




# August 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b> 1:00-2:00 Nutrition with OSU 2:00-2:20 Break 2:20-3:30 Refreshed in recovery 3:30- 4:00 Wellness box	<b>4</b>	<b>5</b> <i>Closed for Luau picnic</i> 	<b>6</b>
<b>9</b>	<b>10</b> 1:00- 2:00 Nutrition with OSU 2:00- 2:20 break & snack 2:20- 3:20 Fear of Abandonment 3:20-4:00 Jeopardy	<b>11</b>	<b>12</b> 2:00-2:45 Self Esteem-game 2:45-3:00 Break 3:00-4:00 Emotional Regulation-Anger	<b>13</b>
<b>16</b>	<b>17</b> 1:00-2:00 Nutrition with OSU 2:00-2:20 Break & lemonade shakes 2:20-3:00 Check In 3:00-4:00 Conflict resolution	<b>18</b>	<b>19</b> 2:00-3:00 Open Gym 2:45-3:00 Break 3:00-4:00 Highs N lows	<b>20</b>
<b>23</b>	<b>24</b> 1:00- 2:00 Nutrition with OSU 2:00- 2:20 Break 2:20-3:00 Affirmation & Encouragement 3:00-4:00 Members quotes	<b>25</b>	<b>26</b> 2:00-3:30 Pizza Plus "Self -Care" with Erica 3:30-4:00 Pizza social	<b>27</b>
<b>30</b>	<b>31</b> 1:00-2:00 Nutrition with OSU 2:00-2:20- Break 2:20-3:00 Making amends 3:00-4:00 BINGO			

