




July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
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	July theme: Freedom in recovery			
4	5	6	7	8
	1:00- 2:00 Improving communication skills 2:00- 2:20 break & snack 2:20-3:00 Heat related illness 3:00- 4: 00 Trivia crack		2:00-3:00 Behavioral addictions 3:00-3:15 Break 3:15-4:00 Music speaks	
11	12	13	14	15
	1:00-2:00 Overcoming self -doubt 2:00-2:20 Break 2:20- 3:00 Quote 3:00-4:00 Open gym		2:00-2:45 Question Jenga 2:45-3:00 break 3:00-4:00 Dealing with loneliness	
18	19	20	21	22
	1:00-2:00 Clip chat- Bipolar disorder 2:00- 2:20 Break 2:20-3:00 Highs n lows 3:00-4:00 Jeopardy		2:00-3:00 2 little 2much 3:00-3:15 break 3:00 -4:00 Open gym	
25	26	27	28	29
	Closed for staff training day		2:00-3:15 Pizza Plus "Rest, Relaxation & Recreation in Recovery" 3:30 -4:00 Pizza & socializing	

