



Quest –January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	
		Happy New Year!!! *No Groups Today*	9:00 – News &Views 10:00- New Year's Resolutions 1:00- Pop Culture with Dalton 2:30-Reminscing 2018	9:00 – News &Views 10:30- Nutrition and Me 1:00- Goals for the New Year 2:30- Relaxation Group		
6	7	8	9	10	11	12
	9:00 – News &Views 10:30- Discussion with Kerry 1:00- Choosing the right Therapy for me 2:30- Music &Me	9:00 – News &Views 10:30- Sleep Hygiene 1:00- Ice Breakers for the New Year 2:30- Madd Gabb	9:00 – News &Views 10:30- Dream Analysis 1:00- Coping Skills 2:30- Leisure Skills	9:00 – News &Views 10:30- Speaker from Clarion 1:00- Dear Michelle 2:30- Relaxation Group	CST Meeting Free Lunch 10-2	
13	14	15	16	17	18	19
	9:00 – News &Views 10:30- Discussions with Kerry 1:00- DNA analysis 2:30- Ancestry and Me	9:00 – News& Views 10:30- Communications Skills 1:00- Processed vs. Organic 2:30- Humor Me	9:00 – New &Views 10:30- Quite Addictive Behaviors part 1 1:00- Rejuvenating Your Coping Skills 2:30- Music and Me	9:00 – News &Views 10:30- Good vs. Evil 1:00- Actions vs. Consequences 2:30- Relaxation Group		
20	21	22	23	24	25	26
	9:00 – News &Views 10:30- CST 1:00- Nutrition of today and tomorrow 2:30- Music and Me *Celebrating Martin Luther King	9:00 – News &Views 10:30- How to build yourself up instead of tear down. 1:00- exercise and mental health 2:30-Meditation	9:00 – N&V with Joni 10:30- Quite Addictive Behaviors part 2 1:00- Needs vs. Wants 2:30- Leisure Skills	9:00 – News &Views 10:30-Holistic Treatments 1:00- Changing Habits 2:30- Relaxation Group		
27	28	29	30	31		
	9:00 – News &Views 10:30- Discussion with Kerry 1:00- The two way street. 2:30- Community Resources	9:00 – News &Views 10:30- Aroma Therapy 1:00- TBA 2:30-Recovery with Bill	9:00 – News &Views 10:30- Group Planning 1:00- Let's talk about me and you 2:30-Humor Me	9:00 – News &Views 10:00- Fun with Chevy and Hunny 1:00- Dear Michelle 2:30-Relaxation Group		FYI *Every Thursday night at the Confluence is Free Music at 6:00pm. *Beatnik 1-14-2019 *Every Wednesday Free Movie Night at the Library 5:30pm