











Quest –March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 
3 	4 9:00 – News &Views 10:30- Pop Culture with Dalton 1:00- Leisure Skills 2:30- Media with Tyler	5 9:00 – News &Views 10:30- Journaling 1:00- Relationships healthy vs. unhealthy 2:30- Social Media Part 1	6 9:00 – News &Views 10:30-Coping Skills 1:00- Boundaries 2:30- Music and Me	7 9:00 – News &Views 10:30- St. Patrick's Day preparations. 1:00- Getting ready for Spring. 2:30Yoga/Mindfulness Group	8 CST meeting Free Lunch 10-2	9
10 <u>Daylight Savings; Turn ahead your Clocks</u>	11 9:00 – News &Views 10:30- Goal Setting 1:00- What does light have to do with it. 2:30- Humor Me	12 9:00 – News& Views 10:30- Entitlement 1:00- Are you Happy? 2:30- Meditation	13 9:00 – N&V with Joni 10:30- Dealing with Difficult People 1:00- Self esteem 2:30- Coping skills	14 9:00 – News &Views 10:30- Holistic Treatments 1:00- Assertiveness 2:30- Relaxation Group	15 	16
17 Happy St. Patrick's Day 	18 9:00 – News &Views 10:30- Food Prep 1:00- St. Patrick's Day Facts 2:30- Leisure Skills	19 9:00 –News &Views 10:30-TBA 1:00- Self Esteem with Interns 2:30- Self Esteem Bingo	20 9:00 – New &Views 10:30- Pop Culture with Dalton 1:00- Spring Cleaning 2:30- Spring Motivation <u>*Spring Begins*</u>	21 9:00 – News &Views 10:30- Triggers 1:00- Grateful Group 2:30- Mindfulness Group	22	23 
24/31 	25 9:00 – News &Views 10:30- Personal Hygiene Group 1:00- Pros and Cons of social media 2:30- Music and me	26 9:00 – News &Views 10:30- Group Planning 1:00- Motivational technology with Interns 2:30-Coping Skills Bingo	27 9:00 – News &Views 10:30- Emotional Support animals with Interns 1:00- Don't Push the Button 2:30-Leisure Skills	28 9:00 – News &Views 10:30- Therapy Dogs 1:00- TJ Follies 2:30- Relaxation Group	29 	30 FYI *Every Thursday night at the Confluence is Free Music at 6:00pm. *Beatnik 3-11-2019 *Every Wednesday Free Movie Night at the Library 5:30pm