



October 2017 Group Calendar

Discovery Resource Center 1609 East Palmdale Blvd.
Suite G Palmdale, CA 93550 Phone: 661-947-1595

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 12:00 PM Poetry Club	3 - 10:00 AM Healthy Choices W/ Jessica (PR) - 11:00 AM Ups & Downs / Anxiety (PR) - 12:00 PM Don't Sweat the Small Stuff (PR) - 1:00 PM Communication Skills	4 - 10:00 AM Bingo - 11:00 AM Swimming Group - 11:00 AM Spiritual Support - 1:00 PM <i>Invent a New You</i> (PR)	5 - 10:00 AM Lets Talk Family - 11:00 AM Arts and Crafts - 12:00 PM Coping Skills - 1:00 PM Karaoke	6 - 10:30 AM Salvation army Outing - 11:00 AM Color My World	7
8	9 - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 12:00 PM Poetry Club	10 - 10:00 AM Healthy Choices W/ Jessica (PR) - 11:00 AM Ups & Downs / Anxiety (PR) - 12:00 PM Don't Sweat the Small Stuff (PR) - 1:00 PM Communication Skills	11 The Center will close at 12:00 pm For the Golden Bells. 	12 - 10:00 AM Lets Talk Family - 11:00 AM Arts and Crafts - 12:00 PM Coping Skills - 1:00 PM Karaoke	13 - 10:00 AM Social Outing	14
15	16 - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 12:00 PM Poetry Club	17 - 10:00 AM Healthy Choices W/ Jessica (PR) - 11:00 AM Ups & Downs / Anxiety (PR) - 12:00 PM Don't Sweat the Small Stuff (PR) - 1:00 PM Communication Skills	18 - 10:00 AM Bingo - 11:00 AM Swimming Group - 11:00 AM Spiritual Support - 1:00 PM <i>Invent a New You</i> (PR)	19 - 10:00 AM Lets Talk Family - 11:00 AM Arts and Crafts - 12:00 PM Coping Skills - 1:00 PM Karaoke	20 - 10:30 AM Salvation army Outing - 11:00 AM Color My World	21
22	23 - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 12:00 PM Poetry Club - 1:00 PM Food for Thought (cooking group)	24 - 10:00 AM Healthy Choices W/ Jessica (PR) - 11:00 AM Ups & Downs / Anxiety (PR) - 12:00 PM Don't Sweat the Small Stuff (PR) - 1:00 PM Communication Skills	25 - 10:00 AM Food for Thought (cooking group) - 1:00 PM <i>Invent a New You</i> (PR) The Center will close at 1:30 pm For all staff meeting.	26 - 10:00 AM Lets Talk Family - 11:00 AM Arts and Crafts - 12:00 PM Coping Skills - 1:00 PM Karaoke	27 - 10:00 AM Social Outing	28
29	30 - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 12:00 PM Poetry Club	31 - 10:00 AM Healthy Choices W/ Jessica (PR) - 11:00 AM Ups & Downs / Anxiety (PR) - 12:00 PM Don't Sweat the Small Stuff (PR) - 1:00 PM Communication Skills 				