

# November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 12-Check In 1- Tai Chi Warmups 2-BINGO	2 CLOSED
3 CLOSED	4 12-Check In 1- Bipolar Disorder 2-BINGO	5 12-Check In 1-Stress 2-Journaling/ Leisure	6 12-Check In 1-Mental Health Jenga 2-Leisure/Movie	7 12-Check In 1-Friendship 2:15-NAMI is <i>cancelled today</i>	8 12-Check In 1-Mercy Health 2-BINGO	9 CLOSED
10 CLOSED	11 12-Check In 1-Mental Health and YOU by Thrive 10:10 2-BINGO	12 12-Check In 1-Music Appreciation 2-Creative Expression/Leisure	13 12-Check In 1-Chair Yoga 2-Leisure/Movie	14 12-Check In 1-Self-Care 2:15-NAMI	15 12-Check In 1-Boundaries 2-Marathon BINGO	16 CLOSED
17 CLOSED	18 12-Check In 1-MCTA Workforce 2-BINGO	19 12-Check In 1-Grief and the Holidays 2-Journaling/ Leisure	20 12-Check In 1-Tai Chi Breathing 2-Leisure/Movie	21 12-Check In 1- Sunrise Vista Hygiene BINGO & Snacks 2:15-NAMI	22 12-Check In 1- Substance Use Disorders 2-BINGO	23 CLOSED
24 CLOSED	25 12-Check In 1- Community Safety Presentation 2-BINGO	26 12-Check In 1-Thanksgiving Pie Celebration 2-Creative Expression/Leisure	27 12-Check In 1-Gratitude 2-Leisure/Movie	28 <b>CLOSED</b>  <b>Happy Thanksgiving!</b>	29 12-Check In 1-Coping Skills 2-BINGO	30 CLOSED

Upcoming  
Events:

We're on Facebook! Scan the QR code below to visit our page!



On Monday, November 11<sup>th</sup>, Meghan from Thrive 10:10 will be here to talk about seasonal mental health topics. Be sure to join us for this valuable and informative educational group to support your recovery!

On Monday, November 18<sup>th</sup>, Laura from MCTA will be here to provide information on education and career opportunities, funding, and support. Stop by to learn more about resources, supports, and opportunities to join the workforce!

Sunrise Vista will be hosting Hygiene Prize BINGO and Snacks on Thursday, November 21<sup>st</sup>! Join us for a fun afternoon of BINGO with a chance to win hygiene-themed prizes! Snacks will also be provided.

On Tuesday, November 26<sup>th</sup>, we hope you'll join us to celebrate the Thanksgiving holiday with pie and an opportunity to connect with one another. We will be closed on Thanksgiving Day, November 28<sup>th</sup>. Have a happy Thanksgiving!