

April 2019

Mon	Tue	Wed	Thu	Fri
1 10:00 Healthy Living 10:45 No Dual Recovery 10:45 Exercise 12:00 WOD Tasks 12:45 SA+	2 10:00 Tai Chi 10:45 Pathways to Recovery 12:00 WOD Tasks 12:45 Creativity & Happiness	3 10:00 Exercise 10:45 Crafting 10:45 Spirituality 12:00 WOD Tasks	4 10:00 Parkway Volunteering* 10:00 Exercise 12:00 WOD Tasks 12:45 Menu Planning 1:00 Career Center* 2:00 Career Center*	5 10:00 BINGO 10:45 Grief Support 11:30 Healthy Snack 12:15 WOD Tasks 1:00 I Am...
8 10:00 Healthy Living 10:45 No Dual Recovery 10:45 Resiliency BINGO 12:00 WOD Tasks 12:45 SA+	9 10:00 Meditation 10:45 No Pathways to Recovery 12:00 WOD Tasks 12:45 Creativity & Happiness	10 9:00 CAC Forum: Advocacy for Housing* 10:00 Exercise 10:45 Crafting 10:45 Spirituality 12:00 WOD Tasks 12:00 Non-Profit Advocacy Day*	11 10:00 Exercise 10:45 Laughter Yoga 12:00 WOD Tasks 12:45 Menu Planning 1:00 Career Center* 2:00 Career Center*	12 10:00 Healthy Snack 10:45 I Am... 11:30 Grief Support 12:15 WOD Tasks 1:00 Game Group Wolf Pack Game*
15 10:00 Healthy Living 10:45 No Dual Recovery 10:45 Exercise 12:00 WOD Tasks 12:45 SA+	16 10:00 Tai Chi 10:45 Pathways to Recovery 12:00 WOD Tasks 12:45 Creativity & Happiness	17 9:30 Housing Advocacy Day 10:00 Game Group 10:45 Crafting 10:45 Spirituality 12:00 WOD Tasks 12:45 Dance Class (Electric Slide) Welcome Interns!!	18 10:00 Parkway Volunteering* 10:00 Exercise 12:00 WOD Tasks 12:45 Menu Planning 1:00 Career Center* 2:00 Career Center*	19 10:00 Healthy Snack 10:45 I Am... 11:30 Paint Party 12:15 WOD Tasks 1:00 Game Group
22 10:00 Healthy Living 10:45 Dual Recovery 12:00 WOD Tasks 12:45 SA+ 2:00 Career Center*	23 10:00 Tai Chi 10:45 Pathways to Recovery 11:30 Easter Lunch 12:00 WOD Tasks 12:45 Creativity & Happiness Birthday Cake	24 10:00 Exercise 10:45 Crafting 10:45 Spirituality 12:00 WOD Tasks	25 10:00 Exercise 10:45 Chair Yoga 12:00 WOD Tasks 12:45 Menu Planning 1:00 Career Center* 2:00 Career Center*	26 10:00 Healthy Snack 10:45 I Am... 12:15 WOD Tasks 1:00 Game Group
29 10:00 Healthy Living 10:45 Dual Recovery 12:00 WOD Tasks 12:45 SA+ 2:00 Career Center*	30 10:00 Tai Chi 10:45 Pathways to Recovery 12:00 WOD Tasks 12:45 Creativity & Happiness			

*= indicates workshop/event is off-grounds

Community Meeting 9:15 daily

Unit Meetings 9:30-10:00 (**Operations, Culinary, Transportation, Advocacy, and Wellness**)

Lunch 11:30 (sign-up by 10:15) served Mon-Thurs (\$2.00; donation up to \$1.50 on Tuesdays; No lunch served Friday)

Open Computer daily -12pm Monday-Thursday; All Day Friday

Shuttle service daily- Please contact Transportation Unit 860-253-5367 to schedule rides

Career Center Drop into Rm 303 at 153 Hazard Ave for rotating workshops covering various pre-vocational and vocational topics (See Career Center flyer for details and times)- Facilitated by rotating clubhouse staff

BINGO In-house event chosen for April which includes prizes for members. -Peer Facilitated

Chair Yoga A gentle form of yoga that is practiced sitting on a chair. – Facilitated by OT Interns

Crafting Members can make a fun and creative craft to bring home. –Staff Facilitated

Creativity & Happiness Strategies for using your creative potential to generate your own happiness –Jill Cushman

Dance Class Members learn a new dance monthly with a focus on coordination, movement, and fun! –Facilitated by Alaina Lasnier and Rachel Corso

Dual Recovery Based on the 12-Step Model for Recovery, this workshop gives support and guidance to members who have experienced both addiction and mental health issues – Facilitated by Michele Fontaine

Exercise Members are guided through exercises focused on strength and cardio. –Staff Facilitated

Game Group Have fun and socialize with peers while engaged in friendly competition –Peer Facilitated

Grief Support Reading and discussion around overcoming loss and life changes. –Facilitated by Jill Cushman

Healthy Living A variety of activities and discussions focused on the wellness theme of the week. –Staff Facilitated

Healthy Snack Learn to cook and prepare simple snacks and small meals. –Staff Facilitated

I Am... Activities and discussions focused around self-esteem. –Facilitated by Rachel Corso

Laughter Yoga Laughter exercises to improve your mood and promote a sense of well-being. –Alaina Lasnier

Menu Planning Members have the opportunity to give input and ideas for meals served through the clubhouse Culinary Unit each week. –Facilitated by Jim Fazio and Rachel Corso

Parkway Pavilion Volunteering A volunteer opportunity for members to engage elderly and disabled individuals in creative art activities in a nursing home/rehabilitation center. –Facilitated by Alaina Lasnier

Paint Party Follow along to create your own canvas painting to take home. –Facilitated by Alaina Lasnier

Pathways to Recovery Helping members reclaim fuller and more satisfying lives by drawing on their own strengths, resources, and natural supports. –Facilitated by Alaina Lasnier (co-facilitated with Northfield)

SA+ (Schizophrenics Alliance Plus) A peer support group that welcomes members with all mental health diagnoses to share and discuss their struggles and successes in a safe, supportive setting –Peer Facilitated

Spirituality Meditation, relaxation, and music are utilized to find a sense of peace and calm. –Peer Facilitated

Tai Chi Slow movements and balance are the focus in this martial arts practice. –Facilitated by OT Interns

****Wolf Pack Game** Monthly out-trip chosen for the month of April to a Wolf Pack game at the XL Center supervised by staff -**See Alaina Lasnier and Rachel Corso (sign up required)**

****CAC Forum: Advocacy for Housing** Discuss housing issues for people with mental health & addiction concerns and strategize advocacy efforts for housing supports. –**See Alaina Lasnier in Advocacy (Sign up required)**

****Non-Profit Advocacy Day** Participate in an advocacy day at the Legislative Office Building to support and preserve funding to protect non-profit organizations. –**See Alaina Lasnier in Advocacy (Sign up required)**

****Housing Advocacy Day** Participate in an advocacy day at the Legislative Office Building to support funding to end homelessness and advocate for housing resources. -**See Alaina Lasnier in Advocacy (Sign up required)**