






# December 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 2:00-2:45 Realistic expectations 2:45-3:00 Break 3:00-4:00 Tree craft or ornaments	3
6	7 1:00- 2:00 Isolation 2:00- 2:20 break & snack 2:20- 4:00 Holiday paint & sip	8	9 2:00- 3:10 Pizza plus topic: Family matters: How to have healthy relationships with your family or family of choice. 3:10 -4:00 Pizza & socializing	10
13	14 1:00-2:00 Co-dependency 2:00-2:20 Break 2:20-3:00 Quote 3:00-4:00 Get to know you game	15	16 2:00-2:45 Open Gym 2:45-3:00 Break 3:00-4:00 Check In & Cookie decorating 	17
20	21 1:00- 2:00 Building on Hope 2:00- 2:30 Break & HOLIDAY COOKIES 2:30-3:30 Jeopardy HOLIDAY EDITION 3:30- 4:00 Music	22	23 <i>Closed for Christmas holiday</i> 	24
27	28 1:00- 2:15 Self Reflection & Goal Setting 2:15- 2:30 Break 2:30-3:00 Quote 3:00-4:00 BINGO	29	30 2:00-3:00 Dealing with disappointment 3:00-3:15 Break 3:15-4:00 Group art project or music	31

