

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 7:00 Sunday Night Hang-Out—AR (Resident) SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION	2 9:00 Interpersonal Skills—CR (Nicole) 9:30 Library Outing—LB (Logan) 10:00 AM Wakeup—DR (Resident) 12:00 Chair Yoga—FC (Jasmine) 1:00 Women's Discussion—LC (Molly H) 2:00 Shopping Wal-Mart—LB (Mollie) 2:30 Jewelry Making—DR (Blake) 3:00 Coffee Shop—DR (Blake, Morgan) 6:30 Rock Painting—AR (Morgan) 7:15 PM Wind Down—AR (Rob)	3 10:00 AM Wakeup—DR (Staff) TBD Movie Outing—LB (Logan) 1:00 Words for Wellness—AR (Ramsey) 1:00 Ukulele Group—CR (Ella) 1:30 Stress Management—AR (Avery) 3:00 Coping With Life Changes—CR (Bailey) 3:00 Letters From Andrew—AR (Blake) 4:00 Healthy Intimacy—AR (Lily) 7:00 Coping with Anxiety/Depression—AR (Nicole) 7:00 Chemical Health—LC (Katie) 7:00 Building Blocks—Strength/Stability—FC (Kyle) 7:30 LGBTQ+ Support Group—LC (Katie)	4 10:00 AM Wakeup—DR (staff) 10:30 Emotional Wellness—AR (Avery) 12:00 Chair Yoga—FC (Jasmine) 1:00 Coping with Hallucinations—LC (Connor) 2:00 Successful Independence—AR (Matt) 3:30 Men's Discussion—LC (Connor) 3:45 Tension to Tranquility—AR (Rob) 4:30 Self-Esteem—CR (Bailey) 7:00 Voices Heard Community Choir-DR (Melissa, Ella)	5 10:00 AM Wakeup —DR (staff) 1:00 DBT Skills—LC (Molly H) C 2:00 Community Council Board—AR (Mary Pat, Mollie) 3:00 Interpersonal Skills—CR (Bailey) 3:30 Chemical Health—LC (Katie) 3:45 Spiritual Care—AR (Rob) 6:45 Resident Peer Support—LC (Resident) 7:00 Building Blocks—Strength/Stability—FC (Kyle) 7:30 Financial Wellness—LC (Sara J) 7:30 Bingo—DR (Logan)	6 9:00 Cultural Tapestry—AR (Nicole) 10:00 AM Wakeup—DR (Resident) 10:30 Trivia Group—AR (Ramsey) 12:45 Healthy Relationships—AR (Avery) 1:00 Music Museum Visit—LB (Logan) 2:00 Shopping at Wal-Mart—LB (Rob) 2:30 Anger Management—CR (Connor) 2:30 Free Art—AR (Blake) 3:30 Mindfulness & Meditation—LC (Katarina)	7 2:00 Saturday Social—DR (Social Workers) SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION
8 1:00 Chemical Health—LC (Katie) 2:00 Mindful Coloring—AR (Molly H) 7:00 Sunday Night Hang-Out—AR (Resident) SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION	9 9:00 Interpersonal Skills—CR (Nicole) 9:30 Headline Breakdown—AR (Ramsey) 9:30 Library Outing—LB (Logan) 10:00 AM Wakeup—DR (Resident) 12:00 Chair Yoga—FC (Jasmine) 1:30 Jog My Memory—AR (Katarina) 2:00 Shopping Target—LB (Mollie) 2:30 Jewelry Making—DR (Blake) 3:00 Coffee Shop—DR (Blake, Morgan) 6:30 Rock Painting—AR (Morgan) 7:15 PM Wind Down—AR (Rob)	10 10:00 AM Wakeup—DR (Staff) 1:00 Words for Wellness—AR (Ramsey) 1:00 Ukulele Group—CR (Ella) 1:30 Stress Management—AR (Avery) 3:00 Coping With Life Changes—CR (Bailey) 3:00 Letters From Andrew—AR (Blake) 4:00 Healthy Intimacy—AR (Lily) 7:00 Coping with Anxiety/Depression—AR (Nicole) 7:00 Building Blocks—Strength/Stability—FC (Kyle)	11 10:00 AM Wakeup—DR (staff) 10:30 Emotional Wellness—AR (Avery) 12:00 Chair Yoga—FC (Jasmine) 1:00 Coping with Hallucinations—LC (Connor) 2:00 Successful Independence—AR (Matt) 3:30 Men's Discussion—LC (Connor) 3:45 Tension to Tranquility—AR (Rob) 4:30 Self-Esteem—CR (Bailey) 7:00 Voices Heard Community Choir-DR (Melissa, Ella)	12 10:00 AM Wakeup —DR (staff) 1:00 DBT Skills—LC (Molly H) See sign Floor Meetings (Floor Staff) 3:00 Interpersonal Skills—CR (Bailey) 3:30 Chemical Health—LC (Katie) 3:45 Spiritual Care—AR (Rob) 6:45 Resident Peer Support—LC (Resident) 7:00 Live Music—DR (Logan) 7:00 Building Blocks—Strength/Stability—FC (Kyle) 7:30 Financial Wellness—LC (Sara J) 7:30 Bingo—DR (Logan)	13 9:00 Cultural Tapestry—AR (Nicole) 10:00 AM Wakeup—DR (Resident) 10:30 Trivia Group—AR (Ramsey) 12:45 Healthy Relationships—AR (Avery) 1:00 Humane Society Visit—LB (Logan) 2:30 Anger Management—CR (Connor) 2:30 Free Art—AR (Blake) 3:30 Mindfulness & Meditation—LC (Katarina)	14  2:00 Saturday Social—DR (Social Workers) 7:15 Popcorn and a Movie—DR (Logan) SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION
MAJOR ROOM CLEANING WEEK Sunday 8/8 - Thursday 8/12						
15 2:00 Shopping Dollar Store—LB (Logan) 7:00 Sunday Night Hang-Out—AR (Resident) SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION	16  See posters for today's activities	17 10:00 AM Wakeup—DR (Staff) 1:00 Words for Wellness—AR (Ramsey) 1:00 Ukulele Group—CR (Ella) 1:30 Stress Management—AR (Avery) 3:00 Coping With Life Changes—CR (Bailey) 3:00 Letters From Andrew—AR (Blake) 4:00 Healthy Intimacy—AR (Lily) 7:00 Coping with Anxiety/Depression—AR (Nicole) 7:00 Chemical Health—LC (Katie) 7:00 Building Blocks—Strength/Stability—FC (Kyle) 7:30 LGBTQ+ Support Group—LC (Katie)	18 10:00 AM Wakeup—DR (staff) 10:30 Emotional Wellness—AR (Avery) 12:00 Chair Yoga—FC (Jasmine) 1:00 Coping with Hallucinations—LC (Connor) 2:00 Successful Independence—AR (Matt) 3:30 Men's Discussion—LC (Connor) 3:45 Tension to Tranquility—AR (Rob) 4:30 Self-Esteem—CR (Bailey) 7:00 Voices Heard Community Choir-DR (Melissa, Ella)	19 10:00 AM Wakeup —DR (staff) 1:00 DBT Skills—LC (Molly H) C 2:00 Community Council Board—AR (Mary Pat, Mollie) 3:00 Interpersonal Skills—CR (Bailey) 3:30 Chemical Health—LC (Katie) 3:45 Spiritual Care—AR (Rob) 6:45 Resident Peer Support—LC (Resident) 7:00 Building Blocks—Strength/Stability—FC (Kyle) 7:30 Financial Wellness—LC (Sara J) 7:30 Bingo—DR (Logan)	20 9:00 Cultural Tapestry—AR (Nicole) 10:00 AM Wakeup—DR (Resident) 10:30 Trivia Group—AR (Ramsey) 12:45 Healthy Relationships—AR (Avery) 2:30 Anger Management—CR (Connor) 2:30 Free Art—AR (Blake) 3:30 Mindfulness & Meditation—LC (Katarina)	21 2:00 Saturday Social—DR (Social Workers) 2:00 Caribou Coffee—LB (Rob) SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION
22 7:00 Sunday Night Hang-Out—AR (Resident) 7:15 Root Beer Floats and a Movie—DR (Rob) SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION	23 9:00 Interpersonal Skills—CR (Nicole) 9:30 Headline Breakdown—AR (Ramsey) 10:00 AM Wakeup—DR (Resident) 12:00 Chair Yoga—FC (Jasmine) 1:00 Women's Discussion—LC (Molly H) 1:30 Jog My Memory—AR (Katarina) 2:00 1/2 Price Books n Dunkin' - LB (Mollie) 2:30 Jewelry Making—DR (Blake) 3:00 Coffee Shop—DR (Blake, Morgan) 6:30 Rock Painting—AR (Morgan) 7:15 PM Wind Down—AR (Rob)	24 10:00 AM Wakeup—DR (Staff) 1:00 Words for Wellness—AR (Ramsey) 1:00 Ukulele Group—CR (Ella) 3:00 Coping With Life Changes—CR (Bailey) 3:00 Letters From Andrew—AR (Blake) 4:00 Healthy Intimacy—AR (Lily) 7:00 Coping with Anxiety/Depression—AR (Nicole) 7:00 Chemical Health—LC (Katie) 7:00 Building Blocks—Strength/Stability—FC (Kyle) 7:30 LGBTQ+ Support Group—LC (Katie)	25 10:00 AM Wakeup—DR (staff) 10:30 Emotional Wellness—AR (Avery) 12:00 Chair Yoga—FC (Jasmine) 1:00 Coping with Hallucinations—LC (Connor) 2:00 Successful Independence—AR (Matt) 3:30 Men's Discussion—LC (Connor) 3:45 Tension to Tranquility—AR (Rob) 4:30 Self-Esteem—CR (Bailey) 7:00 Voices Heard Community Choir-DR (Melissa, Ella)	26 10:00 AM Wakeup —DR (staff) 1:00 DBT Skills—LC (Molly H) 2:00 Resident Community Meeting—DR (Mary Pat, Mollie) 3:00 Interpersonal Skills—CR (Bailey) 3:30 Chemical Health—LC (Katie) 3:45 Spiritual Care—AR (Rob) 6:45 Resident Peer Support—LC (Resident) 7:00 Building Blocks—Strength/Stability—FC (Kyle) 7:30 Financial Wellness—LC (Sara J) 7:30 Bingo—DR (Logan)	27 9:00 Cultural Tapestry—AR (Nicole) 10:00 AM Wakeup—DR (Resident) 10:30 Trivia Group—AR (Ramsey) 12:45 Healthy Relationships—AR (Avery) 2:00 Shopping at Wal-Mart—LB (Rob) 2:30 Anger Management—CR (Connor) 2:30 Free Art—AR (Blake) 3:30 Mindfulness & Meditation—LC (Katarina)	28 1:30 Shopping at Wal-Mart—LB (Morgan) 2:00 Saturday Social—DR (Social Workers) SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION
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 Abby Adamski 4th Sara Jeremiason 5th Lily Betros					