




Monday	Tuesday	Wednesday	Thursday	Friday
<p>October theme: "What's in your bag?" Recovery tricks</p> 				1
4	5	6	7	8
<p>10:30-11:00 Current events 11:00-12:00 Declutter 1:00-2:00 Question JENGA 2:15-3:00 Name that tune</p>	<p>10:30-11:00 Chair exercise 11:00-12:00 Boundary busters 1:00- 2:30 Fall decorating 2:30-3:00 Music</p>	<p>10:30-11:00 Stretch bands 11:00-12:00 What is SAD? 12:30-1:45 PRRC BINGO 2:00-3:00 DBT skills</p>	<p>10:30-10:50 Meditation 11:00-12:00 Dealing with bitter feelings 1:00-2:00 Setting limits 2:00-3:00 Improv or computers</p>	<p>10:30-11:15 GOOD NEWS 11:15-12:00 Coffee social Open group discussion 1:00-3:00 Corn hole & Golf or sports talk Jersey day!</p>
11	12	13	14	15
<p>10:30-11:00 Fast fitness 11:00-12:00 Aware of your surrounding? 1:00-2:00-Jeopardy 2:00-3:00- Journaling prompt</p>	<p>Closed for Fall Harvest party</p>	<p>10:30-1:30 Lunch N Fun "The science of Addiction' with Chad Jakubowski 1:45-2:30 Takeaways 2:30-3:00 Spoons</p>	<p>10:30-11:00 Deep breathing 11:00-12:00 Closter phobia 1:00-2:30 Pumpkin painting craft 2:30-3:00 Music</p>	<p>10:30-10:45 Highs N Lows 11:00-12:00 Raceway! 12:30-2:00 NAMI Connections 2:00-3:00 sequence Jersey day!</p>
18	19	20	21	22
<p>10:30-11:00 Walk or MS 11:00-12:00 Gambling awareness 1:00-2:00 Scene It (team building) 2:10-3:00 UNO</p>	<p>10:30-11:00 Quote 11:00- 12:00 Life skills 1:00-2:30 Paint n Sip "Halloween scene" (Sign up by 10/13) 2:30-3:00 music</p>	<p>10:30-11:00 Mindful meditation 11:00-12:00 Avoidance 1:00-2:00 DBT skills 2:15-3:00 Jeopardy</p>	<p>10:30-11:00 Check In 11:00-12:00 Stress management 1:00-2:00 Halloween craft 2:00-3:00 Brain teasers</p>	<p>10:30-11:00 Chair exercises 11:00-12:30 Open Mic talent, Karaoke 1:00-2:00 PRRC BINGO 2:00-3:00 Name 5</p>
25	26	27	28	29
<p>10:30-11:00 WTD 11:00-12:00 Depression remedies 1:00-2:00 Hygiene tricks 2:10-3:00 Tips & tricks for better sleep</p>	<p>10:30-12:00 Movie & snacks "To Dance with the white dog" 1:00-2:00 Adjusting to change 2:10-3:00 Brain teasers</p>	<p>10:30-11:00 Quote 11:00-12:00 Cooking Lesson 1:00-2:00 Tough Love 2:10-3:00 Budgeting- "The price is right"</p>	<p>10:30-11:00 Meet & greet Bowling Outing 11-2:00 Must sign up by 10/18 See staff for details 2:10-3:00 Check In</p>	<p>10:30-11:00 Check In 11:00-12:00 Hot apple cider-Open group discussion 1:00-2:30 SPA Day 2:30-3:00 Trivia or music Jersey Day!</p>

