

# September 2019

Mon	Tue	Wed	Thu	Fri
2 <b>LABOR DAY</b> <b>Clubhouse Closed</b>	3 10:00 Tai Chi 10:45 Pathways to Recovery 12:00 WOD Tasks 12:45 I Am...	4 10:00 Exercise 10:45 Spirituality 11:30 Labor Day Cookout (\$3.00) 12:00 WOD Tasks	5 10:00 Parkway Volunteering* 10:00 Talk the Talk 12:00 WOD Tasks 12:45 Menu Planning	6 10:00 Healthy Snack 11:30 Grief Support 12:00 CAC-17 Meeting* 12:15 WOD Tasks 1:00 Game Group
9 10:00 S.A.+ 10:45 Dual Recovery 12:00 WOD Tasks	10 10:00-11:30 "Healing Through Presence": Intro to Mindfulness* 10:00 Tai Chi 12:00 WOD Tasks 12:45 I Am...	11 10:00 Exercise 10:45 Spirituality 12:00 WOD Tasks  <b>Birthday Cake!!!</b>	12 10:00 Talk the Talk 12:00 WOD Tasks 12:45 Menu Planning	13 10:00 Healthy Snack 11:30 Grief Support 12:15 WOD Tasks 1:00 Game Group
16 10:00 S.A.+ 10:45 Dual Recovery 12:00 WOD Tasks	17 <b>BIG E Out-Trip*</b> <b>(clubhouse closed)</b>	18 10:00 Exercise 10:45 Spirituality 12:00 WOD Tasks	19 10:00 Parkway Volunteering* 10:00 Talk the Talk 12:00 WOD Tasks 12:45 Menu Planning	20 10:00-2:00pm Chrysalis Center Open House* 10:00 Healthy Snack 11:30 Grief Support 12:15 WOD Tasks 1:00 Game Group
23 10:00 S.A.+ 10:45 Dual Recovery 12:00 WOD Tasks	24 10:00 Tai Chi 10:45 Pathways to Recovery 12:00 WOD Tasks 12:45 I Am...	25 10:00 Exercise 10:45 Spirituality 12:00 WOD Tasks 12:45 Dance Class (Salsa)	26 9:30 AMPLIFY Breakfast* 10:00 Talk the Talk 12:00 WOD Tasks 12:45 Menu Planning	27 10:00 Healthy Snack 10:45 In-House Movie & Popcorn 11:30 Grief Support 12:15 WOD Tasks 1:00 Game Group
30 10:00 S.A.+ 10:45 Dual Recovery 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 \*ON HOLD FOR SEPTEMBER\***

Workshops covering various pre-vocational and vocational topics- Facilitated by Anne Marie Wellspeak and Melissa Raibeck

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

**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 Jill Cushman

**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 Staff

**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

**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 Jill Cushman & Alaina Lasnier

**\*\*Labor Day Cookout** Special barbeque lunch prepared by our chef with outdoor seating

**\*\*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)

**“Healing Through Presence”: Intro to Mindfulness\*** A presentation offered by the Copper Beech Institute to learn more about mindfulness techniques. (See Alaina Lasnier in Advocacy; sign up required)

**\*\*Movie & Popcorn** In-house event chosen for September

**\*\*Big E Trip** Monthly out-trip chosen by members for September, supervised by staff; sign up required

**\*\*Chrysalis Center Open House** An opportunity to visit another clubhouse to learn about their services and support groups, as well as network with other people in recovery. (See Alaina Lasnier in Advocacy; sign up required)

**\*\*AMPLIFY Breakfast** A event to celebrate the merger between the NCRMHB and ERASE, discuss priorities for the upcoming legislative session, and honor those who have went above and beyond in their advocacy efforts in the previous year. (See Alaina Lasnier in Advocacy; sign up required)