











# Quest –December 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 
3 	4 9:00 – News &Views 10:30- Responsibilities 1:00- Budgeting 101 2:30-Being Frugal	5 9:00 – News &Views 10:30- Humor Me 1:00- Holiday Prep 2:30- Holiday Prep	6 9:00 – News & Views 10:30- Music and Me 1:00- Holiday Prep 2:30- Holiday Prep	7 9:00- News &Views 10:30- TBA 1:00- Holiday Prep 2:30- Holiday Prep	8 Holiday Extravaganza <u>9-2</u>  CSP Regional Meeting <u>10 am</u>	9
10 	11 9:00 – News &Views 10:30- Making Memories 1:00- Medication Group 2:30- Medication Side Effects	12 9:00 – N&V with Joni 10:30- Reminiscing 1:00- Coping with a Crisis 2:30- Self Control Part 1	13 9:00 – News & Views 10:30- Hoarding 1:00- Coping with Anxiety 2:30- Dear Michelle  Happy Hanukkah	14 9:00 – News &Views 10:30- Ombudsman 1:00- Auto Immune Disorders 2:30- Jeopardy	15	16 
17 	18 9:00 – News &Views 10:30- Personality Conflicts 1:00- Who can I trust 2:30- Boundaries	19 9:00 –News &Views 10:30- Adjusting to Change 1:00- Self Control Part 2 2:30- Recovery with Bill	20 9:00 – News & Views 10:30- Bipolar 1:00- Coping with Depression 2:30- Relax with Matt	21 9:00 – News &Views 10:30- Leisure Skills 1:00- Holiday Party 2:30- Social Skills Winter Begins*	22 	23
24 	25 <b>Merry Christmas</b> No Groups Agency is Closed	26 Agency is Closed  Happy Kwanzaa	27 9:00 – News &Views 10:30- Grief/Loss 1:00- Anger Management 2:30- Healing Craft	28 9:00 – News &Views 10:30- Group Planning 1:00- Wheel of Life 2:30-Nutrition	29 	30 <b>FYI</b> *Every Thursday night at the Confluence is Free Music *Beatnike 12-11