

May 2019

Mon	Tue	Wed	Thu	Fri
		1	2	3
10:00 Healthy Living 10:45 Dual Recovery 12:00 WOD Tasks 12:45 SA+	10:00 Tai Chi 10:45 Pathways to Recovery 12:00 WOD Tasks 12:45 Creativity & Happiness	10:00 Exercise 10:45 Crafting 10:45 Spirituality 12:00 WOD Tasks	10:00 Exercise 10:45 Activity Group 12:00 WOD Tasks 12:45 Menu Planning	10:00 Healthy Snack 10:45 I Am... 11:30 Grief Support 12:00 CAC-17* 12:15 WOD Tasks 1:00 Game Group
6	7	8	9	10
10:00 Healthy Living 10:45 Dual Recovery 12:00 WOD Tasks 12:45 SA+ NO LUNCH SERVED	10:00 Tai Chi 10:45 Pathways to Recovery 12:00 WOD Tasks 12:45 Creativity & Happiness NO LUNCH SERVED	10:00 Exercise 10:45 Crafting 10:45 Spirituality 12:00 WOD Tasks NO LUNCH SERVED	10:00 Parkway Volunteering* 10:00 Exercise 10:45 Activity Group 12:00 WOD Tasks 12:45 Menu Planning NO LUNCH SERVED	10:00 Healthy Snack 10:45 Movie & Popcorn 11:30 Grief Support 12:15 WOD Tasks 1:00 Game Group NO LUNCH SERVED
13	14	15	16	17
10:00 Healthy Living 10:45 Dual Recovery 12:00 WOD Tasks 12:45 SA+	10:00 Tai Chi 10:45 Pathways to Recovery 12:00 WOD Tasks 12:45 Creativity & Happiness	10:00 Exercise 10:45 Crafting 10:45 Spirituality 12:00 WOD Tasks 12:00 Parkway Pavilion Volunteer Luncheon* 6:30 Mindfulness & Mental Health*	10:00 Exercise 10:45 Activity Group 11:00 National Prevention Week Capitol Event* 12:00 WOD Tasks 12:45 Menu Planning	10:00 Healthy Snack 10:45 I Am... 11:30 Grief Support 12:15 WOD Tasks 1:00 Game Group Mini-Golf Out-Trip* **NAMI Walk 5/18**
20	21	22	23	24
10:00 Healthy Living 10:45 Dual Recovery 12:00 WOD Tasks 12:45 SA+	10:00 Tai Chi 10:45 Pathways to Recovery 12:00 WOD Tasks 12:45 Creativity & Happiness	10:00 Exercise 10:45 Crafting 10:45 Spirituality 12:00 WOD Tasks 12:45 Dance Class (Cha Cha Slide) Memorial Day Cookout (\$3.00) & Birthday Cake	10:00 Parkway Volunteering* 10:00 Exercise 10:45 Activity Group 12:00 WOD Tasks 12:45 Menu Planning	10:00 Healthy Snack 10:45 I Am... 11:30 Grief Support 12:15 WOD Tasks 1:00 Game Group
27	28	29	30	31
MEMORIAL DAY (CLOSED)	10:00 Tai Chi 10:45 Pathways to Recovery 12:00 WOD Tasks	10:00 Exercise 10:45 Crafting 10:45 Spirituality 12:00 WOD Tasks	10:00 Exercise 10:45 Activity Group 12:00 WOD Tasks 12:45 Menu Planning	10:00 Healthy Snack 10:45 I Am... 11:30 Grief Support 12:15 WOD Tasks 1:00 Game Group Out-trip Rain Date

*= 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

Activity Group Various games and activities to promote socialization and movement. - Facilitated by OT Interns

Crafting Members can make a fun and creative craft to bring home. – Facilitated by OT Interns

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. – Facilitated by OT Interns

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. – OT Interns

Healthy Snack Learn to cook and prepare simple snacks and small meals. – Facilitated by OT Interns

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

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

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

****Memorial Day Cookout (\$3.00)** Special barbeque lunch prepared by our chef with outdoor seating

****Movie & Popcorn** In-house event chosen by members for May with a choice of movie and snack.

****Mini Golf** Monthly out-trip chosen by members for May to Sonny's Place, supervised by staff; sign up required

****Parkway Volunteer Luncheon** Those who volunteer at Parkway Pavilion regularly with Alaina are recognized for their efforts at an annual event hosted by the nursing home. (See Alaina Lasnier in Advocacy; sign up required)

****NAMI Walk 5/18** Fundraising event for NAMI CT at Bushnell Park (See Alaina Lasnier in Advocacy for details)

****CAC-17 Meeting** Local grass-roots citizen's advisory board to DMHAS that meets monthly to evaluate state mental health services and promote development of needed services. (See Alaina Lasnier in Advocacy for details)

****National Prevention Week Capitol Event** A Health & Wellness Fair at the Capitol that includes a variety of organizations offering information and activities. (See Alaina Lasnier in Advocacy for details; sign up required)

****Mindfulness & Mental Health** NAMI CT and Copper Beech Institute share mental health benefits of practicing mindfulness (See Alaina Lasnier in Advocacy for details; sign up required)