3:45 Spiritual Care Group-AR (Rob) 6:45 Resident Peer Support-LC (Resident Ran) 7:15 Chemical Health—LC (Emily C) 7:30 Bingo—DR (Tony)</p> 	<p>16 12:45 Healthy Relationships-CR (Avery) 1:00 Leisure Walk (Katie V) 1:00 Beach Outing-Nokomis (Katie & Tony) 2:30 Anger Management-CR (Willy & Connor) 2:30 Free Art-AR (Mollie) 2:30 Jewelry Making-DR (Katie V) 3:30 Dual Diagnosis Process—LC (Emily, Jane) 4:00 Cultural Tapestry-AR (Nicole)</p>	<p>17 9:30 Day Trip to Duluth (Rob) 2:00 Saturday Social-DR (Social Workers) 3:00 Creative Writing—AR (Resident)</p> <p>SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION</p>
MAJOR ROOM CLEANING WEEK 11-15						
<p>18 1:00 Comic Book Shopping (Rob)</p> <p>SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION</p>	<p>19 10:00 Jogging My Memory-LC (Taya) 1:00 LGBTQ+ Support Group-LC (Jane & Taya) 2:30 Jewelry Making-DR (Katie V) 3:00 Interpersonal Skills-CR (Shayna & Nicole)</p>	<p>20 1:00 Chemical Health—LC (Emily C) 2:15 Spanish Class-LC (Lila W) 5:00 Canoeing at Powderhorn Lake (Katie V)</p>	<p>21 10:00 AM wakeup-DR (Nick G & Chuck K) 10:30 CBT Group-CR (Avery) 1:00 Coping with Hallucinations-LC (Jane & Connor) 2:00 Computers-AR (James B) 3:30 Men's Discussion-LC (Haoseng & Willy) 3:45 15 Minute Break-AR (Rob) 4:00 Independent Living-LC (Lila W) 7:00 Letters from Andrew-LC (Katie V) 7:00 Voices Heard Community Choir - DR (Melissa)</p>	<p>22 10:00 AM wakeup-DR (Mollie & Morgan) 1:00 Chemical Health—LC (Emily C) 2:00 Community Council Board (C)- AR (Mollie, Mary Pat, Shayna) 3:00 Interpersonal Skills-CR (Shayna & Nicole) 3:45 DBT Skills-LC (Taya) 6:45 Resident Peer Support-LC (Resident Ran) 7:30 Bingo—DR (Tony)</p>	<p>23 12:45 Healthy Relationships-CR (Avery) 1:00 Metro Transit Travels-Sealife (Katie V) 2:30 Anger Management-CR (Willy & Connor) 2:30 Free Art-AR (Mollie) 3:30 Dual Diagnosis Process—LC (Emily, Jane) 4:00 Cultural Tapestry-AR (Nicole)</p>	<p>24 2:00 Saturday Social-DR (Social Workers) 3:00 Creative Writing—AR (Resident)</p> <p>SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION</p>
WATER WEEK - watch for sign for activities/events						
<p>25  SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION</p>	<p>26 1:00 LGBTQ+ Support Group-LC (Jane & Taya) 2:30 Jewelry Making-DR (Katie V) 3:00 Interpersonal Skills-CR (Shayna & Nicole)</p> 	<p>27 1:00 Leisure Walk (Katie V) 1:00 Chemical Health—LC (Emily) 2:15 Spanish Class-LC (Lila W) 3:00 Coping with Anxiety/Depression-LC (Shayna)</p>	<p>28 10:00 AM wakeup-DR (Nick G & Chuck K) 10:30 CBT Group-CR (Avery) 1:00 Coping with Hallucinations-LC (Jane & Connor) 2:00 Computers-AR (James B) 3:30 Men's Discussion-LC (Haoseng & Willy) 3:45 15 Minute Break-AR (Rob) 4:00 Independent Living-LC (Lila W) 7:00 Letters from Andrew-LC (Katie V) 7:00 Voices Heard Community Choir - DR (Melissa)</p>	<p>29 10:00 AM wakeup-DR (Mollie & Morgan) 1:00 Chemical Health—LC (Emily C) 2:00 All Resident Comm. Meeting-DR (Mollie, Mary Pat, Shayna) 3:00 Interpersonal Skills-CR (Shayna & Nicole) 3:45 DBT Skills-LC (Taya) 3:45 Spiritual Care Group-AR (Rob) 6:45 Resident Peer Support-LC (Resident Ran) 7:30 Bingo—DR (Tony)</p>	<p>30 12:45 Healthy Relationships-CR (Avery) 2:30 Anger Management-CR (Willy & Connor) 2:30 Free Art-AR (Mollie) 3:30 Dual Diagnosis Process—LC (Emily, Jane) 4:00 Cultural Tapestry-AR (Nicole)</p>	<p>31 2:00 Saturday Social-DR (Social Workers) 3:00 Creative Writing—AR (Resident)</p> <p>SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION</p>