





December 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
December's theme: Peace Hope & Joy	1:00-2:10 Tips for Peaceful thinking 2:10-2:30 Break 2:30-3:00 WTD 3:00-4:00 Ornament craft or holiday card making		2:00- 3:10 Pizza plus topic: Family dynamics during the holidays 3:10 -4:00 Pizza & socializing	
7	8	9	10	11
	1:00- 2:00 Knowing your limits- Budgeting 2:00- 2:20 break & snack 2:20- 4:00 Holiday paint & sip		2:00-2:45 Realistic expectations 2:45-3:00 Break 3:00-4:00 Tree craft or group art project	
14	15	16	17	18
	1:00-2:00 Danger in isolation 2:00-2:20 Break 2:20-3:00 Quote 3:00-4:00 Get to know you game		2:00-2:45 Open Gym 2:45-3:00 Break 3:00-4:00 Check In Cookie decorating 	
21	22	23	24	
	1:00- 2:00 Hope during depression 2:00- 2:30 Break & HOLIDAY COOKIES 2:20-3:00 Jeopardy HOLIDAY EDITION		<i>Closed for Christmas eve</i> 	
28	29	30	31	
	1:00- 2:15 Goal setting 2:15- 2:30 Break 2:30-3:00 Quote 3:00-4:00 BINGO		<i>Closed for New Year's Eve</i> 	

