



January 2019 Habilitation Program Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Happy New Year Closed</p>	<p>2</p> <p>AM: Hiawatha Library</p> <p>New goals for 2019 What steps am I taking to achieve My goals? Make a goal collage in art room</p>	<p>3</p> <p>A first for everything....</p> <p>Out to eat in the community \$\$ Community resources</p>	
<p>Mindful Mondays</p>	<p>8</p> <p>Wheel of Fortune game</p> <p>Marion Hy-Vee Starbucks</p>	<p>9</p> <p>AM: Java Creek coffee house</p> <p>Someday we'll laugh about this... Who is your favorite comedian</p>	<p>10</p> <p>Mood boosting power of dogs</p> <p>Cedar Valley Humane Society</p>	
	<p>15</p> <p>What is your favorite kind of music?</p> <p>Eagle sightings on the Cedar River</p>	<p>16</p> <p>AM: Goodwill</p> <p>Social skills...how to give a compliment Making good friends</p>	<p>17</p> <p>Stephen Hawking Day</p> <p>Lindale Mall</p>	
	<p>22</p> <p>I have a dream.... What are your dreams?</p> <p>Animal Control Center @ Kirkwood</p>	<p>23</p> <p>AM: Scooter Café</p> <p>Ted Talks: power of positivity</p>	<p>24</p> <p>Seven Stages of Grief</p> <p>Prairie Woods Spiritual Center</p>	
	<p>29</p> <p>If I were a superhero...</p> <p>Central City</p>	<p>30</p> <p>AM: Hobby Lobby</p> <p>Self Esteem art project</p>	<p>31</p> <p>Anxiety support group Normal worry vs generalized anxiety</p> <p>Down town library</p>	