

# July 2019

Mon	Tue	Wed	Thu	Fri
1 10:00 Talk the Talk 10:45 Dual Recovery 12:00 WOD Tasks 1:00 Career Center	2 10:00 Tai Chi 10:00 Career Center* 10:45 Pathways to Recovery 12:00 WOD Tasks 12:45 Creativity & Happiness Yard Goats Game*	3 10:00 Exercise 10:45 Spirituality 12:00 WOD Tasks	4 Independence Day  (CLOSED)	5 10:00 Healthy Snack 10:00 Career Center* 10:45 I Am... 11:30 Grief Support 12:15 WOD Tasks 1:00 Game Group
8 10:00 Talk the Talk 10:45 Dual Recovery 12:00 WOD Tasks 1:00 Career Center	9 10:00 Tai Chi 10:00 Career Center* 10:45 Pathways to Recovery 12:00 WOD Tasks 12:45 Creativity & Happiness	10 10:00 Exercise 10:45 Spirituality 12:00 WOD Tasks  Independence Day Cookout (FREE)	11 10:00 Parkway Volunteering* 10:00 Career Center 10:45 Exercise 12:00 WOD Tasks 12:45 Menu Planning Fishing Trip*	12 Movie & Popcorn 10:00 Healthy Snack 10:00 Career Center* 10:45 I Am... 11:30 Grief Support 12:15 WOD Tasks 1:00 Game Group
15 10:00 Talk the Talk 10:45 Dual Recovery 12:00 WOD Tasks 1:00 Career Center	16 10:00 Tai Chi 10:00 Career Center* 10:45 Pathways to Recovery 12:00 WOD Tasks 12:45 Creativity & Happiness	17 10:00 Exercise 10:45 Spirituality 12:00 WOD Tasks  Birthday Cake	18 10:00 Career Center 10:45 Exercise 12:00 WOD Tasks 12:45 Menu Planning	19 10:00 Healthy Snack 10:00 Career Center* 10:45 I Am... 11:30 Grief Support 12:00 Work Support* 12:15 WOD Tasks 1:00 Game Group
22 10:00 Talk the Talk 10:45 Dual Recovery 12:00 WOD Tasks 1:00 Career Center	23 10:00 Tai Chi 10:00 Career Center* 10:45 Pathways to Recovery 12:00 WOD Tasks 12:45 Creativity & Happiness	24 10:00 Exercise 10:45 Spirituality 12:00 WOD Tasks 12:45 Dance Class (Jump On It)	25 10:00 Parkway Volunteering* 10:00 Career Center 10:45 Exercise 12:00 WOD Tasks 12:45 Menu Planning 1:00 ADA Workshop	26 10:00 Healthy Snack 10:00 Career Center* 10:45 I Am... 11:30 Grief Support 12:15 WOD Tasks 1:00 Game Group
29 10:00 Talk the Talk 10:45 Dual Recovery 12:00 WOD Tasks 1:00 Career Center	30 10:00 Tai Chi 10:00 Career Center* 10:45 Pathways to Recovery 12:00 WOD Tasks 12:45 Creativity & Happiness	31 10:00 Exercise 10:45 Spirituality 12:00 WOD Tasks		

\*= 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** 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

**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 staff

**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 Snack** Learn to cook and prepare simple snacks and small meals. – Facilitated by OTs

**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 July\*\*

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

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

**Talk the Talk** Learn about active listening, nonverbal communication, negotiating and communication skills. -Facilitated by Rachel Corso

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

\*\*Independence Day Cookout (FREE) Special barbeque lunch prepared by our chef with outdoor seating

\*\*Fishing Trip Member organized off-site fishing trip (not supervised by staff; fishing license required) –Peer Facilitated

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

\*\*Work Support New monthly workshop through the Career Center focused on different topics that support interest in employment (Room 303 at 153 Hazard Avenue). - Facilitated by Anne Marie Wellspeak and Melissa Raibeck

\*\*ADA (Americans with Disabilities Act) Workshop Advocacy workshop to learn about people's rights under the ADA, specifically with how it pertains to mental health disabilities. –Facilitated by Alaina Lasnier