

Sun	Mon	Tue	Wed	Thu	Fri	Sat
LOCATIONS: 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 LB Leisure Book C = Closed Group *Community Groups meet by the Iris Room* 1:1's with Living Skills Instructors 2nd Matt Beighley 3rd Lila Weaver 4th Ryan Voiles 5th Lily Betros August					1 10:00 AM Wakeup—DR (Resident) 2:30 Anger Management—CR (Connor) 2:30 Free Art—AR (Mollie) 4:00 Cultural Tapestry—AR (Nicole) 	2 2:00 Saturday Social—DR (Social Workers) SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION
3  7:00 Sunday Night Hang-Out—AR (Resident) SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION	4 9:00 Headline Breakdown—AR (Ramsey) 9:30 Library Outing—LB (Geran) 10:00 AM Wakeup—DR (Resident) 12:00 Chair Yoga—FC (Jasmine) 2:00 Shopping at Wal-Mart—LB (Mollie) 2:00 Leisure Walk—Aerobic—LB (Rob) 2:30 Jewelry Making—DR (Geran) 3:00 Interpersonal Skills—CR (Nicole, Bailey) 3:00 Coffee Shop—DR (Geran) 3:30 Money Management—AR (Abdulahi) 6:30 Rock Painting—AR (Morgan)	5 9:00 Words for Wellness—AR (Ramsey) 10:00 AM Wakeup—DR (Resident) 1:30 Stress Management—AR (Avery) 2:00 Women's Discussion—AR (Victoria) 2:30 Spanish Class—LC (Lila) 3:00 Letters From Andrew—AR (Rob) 3:00 Coping with Anxiety/Depression—LC (Nicole) 5:50 Celebrating Recovery—LB (Geran) 6:30 Trivia Group—LC (Morgan) 7:00 Chemical Health—LC (Katie) 7:30 LGBTQ+ Support Group—LC (Katie)	6 10:00 AM Wakeup—DR (with staff) 10:30 Emotional Wellness—AR (Avery) 12:00 Chair Yoga—FC (Jasmine) 1:00 Coping with Hallucinations—LC (Connor) 1:30 Successful Independence—AR (Matt) 3:30 Men's Discussion—LC (Connor) 3:45 Tension to Tranquility—AR (Rob) 7:00 Voices Heard Community Choir-DR (Melissa, Ella)	7 9:30 Garden Group—Clean Air Patio—(Geran) 10:00 AM Wakeup —DR (with staff) 10:15 Ukulele Group—CR (Molly F) C 2:00 Community Council Board—AR (Mary Pat, Victoria, Mollie) 3:00 Interpersonal Skills—CR (Nicole, Bailey) 3:30 Chemical Health—LC (Katie) 3:45 Spiritual Care—AR (Rob) 6:45 Resident Peer Support—LC (Resident)	8 10:00 AM Wakeup—DR (Resident) 12:00 Roots of Wellness—LB (Ramsey, Morgan) 12:30 Mall of Roseville—LB (Mollie) 12:45 Healthy Relationships—AR (Avery) 2:30 Anger Management—CR (Connor) 2:30 Free Art—AR (Mollie) 4:00 Cultural Tapestry—AR (Nicole)	9 2:00 Vikings Game Outing—LB (Geran) 2:00 Saturday Social—DR (Social Workers) SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION
10 9:00 Words for Wellness—AR (Ramsey) 10:00 Headline Breakdown—AR (Ramsey) 7:00 Sunday Night Hang-Out—AR (Resident) SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION	11 9:30 Library Outing—LB (Geran) 10:00 AM Wakeup—DR (Resident) 12:00 Chair Yoga—FC (Jasmine) 2:00 Shopping at Target—LB (Mollie) 2:00 Leisure Walk—Aerobic—LB (Rob) 2:30 Jewelry Making—DR (Geran) 3:00 Interpersonal Skills—CR (Nicole, Bailey) 3:00 Coffee Shop—DR (Geran) 3:30 Money Management—AR (Abdulahi) 6:30 Rock Painting—AR (Morgan)	12 10:00 AM Wakeup—DR (Resident) 12:30 Minnesota Zoo—LB (Morgan, Geran) 2:00 Women's Discussion—AR (Victoria) 2:30 Spanish Class—LC (Lila) 3:00 Letters From Andrew—AR (Rob) 3:00 Coping with Anxiety/Depression—LC (Nicole) 6:30 Trivia Group—LC (Morgan) 6:30 Sticker Making—AR (Geran) 7:00 Chemical Health—LC (Katie R) 7:30 LGBTQ+ Support Group—LC (Katie)	13 10:00 AM Wakeup—DR (with staff) 10:30 Emotional Wellness—AR (Avery) 12:00 Chair Yoga—FC (Jasmine) 1:00 Coping with Hallucinations—LC (Connor) 1:30 Successful Independence—AR (Matt) 3:30 Men's Discussion—LC (Connor) 3:45 Tension to Tranquility—AR (Rob) 7:00 Voices Heard Community Choir-DR (Melissa, Ella)	14 9:30 Garden Group—Clean Air Patio—(Geran) 10:00 AM Wakeup —DR (with staff) 10:15 Ukulele Group—CR (Molly F) See sign Floor Meetings (Floor Staff) 3:00 Interpersonal Skills—CR (Nicole, Bailey) 3:30 Chemical Health—LC (Katie) 3:45 Spiritual Care—AR (Rob) 6:45 Resident Peer Support—LC (Resident)	15 10:00 AM Wakeup—DR (Resident) 12:45 Healthy Relationships—AR (Avery) 1:00 Transportation Education—LB (Lila) 2:30 Anger Management—CR (Connor) 2:30 Free Art—AR (Mollie) 4:00 Cultural Tapestry—AR (Nicole) 6:00 Fishing Outing—LB (Geran)	16 2:00 Saturday Social—DR (Social Workers) SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION 
MAJOR ROOM CLEANING WEEK 10—14						
17 7:00 Sunday Night Hang-Out—AR (Resident) SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION 	18 9:00 Headline Breakdown—AR (Ramsey) 9:30 Library Outing—LB (Geran) 10:00 AM Wakeup—DR (Resident) 12:00 Chair Yoga—FC (Jasmine) 2:00 Leisure Walk—Aerobic—LB (Rob) 2:30 Jewelry Making—DR (Geran) 3:00 Interpersonal Skills—CR (Nicole, Bailey) 3:00 Coffee Shop—DR (Geran) 6:30 Rock Painting—AR (Morgan)	19 9:00 Words for Wellness—AR (Ramsey) 10:00 AM Wakeup—DR (Resident) 1:30 Stress Management—AR (Avery) 2:00 Women's Discussion—AR (Victoria) 2:30 Spanish Class—LC (Lila) 3:00 Letters From Andrew—AR (Rob) 3:00 Coping with Anxiety/Depression—LC (Nicole) 6:30 Trivia Group—LC (Morgan) 7:00 Chemical Health—LC (Katie R) 7:30 LGBTQ+ Support Group—LC (Katie)	20 10:00 AM Wakeup—DR (with staff) 10:30 Emotional Wellness—AR (Avery) 12:00 Chair Yoga—FC (Jasmine) 1:00 Coping with Hallucinations—LC (Connor) 1:30 Successful Independence—AR (Matt) 3:30 Men's Discussion—LC (Connor) 3:45 Tension to Tranquility—AR (Rob) 7:00 Voices Heard Community Choir-DR (Melissa, Ella)	21 9:30 Garden Group—Clean Air Patio—(Geran) 10:00 AM Wakeup —DR (with staff) 10:15 Ukulele Group—CR (Molly F) 3:00 Interpersonal Skills—CR (Nicole, Bailey) 3:30 Chemical Health—LC (Katie) 3:45 Spiritual Care—AR (Rob) 6:45 Resident Peer Support—LC (Resident) DUNK TANK this afternoon in the parking lot	22 10:00 AM Wakeup—DR (Resident) 12:45 Healthy Relationships—AR (Avery) C 2:00 Resident Worker Support Group—DR (Mollie) 2:00 Thrift Outing—LB (Geran) 2:30 Anger Management—CR (Connor) 2:30 Free Art—AR (Mollie) 4:00 Cultural Tapestry—AR (Nicole)	23 1:30 Shopping Wal-Mart—LB (Morgan) 2:00 Saturday Social—DR (Social Workers) SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION
W A T E R W E E K—Watch for signs for fun activities planned (weather permitting)						
24  1:00 Chemical Health—LC (Katie) 24 only 7:00 Sunday Night Hang-Out—AR (Resident) SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION	25 9:00 Headline Breakdown—AR (Ramsey) 9:30 Library Outing—LB (Geran) 10:00 AM Wakeup—DR (Resident) 12:00 Chair Yoga—FC (Jasmine) 2:00 Shopping Half-Price Books and Dunkin Donuts—LB (Mollie) 2:00 Leisure Walk—Aerobic—LB (Rob) 2:30 Jewelry Making—DR (Geran) 3:00 Interpersonal Skills—CR (Nicole, Bailey) 3:00 Coffee Shop—DR (Geran) 6:30 Rock Painting—AR (Morgan)	26 9:00 Words for Wellness—AR (Ramsey) 10:00 AM Wakeup—DR (Resident) 1:30 Stress Management—AR (Avery) 2:00 Women's Discussion—AR (Victoria) 2:30 Spanish Class—LC (Lila) 3:00 Letters From Andrew—AR (Rob) 3:00 Coping with Anxiety/Depression—LC (Nicole) 6:30 Trivia Group—LC (Morgan) 6:30 Sticker Making—AR (Geran)	27 10:00 AM Wakeup—DR (with staff) 10:30 Emotional Wellness—AR (Avery) 12:00 Chair Yoga—FC (Jasmine) 1:00 Coping with Hallucinations—LC (Connor) 1:30 Successful Independence—AR (Matt) 3:30 Men's Discussion—LC (Connor) 3:45 Tension to Tranquility—AR (Rob) 7:00 Voices Heard Community Choir-DR (Melissa, Ella)	28 9:30 Garden Group—Clean Air Patio—(Geran) 10:00 AM Wakeup —DR (with staff) 10:15 Ukulele Group—CR (Molly F) 2:00 Resident Community Meeting—DR (Mary Pat, Victoria, Mollie) 3:00 Interpersonal Skills—CR (Nicole, Bailey) 3:30 Chemical Health—LC (Katie) 3:45 Spiritual Care—AR (Rob) 6:45 Resident Peer Support—LC (Resident)	29 10:00 AM Wakeup—DR (Resident) 12:00 Roots of Wellness—LB (Ramsey, Morgan) 12:45 Healthy Relationships—AR (Avery) C 2:00 Resident Worker Support Group—DR (Mollie) 2:30 Anger Management—CR (Connor) 2:30 Free Art—AR (Mollie) 4:00 Cultural Tapestry—AR (Nicole)	30 2:00 Saturday Social—DR (Social Workers) SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION