

# November 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b> 1:00-2:00 Developing a grateful attitude 2:00-2:20 Break 2:20-3:30 Navigating family during the holidays 3:30- 4:00 notes of thanks	<b>4</b>	<b>5</b> 2:00- 2:45 Clip chat 2:45-3:00 Break 3:00-4:00 Ice breaker game	<b>6</b>
<b>9</b>	<b>10</b> 1:00- 2:00 Schizoaffective disorder 2:00- 2:20 break & snack 2:20- 3:00 quote 3:00-4:00 Jeopardy	<b>11</b>	<b>12</b> 2:00-2:45 My Journey 2:45-3:00 Break 3:00-4:00 Group art project or trivia	<b>13</b>
<b>16</b>	<b>17</b> 1:00-2:00 Traditions 2:00-2:20 Break 2:20-3:00 Check In 3:00-4:00 Compassion & Empathy	<b>18</b>	<b>19</b> 2:00-3:00 Open gym 3:00-3:15 Break 3:15-4:00 Check in	<b>20</b>
<b>23</b>	<b>24</b> 1:00- 2:00 Stinking thinking 2:00- 2:20 Break 2:20-3:00 Quote 3:00-4:00 BINGO	<b>25</b>	<b>26</b> <i>Closed for Thanksgiving</i> 	<b>27</b>
<b>30</b>				