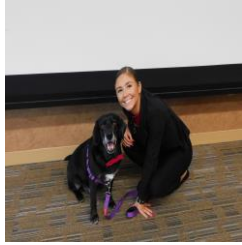







Quest – June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 	3 9:00 News and Views/ history of Space / Role Charts/ 10:30 Practicing Playfulness 1:00 Advocating for your health (doc visits) 2:30 Leisure Activity	4 9:00 News and Views/ Journal/ Aesop Fables 10:30 Therapy Dog(s) 1:00 Ice Breakers 2:30 Music and Me	5 9:00 News and Views/ Cheese Day 10:30 Health and Wellness (Food) 1:00 Rock Project 2:30 Impulsivity	6 9:00 News/ Views/ Journal 10:30 Tai Chi 1:00 Self Love 2:30 YMCA tour	7	8 
9	10 9:00 News and Views 10:30 Employment Process 1:00 TJ Pop Culture 2:30 Library /Book Club	11 9:00 News and Views/ Journal 10:30 Matt Facts 1:00 Warner Bro NC 2:30 Budgeting	12 9:00 News and Views/ Peanut butter cookies 10:30 Leisure Out 1:00 Thoughts/ Feelings 2:30 Music and Me	13 9:00 News Views/ Journal 10:30 Ombudsmen 1:00 Paint and sip 2:30 Planting Herbs	14	15
16 	17 9:00 News and Views 10:30 Chair Yoga 1:00 Overthinking 2:30 Boredom	18 9:00 News and Views 10:30 Book Club 1:00 Picnic Day/ Gardening 2:30 Leisure Skills	19 9:00 Joni / NV 10:30 Therapy Art with Amanda 1:00 Jeopardy 2:30 Book Club	20 9:00 News and Views 10:30 Tai Chi 1:00 Confluence NC Outing 2:30 Music and Me	21	22 
23	24 9:00 News and Views 10:30 Scheduling/ using scheduling tools 1:00 Perseverance 2:30 Relaxation/ Meditation	25 9:00 News and Views 10:30 Healthy Relationships 1:00 Stress Management 2:30 Carnival food prep(Amanda/Leslie)	26 9:00 News and Views /Chocolate Pudding 10:30 Oral Hygiene 1:00 Group Planning 2:30 Cooking with Dakota	27 9:00 News and Views/Helen Keller/ Journal 10:30 Tai Chi 1:00 Book Club 2:30 Music and Frank	28	29
30 	1 TBD	2 TBD	3 TBD/ Fourth of July Facts	4 Happy Fourth! No groups today	5 	6

