

# Quest –December 2019

| Sun  | Mon  | Tue   | Wed   | Thu   | Fri   | Sat   |
|--|--|---|---|---|---|---|
| 1<br>    | 2<br>9:00 – News &Views<br>10:30- Food Prep<br>1:00- Coping Skills<br>2:30- Leisure Skills                       | 3<br>9:00 – News &Views<br>10:30- Community<br>Outing<br>1:00- Body<br>Language<br>2:30- Yoga   | 4<br>9:00- News &Views<br>10:30- SAD<br>1:00- Food Prep<br>2:30 Dalton Pop<br>Culture                       | 5<br>9:00 – Fun Facts<br>10:30-Poetry<br>1:00- Ice Breakers<br>2:30- Leisure Skills                   | 6   | 7<br>  |
| 8<br>    | 9<br>9:00 – News &Views<br>10:30- Pop Culture w/<br>TJ<br>1:00- Self-Esteem<br>Collage<br>2:30- Meditation       | 10<br>9:00 – News &Views<br>10:30- Left<br>Brain/Right Brain<br>1:00-Health &<br>Wellness-<br>Inflammation<br>2:30-Yoga and<br>Meditation | 11<br>9:00 – News &Views<br>10:30- Tai Chi<br>1:00- Christmas<br>Craft<br>2:30- Practicing<br>Gratitude     | 12<br>9:00 – Fun Facts<br>10:30- Personality<br>Testing<br>1:00- CST<br>2:30- CST                     | 13  | 14<br> |
| 15<br>  | 16<br>9:00 – News &Views<br>10:00 – Chevy Visit<br>1:00-Body Language<br>2:30- Tai Chi                           | 17<br>9:00 – News &<br>Views<br>10:30- Staying<br>Positive<br>1:00- Warner Bros<br>Theater<br>2:30- Warner Bros<br>Theater                | 18<br>9:00 – News &<br>Views /Joni<br>10:30- Mindfulness<br>1:00- Pop Culture w/<br>Dalton<br>2:30- Library | 19<br>9:00 – Fun Facts<br>10:30- Christmas<br>Jeopardy<br>1:00- Paint and Sip<br>2:30- Paint and Sip  | 20  | 21<br> |
| 22   | 23<br>9:00 – News & Views<br>10:30- Group<br>Planning<br>1:00- Christmas Trivia<br>2:30-Christmas<br>Celebration | 24<br><b>Christmas<br/>Eve-----No<br/>Groups!</b>   | 25<br><b>Merry<br/>Christmas!!!!</b>  | 26<br>9:00- News & Views<br>10:30-Christmas<br>Jeopardy<br>1:00- Healthy<br>Selfishness<br>2:30- Yoga | 27<br>   | 28  |
| 29<br> | 30<br>9:00 News & Views<br>10:30- Music & Me<br>1:00 Healing Craft<br>2:30 Positive Thinking                     | 31<br>9:00 News & Views<br>10:30- Resolutions<br>1:00 Heart Health<br>2:30- Yoga and<br>Meditation  |   |                  | <b>FYI</b><br>*Every Thursday night at the Confluence is<br>Free Music at 6:00pm.<br>*Beatnik 12-9-2018<br>*Every Wednesday Free Movie Night at the<br>Library 5:30pm |   |

