

Sun	Mon	Tue	Wed	Thu	Fri	Sat
-----	-----	-----	-----	-----	-----	-----

1:1's with Living Skills
Instructors
2nd Skylar Bell
3rd Abby Adamski
4th Sara Jeremiason
5th Lily Betros



<p>1</p> <p>10:00 AM Wakeup—DR (staff) 12:00 Chair Yoga—FC (Jasmine) 1:00 Emotional Wellness—AR (Avery) 1:00 Coping with Hallucinations—LC (Connor) 3:30 Men's Discussion—LC (Connor) 3:45 Tension to Tranquility—AR (Rob) 4:30 Coping with Anxiety/Depression—LC (Molly H) 7:00 Voices Heard Community Choir-DR (Melissa, Ella) 7:00 Game Night—AR (Lindsay)</p>	<p>2</p> <p>9:30 Moves and Groves—FC (Lindsay) 10:00 AM Wakeup—DR (staff) 1:00 DBT Skills—LC (Molly H) 3:00 Interpersonal Skills—AR (Bailey) 3:30 Chemical Health—LC (Katie) 3:45 Spiritual Care—IR (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)</p>	<p>3</p> <p>10:00 AM Wakeup—DR (Resident) 10:30 Trivia Group—AR (Ramsey) 12:45 Healthy Relationships—AR (Avery) 2:00 Shopping Wal-Mart—LB (Rob) 2:30 Anger Management—CR (Connor) 2:30 Free Art—AR (Blake) 3:30 Mindfulness & Meditation—LC (Katarina)</p>	<p>4</p> <p>2:00 Saturday Social—DR (Social Workers) 7:15 Popcorn and a Movie—DR (Logan)</p> <p style="text-align:center;">SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION</p>
--	---	---	---

5

7:00 Sunday Night Hang-Out—AR (Resident)

SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION

6

9:30 Headline Breakdown—AR (Ramsey)
9:30 Library Outing—LB (Logan)
10:00 AM Wakeup—DR (Resident)
12:00 Chair Yoga—FC (Jasmine)
1:00 Women's Discussion—LC (Molly H)
1:30 Jog My Memory—AR (Katarina)
2:00 Chess Club—AR (Logan)
2:00 Shopping at Wal-Mart—LB (Mollie)
2:30 Jewelry Making—DR (Blake)
3:00 Coffee Shop—DR (Blake, Morgan)
3:00 Interpersonal Skills—AR (Bailey)
6:30 Rock Painting—AR (Morgan)
7:00 Healthy Intimacy—AR (Lily)
7:15 PM Wind Down—AR (Rob)

7

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 Self-Esteem—AR (Bailey)
3:00 Letters From Andrew—AR (Blake)
7:00 Chemical Health—LC (Katie)
7:00 Building Blocks—Strength/Stability—FC (Kyle)
7:30 LGBTQ+ Support Group—LC (Katie)

8

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)
3:30 Men's Discussion—LC (Connor)
3:45 Tension to Tranquility—AR (Rob)
4:30 Coping with Anxiety/Depression—LC (Molly H)
7:00 Voices Heard Community Choir-DR (Melissa, Ella)
7:00 Game Night—AR (Lindsay)

9

9:30 Moves and Groves—FC (Lindsay)
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—AR (Bailey)
3:30 Chemical Health—LC (Katie)
3:45 Spiritual Care—IR (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)

10

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)

11

2:00 Saturday Social—DR (Social Workers)

7:00 Saturday Screening (Movie & Snacks) - DR (Lindsay)

SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION

12

8:00-11:00 Sensory-Friendly Sunday (Walker Art Center Outing) - LB (Lindsay)
2:00 Mindful Coloring—AR (Molly H)
7:00 Sunday Night Hang-Out—AR (Resident)

SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION

13

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 Chess Club—AR (Logan)
2:00 Shopping at Target—LB (Mollie)
2:30 Jewelry Making—DR (Blake)
3:00 Coffee Shop—DR (Blake, Morgan)
6:30 Rock Painting—AR (Morgan)
7:00 Healthy Intimacy—AR (Lily)

14

10:00 AM Wakeup—DR (Staff)
1:00 Words for Wellness—AR (Ramsey)
1:00 Ukulele Group—CR (Ella)
1:15 Swimming—LB (Rob)
1:30 Stress Management—AR (Avery)
3:00 Letters From Andrew—AR (Blake)
7:00 Chemical Health—LC (Katie)
7:00 Building Blocks—Strength/Stability—FC (Kyle)
7:30 LGBTQ+ Support Group—LC (Katie)

15

10:00 AM Wakeup—DR (staff)
12:30 Emotional Wellness—LC (Avery)
12:00 Chair Yoga—FC (Jasmine)
1:00 Coping with Hallucinations—LC (Connor)
3:30 Men's Discussion—LC (Connor)
3:45 Tension to Tranquility—AR (Rob)
4:30 Coping with Anxiety/Depression—LC (Molly H)
7:00 Voices Heard Community Choir-DR (Melissa, Ella)
7:00 Game Night—AR (Lindsay)

16

9:00 Roots of Wellness—LB (Morgan)
9:30 Moves and Groves—FC (Lindsay)
10:00 AM Wakeup—DR (staff)
1:00 DBT Skills—LC (Molly H)
See sign Floor Meetings (Floor Staff)
3:00 Interpersonal Skills—AR (Bailey)
3:30 Chemical Health—LC (Katie)
3:45 Spiritual Care—IR (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)

17

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)

18

9:45 National Eagle Center—LB (Rob)
2:00 Saturday Social—DR (Social Workers)

SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION

MAJOR ROOM CLEANING WEEK 12 - 16

19

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

20

9:30 Headline Breakdown—AR (Ramsey)
9:30 Library Outing—LB (Logan)
10:00 AM Wakeup—DR (Resident)
12:00 Chair Yoga—FC (Jasmine)
1:00 Women's Discussion—LC (Molly H)
1:30 Jog My Memory—AR (Katarina)
2:00 1/2 Price Books n Dunkin' - LB (Mollie)
2:00 Chess Club—AR (Logan)
2:30 Jewelry Making—DR (Blake)
3:00 Coffee Shop—DR (Blake, Morgan)
3:00 Interpersonal Skills—AR (Bailey)
6:30 Rock Painting—AR (Morgan)
7:00 Healthy Intimacy—AR (Lily)
7:15 PM Wind Down—AR (Rob)

21

10:00 AM Wakeup—DR (Staff)
TBD Movie Outing—LB (Logan)
1:00 Words for Wellness—AR (Ramsey)
1:00 Ukulele Group—CR (Ella)
3:00 Self-Esteem—AR (Bailey)
3:00 Letters From Andrew—AR (Blake)
7:00 Chemical Health—LC (Katie)
7:00 Building Blocks—Strength/Stability—FC (Kyle)
7:30 LGBTQ+ Support Group—LC (Katie)

22

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)
3:30 Men's Discussion—LC (Connor)
3:45 Tension to Tranquility—AR (Rob)
4:30 Coping with Anxiety/Depression—LC (Molly H)
7:00 Voices Heard Community Choir-DR (Melissa, Ella)
7:00 Game Night—AR (Lindsay)

23

9:30 Moves and Groves—FC (Lindsay)
10:00 AM Wakeup—DR (staff)
1:00 DBT Skills—LC (Molly H)
1:00 Bowling—LB (Logan)
C 2:00 Community Council Board—AR (Mary Pat, Mollie)
3:00 Interpersonal Skills—AR (Bailey)
3:30 Chemical Health—LC (Katie)
3:45 Spiritual Care—IR (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)

24

10:00 AM Wakeup—DR (Resident)
10:30 Trivia Group—AR (Ramsey)
12:45 Healthy Relationships—AR (Avery)
2:00 Comic Book Shopping—LB (Rob)
2:30 Anger Management—CR (Connor)
2:30 Free Art—AR (Blake)
3:30 Mindfulness & Meditation—LC (Katarina)

25

1:30 Shopping at Wal-Mart—LB (Morgan)
2:00 Saturday Social—DR (Social Workers)

SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION

26

7:00 Sunday Night Hang-Out—AR (Resident)

SEE POSTERS FOR ADDITIONAL WEEKEND ACTIVITIES INFORMATION

27

9:30 Headline Breakdown—AR (Ramsey)
9:30 Library Outing—LB (Logan)
10:00 AM Wakeup—DR (Resident)
12:00 Chair Yoga—FC (Jasmine)
1:00 Women's Discussion—LC (Molly H)
2:00 Chess Club—AR (Logan)
2:30 Jewelry Making—DR (Blake)
3:00 Coffee Shop—DR (Blake, Morgan)
3:00 Interpersonal Skills—AR (Bailey)
6:30 Rock Painting—AR (Morgan)
7:00 Healthy Intimacy—AR (Lily)
7:15 PM Wind Down—AR (Rob)

28

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 Self-Esteem—AR (Bailey)
2:00 Shopping Dollar Store—LB (Logan)
3:00 Letters From Andrew—AR (Blake)
7:00 Chemical Health—LC (Katie)
7:00 Building Blocks—Strength/Stability—FC (Kyle)
7:30 LGBTQ+ Support Group—LC (Katie)

29

10:00 AM Wakeup—DR (staff)
12:00 Chair Yoga—FC (Jasmine)
1:00 Coping with Hallucinations—LC (Connor)
3:30 Men's Discussion—LC (Connor)
3:45 Tension to Tranquility—AR (Rob)
4:30 Coping with Anxiety/Depression—LC (Molly H)
7:00 Voices Heard Community Choir-DR (Melissa, Ella)
7:00 Game Night—AR (Lindsay)

30

9:00 Roots of Wellness—LB (Morgan)
9:30 Moves and Groves—FC (Lindsay)
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—AR (Bailey)
3:30 Chemical Health—LC (Katie)
3:45 Spiritual Care—IR (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)

31

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)

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