



Community Activities Calendar

~ January 2024 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Cottage Closed</i> New Years Day	2 9:00 - 1:00 Drop-in 10:00 - 12:00 Games & puzzles time 1:00 Healthy Communication	3 3:00 - 4:00 <i>Illness Management and Recovery (IMR)</i>	4 11:00 Healthy Lifestyles 12:00 - 4:00 Drop-in*	5 9:00 - 1:00 Drop-in 11:00 - 12:30 Member lunch	6
7	8 11:00 Stress Management 12:00 - 4:00 Drop-in 1:00 - 2:00 <i>Health smoothie creation</i>	9 9:00 - 1:00 Drop-in 10:00 - 12:00 Games & puzzles time 1:00 Healthy Communication	10 1:00 - 2:00 <i>Hubbard County Local Advisory Council meeting</i> Info: 218.366.9229 3:00 - 4:00 <i>Illness Management and Recovery (IMR)</i>	11 11:00 Healthy Lifestyles 12:00 - 4:00 Drop-in* 12:00 ALG	12 9:00 - 1:00 Drop-in 11:00 - 12:30 Member lunch	13
14	15 11:00 Stress Management 12:00 - 4:00 Drop-in 1:00 - 2:00 <i>Health smoothie creation</i>	16 9:00 - 1:00 Drop-in 10:00 - 12:00 Games & puzzles time 1:00 Healthy Communication	17 3:00 - 4:00 <i>Illness Management and Recovery (IMR)</i>	18 11:00 Healthy Lifestyles 12:00 - 4:00 Drop-in*	19 9:00 - 1:00 Drop-in 11:00 - 12:30 Member lunch	20
21	22 11:00 Stress Management 12:00 - 4:00 Drop-in 1:00 - 2:00 <i>Health smoothie creation</i>	23 9:00 - 1:00 Drop-in 10:00 - 12:00 Games & puzzles time 1:00 Healthy Communication	24 3:00 - 4:00 <i>Illness Management and Recovery (IMR)</i>	25 11:00 Healthy Lifestyles 12:00 - 4:00 Drop-in* 12:00 ALG	26 9:00 - 1:00 Drop-in 11:00 - 12:30 Member lunch	27
28	29 11:00 Stress Management 12:00 - 4:00 Drop-in 1:00 - 2:00 <i>Health smoothie creation</i>	30 9:00 - 1:00 Drop-in 10:00 - 12:00 Games & puzzles time 1:00 Healthy Communication	31 3:00 - 4:00 <i>Illness Management and Recovery (IMR)</i>	Cottage Hours: Mon 12PM-4PM Tues 9AM-1PM Thur 12PM-4PM Fri 9AM-1PM	Lake Country Cottage: 516 1st St W (Next to Casey's on Hwy 34)	*ARTS & CRAFTS EVERY THURSDAY 1:00PM -2:00PM



LCA Cottage Weekly Groups

HEALTHY LIFESTYLES: Covers a variety of health related topics that are all linked to positive mental well-being.

IMR: Illness Management and Recovery modules are covered in detail. Example: practical facts about depression.

STRESS MANAGEMENT: Emotional coping skills are developed through the provision of resource info and exercises.

HEALTHY COMMUNICATION: Mindfulness and examination of actions, thoughts and words toward others.

ALG: A consumer-run group that plans and implements social and recreational activities for Cottage members.

Time / Day	Monday	Tuesday	Wednesday	Thursday	Friday
10:00AM - 11:00AM					
11:00AM - 12:00PM	Stress Management			Healthy Lifestyles	
12:00PM - 1:00PM				ALG (alternate weeks)	
1:00PM - 2:00PM		Healthy Communication			
2:00PM - 3:00PM					
3:00PM - 4:00PM			IMR		
4:00PM - 5:00PM					