

Core Wellness Center Dec-22 Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
TIME	Activities- Mon.	Activities- Tues.	Activities- Weds.	Activities- Thurs.	Activities- Fri.
9:00 AM					
9:30 AM					
10:00 AM	Morning Meeting- 30 min.	Morning Meeting- 30 min.	Morning Meeting- 30 min.	Morning Meeting- 30 min.	Morning Meeting- 30 min.
10:30 AM					
11:00 AM	Karaoke-with Justin & Denise- 1 hr	Bingo with Justin- 1 hr	Beading with Leslie- 1 hr	Flower Arrangement with Leslie- 1 hr	
11:30 AM		Moving toward- Recovery- Monroe - 1 hr		Anger Management with Monroe- 1 hr	CBT with Monroe- 1hr
12:00 PM	Get Up and Move with Mary Rose & James- 15 min.	Get Up and Move with Mary Rose & James- 15 min.	Get Up and Move with Mary Rose & James- 15 mi	Get Up and Move with Mary Rose & James- 15 min.	Get Up and Move with Mary Rose & James-15 min
12:15 PM	Lunch 45 min	Lunch 45min	Lunch 45 min	Lunch 45 min	Lunch 45 min
1:00 PM		Moving toward- Recovery- Monroe - 1	Arts and Crafts- 2 hrs		Motivational interviewing with Monroe - 1 hr
1:30 PM				Anger Management with Monroe- 1 hr	
2:00 PM	Journaling with Mary Rose- 30 min.				Movie and Popcorn- 2 hours
2:30 PM					
3:00 PM		Theatre Club with James & Mary Rose- 1 hr	Theatre Club with James & Mary Rose- 1 hr	Theatre Club with James & Mary Rose- 1 hr	

Important Dates:
 We will be closed December 12th and 26th
 Winter festival will Be December 20th Tuesday