

Monday

Tuesday

Wednesday

Thursday

Friday

March 2019

HAB Activity Calendar

| | | | | |
|---|---|--|---|---|
|  | | | | |
| 1 | | | | |
| <i>M&M Bookstore (Money Optional)</i> | | | | |
| 10:15-11:30 | | | | |
| 4 | 5 | 6 | 7 | 8 |
| <i>Your Words Matter</i> | <i>Library Outing</i> | <i>Decide on a Recipe</i> | <i>Conquering Self-Stigma</i> | <i>Walmart Outing (Money Optional)</i> |
| 1:00-1:45 | 10:00-11:30 | 1:00-1:45 | 1:00-1:45 | 10:00-11:30 |
| 11 | 12 | 13 | 14 | 15 |
| <i>Letting Go of Anger</i> | <i>Mind Over Mood</i> | <i>Movie & Lunch Outing with Marion Milestones (Sack Lunch Provided)</i> | <i>Red Barn Market (Money Optional)</i> | <i>Bounce Back</i> |
| 1:00-1:45 | 1:00-1:45 | 10:00-1:45 | 10:15-11:30 | 1:00-1:45 |
| 18 | 19 | 20 | 21 | 22 |
| <i>Stop Runaway Emotions</i> | <i>Addiction Program with Chris (Main Program Area)</i> | <i>Purchase Ingredients</i> | <i>Mental Health & Laughter</i> | <i>What Should They Do? Discussion</i> |
| 1:00-1:45 | 1:00-1:45 | 10:15-11:30 | 1:00-1:45 | 1:00-1:45 |
| 25 | 26 | 27 | 28 | 29 |
| <i>Maintaining Self-Care</i> | <i>Medical Program in Main Program Area</i> | <i>Make Recipe</i> | <i>Do You! Discussion</i> | <i>Lunch at Tommy's with Creative Care Unit (\$10-\$15)</i> |
| 1:00-1:45 | 10:00-11:30 | 10:15-11:30 | 1:00-1:45 | 11:00-1:30 |