



August 2010



Unique Peerspectives

**Need to sign-up for these events*

Monthly Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Movies/Games Popcorn Support Group 1-2	2 Bus Pass Support Group 10-11 Dual Diagnosis Recovery Group 2-3 Open Hours 12:30-4:30	3 Bus Pass Support Group 10-11 Walking Group 11-12 Men's Group 11:30-12:30 Creative Expressions 12-1 Tai Chi 1:30-3:30 Open Hours 12:30-4:30	4 Support Group 10-11 Women's Group 11:30-12:30 Meditation's Group 1:30-2:00 Open Hours 12:30-4:30	5 *PNG 10-2 Support Group 10-11 Pain Management 11:30-12:30 Yoga 3-4 Open Hours 12:30-4:30	6 Support Group 1:00-2:00	7 On Your Own Activities Chanting Group 3:00-3:30
8 Movies/Games Popcorn Support Group 1-2	9 Support Group 10-11 Dual Diagnosis Recovery Group 2-3 *Creative Writing 3-4 Open Hours 12:30-4:30	10 Support Group 10-11 Walking Group 11-12 Men's Group 11:30-12:30 Creative Expressions 12-1 Tai Chi 1:30-3:30 Knitting Class 2-3 Open Hours 12:30-4:30	11 Support Group 10-11 Women's Group 11:30-12:30 Meditation's Group 1:30-2:00 Open Hours 12:30-4:30	12 Support Group 10-11 Pain Management 11:30-12:30 Yoga 3-4 Open Hours 12:30-4:30	13 Support Group 1:00-2:00	14 *Renaissance Festival 10-3 Chanting Group
15 Movies/Games Popcorn Support Group 1-2	16 Support Group 10-11 Dual Diagnosis Recovery Group 2-3 Open Hours 12:30-4:30 *Dinner & Movie @ UP 4-8 PM	17 Support Group 10-11 Walking Group 11-12 Men's Group 11:30-12:30 Creative Expressions 12-1 Tai Chi 1:30-3:30	18 Center Closed for Physical & Behavioral Health Training 9-3	19 Support Group 10-11 Pain Management 11:30-12:30 Yoga 3-4 Open Hours 12:30-4:30	20 Support Group 1:00-2:00	21 *Participants' Meeting & Pizza Party 1 PM Chanting Group
22 Movies/Games Popcorn Support Group 1-2	23 Support Group 10-11 Dual Diagnosis Recovery Group 2-3 *Creative Writing 3-4 Open Hours 12:30-4:30	24 Support Group 10-11 Walking Group 11-12 Men's Group 11:30-12:30 Creative Expressions 12-1 Tai Chi 1:30-3:30 Knitting Class 2-3 Open Hours 12:30-4:30 *Wellness Group 4:30-6:30	25 Support Group 10-11 Women's Group 11:30-12:30 Birthday Celebration 12-1 Meditation's Group 1:30-2:00 Open Hours 12:30-4:30	26 *Fishing 6-2 Support Group 10-11 Pain Management 11:30-12:30 Yoga 3-4 Open Hours 12:30-4:30	27 Support Group 1:00-2:00	28 *Star North Buffet 11-3 Chanting Group 3:00-3:30
29 Movies/Games Popcorn Support Group 1-2	30 Support Group 10-11 Dual Diagnosis Recovery Group 2-3 Open Hours 12:30-4:30	31 Support Group 10-11 Walking Group 11-12 Men's Group 11:30-12:30 Creative Expressions 12-1 Tai Chi 1:30-3:30 Open Hours 12:30-4:30	Support Group 10-11 Arts & Crafts 11-12 Women's Group 11:30-12:30 Meditation's Group 1:30-2:00 Open Hours 12:30-4:30	Support Group 10-11 Pain Management 11:30-12:30 Yoga 3-4 Open Hours 12:30-4:30	Support Group 1:00-2:00	
Open Hours Open Hours start at 12:30 Mon - Thurs Prior to 12:30 please only come for recovery based activity (Group, 1 on 1 or computer use)			Center Hours Monday-Thursday 9:30-4:30 pm Friday 12:30-4:30 pm Saturday 9:30-4:00 pm Sunday 9:00-3:00 pm		The following classes are by appointment only throughout the month: Comp Maintenance & Repair & Basic Computer usage w/Pilot; Piano Lessons w/Tom	

August 2010

Schedule of Events

*Sign up is necessary for the following

<u>Date/Time</u>	<u>Activity</u>	<u>Information</u>
Thursday 08/05/10 10 - 2 pm	PNG	\$2.00 Van Reservation (reimbursable)
Tuesdays 08/10/10 & 08/24/10 2 - 3 pm	Knitting Class	Free
Mondays 08/09/10 & 08/23/10 3 - 4	Creative Writing	Free
Saturday 08/14/10 11-3 pm	Renaissance Festival in Sterling Price TBA	\$2.00 Van Reservation (reimbursable) \$ for admission & spending
Monday 08/16/10 4 - 8 pm	Dinner and a Movie @ UP	Free (no rides home)
Saturday 08/21/10 1 pm	Participants Meeting & Pizza Party	Free
Thursday 08/26/10 6 - 2 pm	Fishing (Must have license) Phone number and address must be given at signup	\$2.00 Van Reservation (reimbursable) \$ for lunch
Saturday 08/28/10 10 - 3 pm	Star North Buffett on 7th North St.	\$2.00 Van Reservation (reimbursable) \$7.50 for lunch & drink (+ tip)

Must sign up 3 days in advance for all activities