











Quest –September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
2	3 <u>No Groups</u>	4 9:00 – News &Views 10:30- Safety Awareness 1:00- Supper Hero Super Me 2:30- Cardio with Franko	5 9:00 – News &Views 10:30- Grief 1:00- Relapse Prevention 2:30- Jeopardy	6 9:00 – News &Views 10:30- Coping with Depression 1:00- Reminiscing 2:30- Relaxation Group	7 	8 
9 	10 9:00 – News &Views 10:30- Self Confidence 1:00- Co-Dependency 2:30- Anger Management	11 9:00 – News & Views 10:30- Dear Michelle 1:00- Coping with Anger 2:30- Humor me	12 9:00 – N&V with Joni 10:30- Coping with Anxiety 1:00- Pop Culture with Dalton 2:30- Music and Me	13 9:00 – News &Views 10:30- Budgeting life skills 1:00- Leisure Skills with Joe 2:30- Relaxation Group	14 <u>CSP Meeting</u> <u>10:00</u> <u>Free Lunch</u>	15
16	17 9:00 – News &Views 10:30- Symptoms vs. Side Effects 1:00- Reminiscing 2:30- Cardio with Franko	18 9:00- News &Views 10:30- Tea with Cristen 1:00- Organization /Scheduling 2:30- Humor and me	19 9:00 – News & Views 10:30- Poetry 1:00- Relapse Prevention 2:30- Leisure Skills	20 9:00 – News &Views 10:30- Cultural Awareness-Spanish 1:00- History of Fitness 2:30- Relaxation Group	21	22 
23 	24 9:00 – News &Views 10:30- Dear Michelle 1:00- Alter Ego 2:30- Jeopardy	25 9:00 – News &Views 10:30- Food Prep 1:00- Meditation with Kerry 2:30- Recovery with Bill	26 9:00 – News &Views 10:30- Group Planning 1:00- Relapse Prevention 2:30- Music and Me	27 9:00 – News &Views 10:00- Depression with Huny and Chevy 1:00- Holiday Planning 2:30- Relaxation Group	28 	29 <u>FYI</u> *Every Thursday night at the Confluence is Free Music at 6:00pm. *Beatnik 9-17-2018 *Every Wednesday Free Movie Night at the Library 5:30pm