

June 2019

Mon	Tue	Wed	Thu	Fri
3 10:00 Healthy Living 10:45 Dual Recovery 12:00 WOD Tasks 1:00 Career Center	4 10:00 Tai Chi 10:00 Career Center* 10:45 Pathways to Recovery 12:00 WOD Tasks 12:45 Creativity & Happiness	5 10:00 Exercise 10:45 Crafting 10:45 Spirituality 12:00 WOD Tasks	6 10:00 Exercise 10:45 Activity Group 12:00 WOD Tasks 12:45 Menu Planning 1:00 Career Center	7 10:00 Healthy Snack 10:00 Career Center* 10:45 I Am... 11:30 Grief Support 12:15 WOD Tasks 1:00 Game Group
10 10:00 Healthy Living 10:45 Dual Recovery 12:00 WOD Tasks 1:00 Career Center	11 10:00 "Change the Script" Event* 10:00 Tai Chi 10:00 Career Center* 10:45 Pathways to Recovery 12:00 WOD Tasks 12:45 Creativity & Happiness	12 10:00 Exercise 10:45 Crafting 10:45 Spirituality 12:00 WOD Tasks Birthday Cake	13 10:00 Exercise 10:45 T-Shirt Tie Dye 12:00 WOD Tasks 12:45 Menu Planning 1:00 Career Center	14 B-I-N-G-O Day 10:00 Healthy Snack 10:00 Career Center* 10:45 I Am... 11:30 Grief Support 12:15 WOD Tasks 1:00 Game Group
17 10:00 Healthy Living 10:45 Dual Recovery 12:00 WOD Tasks 1:00 Career Center	18 10:00 Tai Chi 10:00 Career Center* 10:45 Pathways to Recovery 12:00 WOD Tasks 12:45 Creativity & Happiness	19 10:00 Exercise 10:45 Crafting 10:45 Spirituality 12:00 WOD Tasks 12:45 Dance Class (The Wobble)	20 10:00 Parkway Volunteering* 10:00 Exercise 10:45 Activity Group 12:00 WOD Tasks 12:45 Menu Planning 1:00 Career Center	21 CLUBHOUSE CLOSED
24 10:00 Healthy Living 10:45 Dual Recovery 12:00 WOD Tasks 1:00 Career Center	25 10:00 Tai Chi 10:00 Career Center* 10:45 Pathways to Recovery 12:00 WOD Tasks 12:45 Creativity & Happiness	26 10:00 Exercise 10:45 Crafting 10:45 Spirituality 12:00 WOD Tasks	27 10:00 Field Day 11:30 Farewell Pizza Party for OT Interns (FREE) 12:00 WOD Tasks 12:45 Menu Planning 1:00 Career Center	28 10:00 Healthy Snack 10:00 Career Center* 10:45 Stigma & Discrimination Workshop 11:30 Grief Support 12:15 WOD Tasks 1:00 Game Group OT Interns Last Day ☺

*= 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

Career Center Workshops covering various pre-vocational and vocational topics (See Career Center flyer for location, descriptions, and times)- Facilitated by Anne Marie Wellspeak and Melissa Raibeck

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

****On hold for month of June****

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

****Stigma & Discrimination Workshop** Myths, stereotypes, and negative beliefs around mental illness are challenged to reduce self-stigma and combat discrimination in the larger community. – Facilitated by Alaina Lasnier

****T-Shirt Tie Dye** Use creativity to design and dye a new shirt; sign up required. –Facilitated by OT Interns

****Field Day** A morning of outdoor activities organized by the OT interns

****B-I-N-G-O** In-house event chosen by members for June, which includes prizes for members.

****Yard Goats Baseball Game** Monthly out-trip chosen by members for June, supervised by staff; sign up required