

ACTIVITY SCHEDULE

DEVIN BONNIE ANDREA CATHY
ELIAS OTHER AVAILABLE STAFF

	Monday	Tuesday	Wednesday	Thursday	Friday
8:15-9:00	CRC Early Risers & Walkers	CRC Early Risers & Walkers	CRC Early Risers & Walkers	CRC Early Risers & Walkers	CRC Early Risers & Walkers
9:00-9:30	Staff Meeting	Staff Meeting	Staff Meeting	Staff Meeting	Staff Meeting
9:30-10:00	Community Meeting	Community Meeting	Community Meeting	Community Meeting	Community Meeting
10:00-11:00	Meditation Mindfulness Recovery	Cooking Pet Therapy Meditation Boundaries	Happiness Hiking Adventures Meditation	Budgeting Cooking Meditation	Community Outing Meditation Leisure Wellness
	Snack	Snack	Snack	Snack	Snack
11:00-12:00	Workout Eating for Healing	Pet Therapy Workout Improv	Diabetes Hiking Adventures Leisure Wellness	Peer Support The Real World Workout	Community Outing cont... Alternative Health
12:00-12:30	The Lunch Bunch	The Lunch Bunch	The Lunch Bunch	The Lunch Bunch	The Lunch Bunch
12:30-1:00	Wellness Check		Wellness Check	Wellness Check	Wellness Check
1:00-2:00	Get Up And Move All About Me	Yoga Stretch Reading for Comprehension Men	Resource Outing Sober Journey	Karoke Stars Healthy Relationships	Baking Group Leisure Wellness
	Snack	Snack	Snack	Snack	Snack
2:00-3:00	Bowling Daily Reflection	Mental Health Edu Creative Writing	Resource Outing Bingo	Karoke Stars cont... Daily Reflection	Daily Reflection Workout
3:00-4:00	Bowling cont... Leisure Wellness	Leisure Wellness Expressive Art	Leisure Wellness	PROGRAMMING ENDS AT 3pm	
	PROGRAMMING ENDS AT 4pm				
	PLEASE HAVE CABS READY 😊				REV 11/1/16