

# September 2018 Group Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3 Closed For Labor Day	4 - 10:00 AM Anger Detox (PR) - 11:00 AM Ups & Downs / Anxiety (PR) - 12:00 PM Don't Sweat the Small Stuff (PR) - 1:00 PM Life Skills	5 - 12:00 PM Swimming - 12:00 PM Coping Skills - 1:00 PM Invent a New You (PR)	6 - 10:30 AM Arts and Crafts - 12:00 PM Yoga - 1:00 PM Karaoke	7 - 10:30 AM Salvation army Outing - 11:00 AM Double Edge Sword Recovery Group	8
9	10 - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 12:00 PM Write It Out	11 - 10:00 AM Anger Detox (PR) - 11:00 AM Ups & Downs / Anxiety (PR) - 12:00 PM Don't Sweat the Small Stuff (PR) - 1:00 PM Life Skills	12 - 11:00 AM Bingo - 12:00 PM Swimming - 12:00 PM Coping Skills - 1:00 PM Invent a New You (PR)	13 - 10:30 AM Arts and Crafts - 12:00 PM Yoga - 1:00 PM Karaoke	14 - 10:00 AM Social Outing - 11:00 AM Double Edge Sword Recovery Group	15
16	17 - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 12:00 PM Write It Out	18 - 10:00 AM Anger Detox (PR) - 11:00 AM Ups & Downs / Anxiety (PR) - 12:00 PM Don't Sweat the Small Stuff (PR) - 1:00 PM Life Skills	19 - 10:00 AM Get Ready for Work - 12:00 PM Swimming - 12:00 PM Coping Skills - 1:00 PM Invent a New You (PR)	20 - 10:30 AM Arts and Crafts - 12:00 PM Yoga - 1:00 PM Karaoke	21 - 10:30 AM Salvation army Outing - 11:00 AM Double Edge Sword Recovery Group	22 
23	24 - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 12:00 PM Write It Out	25 - 10:00 AM Anger Detox (PR) - 11:00 AM Ups & Downs / Anxiety (PR) - 12:00 PM Don't Sweat the Small Stuff (PR) - 1:00 PM Life Skills	26 - 12:00 PM Swimming - 12:00 PM Coping Skills - 1:00 PM Invent a New You (PR) <b>The center will Be closing early At 1:30 pm</b>	27 - 10:30 AM Arts and Crafts - 12:00 PM Yoga - 1:00 PM Karaoke	28 - 10:00 AM Social Outing - 11:00 AM Double Edge Sword Recovery Group	29
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