



Monday	Tuesday	Wednesday	Thursday	Friday
<p>August Theme: Refresh & Rejuvenate</p>	<p>1</p> <p>10:30-11:00 Imagery 11:00-12:00 Relaxation techniques 1:00-2:00 Tips & tricks for sleep 2:10-3:00 Scene it</p>	<p>2</p> <p>10:30-10:50 Member-led Announcements/Walk 11:00-12:00 Boundaries 12:45-1:45 PRRC BINGO 2:00-3:00 Improve the moment</p>	<p>3</p> <p>10:30-11:00 Meditation 11:00-12:00 Dreaming-goals & aspirations 1:00-2:00 Barriers to healing 2:10-3:00 Sequence Young Adults 1-3- Nutrition</p>	<p>4</p> <p>Closed for Luau</p> 
<p>7</p> <p>10:30-11:00 Clip Chat 11:00-12:00 Sensitivity & awareness 1:00-2:00 Sensory for relaxation 2:00-3:00 Journaling or Puzzles</p>	<p>8</p> <p>10:30-10:50 Balloon badminton 11:00-12:00 Fixed Vs Growth mind set 1:00- 2:00 Paint N Sip Lighthouse 2:00-3:00 Music</p>	<p>9</p> <p>10:30-11:00 WTD 11:00 to 12:00 Denial vs. Resistance 1:00-2:00 Work ordered day 2:10-3:00 Journaling or Scrabble</p>	<p>10</p> <p>10:30-10:50 Stretch bands 11:00-12:00 Knowing your triggers 1:00-2:00 Group art project 2:10-3:00 Corn hole Young Adults 1-3</p>	<p>11</p> <p>10:00-10:30 Clip chat 11:00-12:00 Karaoke 1:00-2:00 Highs-N-Lows 2:00-3:00 Corn hole</p>
<p>14</p> <p>10:30-11:00 Deep breathing stretch 11:00-12:00 Benefits of Music therapy 1:00-2:00 Group Art project 2:10-3:00 Family Feud</p>	<p>15</p> <p>10:30-11:00 Fast Fitness 11:00-12:00 Making amends 1:00-2:00 Let's Make a Deal-Budgeting 2:10-3:00 Scene it</p>	<p>16</p> <p>10:30-11:00 WTD 11:00-12:00 Communication styles 1:30-2:00 DBT skills 2:10-3:00 Charades or Pictionary</p>	<p>17</p> <p>10:30-11:00 Quote 11:00-12:00 Social skills role play 1:00-2:00 Jeopardy 2:00-3:00 Craft corner Young Adult 1-3</p>	<p>18</p> <p>10:30-11:00 Highs-N-Lows 11:00-12:00 Ice cream social & Summertime trivia 12:45-2:00 BINGO 2:10-3:00 Music by request</p>
<p>21</p> <p>10:30-11:00 Current Events 11:00-12:00 Benefits of art therapy 1:00-2:30 Open paint 2:10-3:00 Jeopardy</p>	<p>22</p> <p>10:30-12:30 Movie & Snacks "Wild Hogs" 1:00-2:00 Mid-life crisis 2:10-3:00 Cards or board games</p>	<p>23</p> <p>10:30-1:30 Lunch N fun With Georgia Smith "The truth about self-sabotage" 1:45-2:15 Takeaways 2:15-3:00 Trivia Crack</p>	<p>24</p> <p>10:30-11:00 WTD 11:00-12:00 Anger management 1:00-2:00 Wheel of personal knowledge 2:10- 3:00 Fast Young Adult 1-3</p>	<p>25</p> <p>10:30-11:00 2 Little, 2 Much 11:00-12:00 Karaoke or Open Mic journaling competition 1:00-2:30 Team trivia or Cards 2:30-3:00 Brain Teasers</p>
<p>28</p> <p>10:30-11:00 Quote 11:00-12:00 Reducing stress 1:00-2:00 Pet therapy 2:00-3:00 Jewelry making</p>	<p>29</p> <p>10:30-11:00 Meditation 11:00-12:00 Planning & organizing 1:00-2:00 Dump journaling 2:00-3:00 Trivia Crack</p>	<p>30</p> <p>10:30-11:00 Check In 11:00-12:00 Cooking Lesson 1:00-2:00 Grief 2:00-3:00 Lemon shakes & music</p>	<p>31</p> <p>Young Adult group every Thursday from 1-3 pm Topic matter will be same as 2nd and 3rd groups.</p>	

