



# Quest –November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9:00 – News &Views 10:00- Socialization Skills 1:00-Leisure Skills 2:30- Coping Skills	2 	3
4 <u>Daylight Saving Time</u> *Turn Clocks Ahead!!	5 9:00 – News &Views 10:00- Dear Michelle 1:00- Self esteem 2:30- Music & Me	6 9:00 – News &Views 10:30- Bridging the Generation Gap 1:00- How to become more independent in life. 2:30- How to live independently part 2 *Happy Election Day*	7 9:00 – News &Views 10:30- How to love yourself 1:00- Community Resources 2:30-Budgeting	8 9:00 – News &Views 10:30- Holiday Prep 1:00- Money Management 2:30- Relaxation Group	9 <u>CSP Meeting</u> <u>10:00</u> <u>Free Lunch</u>	10 
11 <u>Happy Veterans Day</u>	12 9:00 – News &Views 10:30- Gratitude Journal. 1:00- Art Therapy and Mental Health 2:30- Meditation with Frank	13 9:00 – News & Views 10:30- Holiday Prep 1:00- Mental health and mythology 2:30- Humor Me	14 9:00 – N &V with Joni 10:30- Rumor Mill with Kerry 1:00- Movies and mental Health 2:30- Pop Culture with Dalton	15 9:00 – News &Views 10:30- Spirituality 1:00- How to make healthy friendships. 2:30- Relaxation Group *Holiday Lunch*	16 	17
18 	19 9:00 – News &Views 10:30- Story Telling 1:00- Holiday Prep 2:30- Humor me	20 9:00- News &Views 10:30- Dear Michelle 1:00- WRAP with Sam 2:30- WRAP with Sam	21 9:00 – News & Views 10:30- Budgeting with Larry 1:00- Thanksgiving Facts 2:30- Music & me	22 <b>Happy Thanksgiving</b>  <u>No Group</u>	23 <b><u>No Group</u></b>	24 
25 	26 9:00 – News &Views 10:30- Pain Management 1:00- What motivates you? 2:30- Motivation Group Alt Group: Food Prep	27 9:00 – News &Views 10:30- How to deal with Difficult People 1:00- Rules in Life and Group 2:30- Recovery with Bill Alt Group: Food Prep	28 9:00 – News &Views 10:30- Group Planning 1:00- Recovery with Sam 2:30- Relaxation group Alt Group: Food Prep	29 9:00 – News &Views 10:30- Leisure Skills 1:00- Holiday Prep 2:30- Holiday Prep	30 <b><u>Holiday Extravaganza Hours:</u></b> <b><u>9-2</u></b> <b><u>Come one</u></b> <b><u>Come all!!!</u></b>	<b><u>FYI</u></b> *Every Thursday night at the Confluence is Free Music at 6:00pm. *Beatnik 11-12-2018 *Every Wednesday Free Movie Night at the Library 5:30pm

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