

# August 2019

Mon	Tue	Wed	Thu	Fri
			1 <b>BEACH TRIP!</b> Clubhouse closed for regular programming	2 10:00 Healthy Snack 10:45 I Am... 11:30 Grief Support 12:15 WOD Tasks 1:00 Game Group
5 10:45 Dual Recovery 12:00 WOD Tasks	6 10:00 Tai Chi 10:45 Pathways to Recovery 12:00 WOD Tasks	7 10:00 Exercise 10:45 Spirituality 12:00 WOD Tasks	8 10:00 Parkway Volunteering* 10:45 Talk the Talk 12:00 WOD Tasks 12:45 Menu Planning	9 10:00 Healthy Snack 10:45 I Am... 12:15 WOD Tasks 1:00 Game Group  Fishing Trip*
12 10:45 Dual Recovery 12:00 WOD Tasks	13 10:00 Tai Chi 10:45 Pathways to Recovery 12:00 WOD Tasks 12:45 Creativity & Happiness	14 10:00 Exercise 10:45 Labyrinth Park out-trip* (Spirituality) 12:00 WOD Tasks	15 10:45 Talk the Talk 12:00 WOD Tasks 12:45 Menu Planning	16 10:00 Healthy Snack 10:45 BINGO 11:30 Grief Support 12:00 Work Support 12:15 WOD Tasks 1:00 Game Group
19 10:45 Dual Recovery 12:00 WOD Tasks	20 10:00 Tai Chi 10:45 Pathways to Recovery 12:00 WOD Tasks 12:45 Creativity & Happiness	21 10:00 Exercise 10:45 Spirituality 12:00 WOD Tasks 12:45 Dance Class (Gangnam Style)  Birthday Cake!	22 10:45 Talk the Talk 12:00 WOD Tasks 12:45 Menu Planning	23 Rachel's Last Day Farewell Party! (lunch included)
26 10:45 Dual Recovery 12:00 WOD Tasks	27 10:00 Tai Chi 10:45 Pathways to Recovery 12:00 WOD Tasks 12:45 Creativity & Happiness	28 10:00 Exercise 10:45 Spirituality 12:00 WOD Tasks	29 10:00 Parkway Volunteering* 12:00 WOD Tasks 12:45 Menu Planning 1:00 Cultural Competency	30 10:00 Healthy Snack 11:30 Grief Support 12:15 WOD Tasks 1:00 Game Group

\*= 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 separate emails sent by facilitators 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 Bay Path

**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 Bay Path

**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

**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 August\*\*

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

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

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

**\*\*Beach Trip** Monthly out-trip chosen by members for August, supervised by staff; sign up required  
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

**\*\*BINGO** In-house event chosen for August which includes prizes for members.

**\*\*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

**\*\*Cultural Competency** Advocacy workshop to develop awareness and sensitivity with respect to different cultures and backgrounds, especially as it relates to mental health. –Facilitated by Alaina Lasnier

**\*\*Labyrinth Walk (Spirituality)** Slowly walk a maze of paths here in Enfield to allow for contemplation, relaxation, and meditation; sign up required. –Facilitated by Bay Path