

September 2025



**Food Bank on
Thursdays!**



Member Lead Groups

Walking Group w/ Joey

Music Group w/ Roger and Tom

Diabetes Group w/ Libby



<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Labor Day (Center Closed)	2 1 <u>9:00-11:00</u> Continental Breakfast <u>11:00-12:00</u> Tom and Rogers music Group <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Scrabble w/ Denise <u>3:00-4:00</u> Game time!	3 <u>9:00-11:00</u> Continental Breakfast <u>11:00-12:00</u> Recovery Ball w/ Don <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Learn Sudoku w/ Kelly <u>3:00-4:00</u> Game time!	4 <u>9:00-11:00</u> Continental Breakfast <u>11:00-12:00</u> Make lemonade w/ Ryan <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Painting w/ Bella <u>3:00-4:00</u> Game time!	5 <u>9:00-11:00</u> Pancakes! <u>10:30-11:30</u> Thrift Store w/ Denisee! <u>12:00-1:30</u> Lunch <u>2:00-:00</u> Trivia w/ Kelly <u>3:00-4:00</u> Game time!
8 <u>9:00-11:00</u> Continental Breakfast <u>11:00-11:30</u> Walking group w/ Joey <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Bowling w/ Denise <u>3:00-4:00</u> Game time!	9 <u>9:00-11:00</u> Continental Breakfast <u>11:00-12:00</u> Tom and Rogers music group <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Word search w/ Denise <u>3:00-4:00</u> Game time!	10 <u>9:00-11:00</u> Continental Breakfast <u>11:00-12:00</u> Healthy Lifestyle w/ Bella <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Learning to listen w/ Kelly <u>3:00-4:00</u> Game time!	11 <u>9:00-11:00</u> Continental Breakfast <u>11:15-12:00</u> Meditation w/ Kelly <u>12:00-1: 30</u> Lunch <u>2:00-3:00</u> BINGO w/ Ryan! <u>3:00-4:00</u> Game time!	12 <u>9:00-11:00</u> Continental Breakfast <u>8:30-2:30</u> CSP w/ Kelly <u>11:00-12:00</u> Sing-a-long group w/ Bella <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Karaoke
15 <u>9:00-11:00</u> Continental Breakfast <u>11:00-11:30</u> Walking group w/ Joey <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Recovery ball w/ Don <u>3:00-4:00</u> Game time	16 <u>9:00-11:00</u> Continental Breakfast <u>11:00-12:00</u> Tom & Rogers music group <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Coloring group w/ Bella <u>3:00-4:00</u> Game time!	17 <u>9:00-11:00</u> Continental Breakfast <u>11:00-12:00</u> "Guess That Word" w/ Kelly <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Bracelet making w/ Ryan <u>3:00-4:00</u> Game time!	18 <u>9:00-11:00</u> Continental Breakfast <u>11:15-12:00</u> Membership Meeting <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Ask it basket w/ Noreen <u>3:00-4:00</u> Game time!	19 <u>9:00-11:00</u> Coninental Breakfast! <u>11:00-12: Art museum</u> w/ Kelly <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Bingo w/ Bella <u>3:00-4:00</u> Game time!
22 <u>9:00-11:00</u> Continental Breakfast <u>11:00-12:00</u> Walking group w/ Joey <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Uno w/ Denise <u>3:00-4:00</u> Game time!	23 <u>9:00-11:00</u> Continental Breakfast <u>11:00-12:00</u> Tom and Rogers music group <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Reducing Stress w/ Bella <u>3:00-4:00</u> Game time!	24 <u>9:00-11:00</u> Continental Breakfast <u>11:00-12:00</u> Wellness group w/ Bella (SAMHSA'S 8 Dimensions) <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Rock Painting w/ Kelly <u>3:00-4:00</u> Game time!	25 <u>9:00-11:00</u> Continental Breakfast <u>11:00-12:00</u> Catch Phrases w/ Ryan <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Karaoke! <u>3:00-4:00</u> Game time!	26 <u>9:00-11:00</u> Pancakes <u>11:00-12:00</u> Diabetes Group w/ Libby <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Bingo w/ Adrienne <u>3:00-4:00</u> Game time!
29 <u>9:00-11:00</u> Continental Breakfast <u>11:00-11:30</u> Walking group w/ Joey <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Gratitude Group w/ Ryan <u>3:00-4:00</u> Game time!	30 <u>9:00-11:00</u> Continental Breakfast <u>11:00-12:00</u> Tom and Rogers music group <u>12:00-1:30</u> Lunch <u>2:00-3:00</u> Coloring group w/ Bella <u>3:00-4:00</u> Game time!			

