


November 2018 Habilitation Program Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>6</p> <p>How to improve your memory What is your brain boost activity</p> <p>Video Game Ect & the new Dollar Tree</p>	<p>7</p> <p>AM: Half Price Books Diwali Hindu holiday of lights</p> <p>Seasonal Affective Disorder Command symptoms</p>	<p>8</p> <p>Self Esteem: what is your Talent</p> <p>Out to eat to Los Glorious Bring your own \$\$ Community resources</p>	<p>1</p> <p>All Saints Day</p> <p>Enjoy the Iowa state Parks</p>
	<p>13</p> <p>How to minimize drama in your life</p> <p>Vet's Memorial Museum to honor Vets</p>	<p>14</p> <p>AM: AMC theater \$5 plus snacks Joining peers from O Ave</p> <p>Suicide Prevention; message of Hope</p>	<p>15</p> <p>Self Esteem: celebrate Your talents</p> <p>Cedar Rapids Bowling \$2.50</p>	
<p>Milestones Bake Sale Monday – Wednesday</p>	<p>20</p> <p>How to express gratitude....what Are you grateful for?</p> <p>Indian Creek Nature Center</p>	<p>21</p> <p>AM: Mr. Beans coffee</p> <p>Nibble & Natter: social skills</p>	<p>22</p> <p>Happy Thanksgiving Enjoy time with family & friends</p> <p>**Milestones closed**</p>	
	<p>27</p> <p>Book Club What books inspire you</p> <p>Lindale Mall</p>	<p>28</p> <p>AM: Pet Smart What's your favorite pet</p> <p>ADHD in Adults: myths vs Facts</p>	<p>29</p> <p>Healthy relationship Green light vs red light</p> <p>Hiawatha Library</p>	