



## Activities & Support Groups

# January

SUN	MON	TUE	WED	THU	FRI	SAT
				1 <i>HAPPY New Year</i> Center Closed	2	3
4	5 <u>Life Skills 1pm</u> <u>Sketchbook Club 3:30pm</u>	6 <u>Socialization &amp; Wellbeing Group 1pm</u> Community Walk 5:15pm	7 <u>Chronic Illness &amp; Pain Group 2pm</u> <u>Health Connection Call 5:30pm</u>	8 <u>Life Skills 6pm</u>	9	10
11	12 <u>Life Skills 1pm</u> <u>Sketchbook Club 3:30pm</u>	13 <u>Socialization &amp; Wellbeing Group 1pm</u> Community Walk 5:15pm	14	15 <u>Life Skills 6pm</u>	16	17
18	19  Center Closed	20 <u>Socialization &amp; Wellbeing Group 1pm</u> Community Walk 5:15pm	21 <u>Health Connection Call 5:30pm</u>	22 <u>Life Skills 6pm</u>	23	24
25	26 <u>Life Skills 1pm</u> <u>Sketchbook Club 3:30pm</u>	27 <u>Socialization &amp; Wellbeing Group 1pm</u> Community Walk 5:15pm	28	29 <u>Life Skills 6pm</u>	30	31

Click on each group/activity title for active zoom link.  
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