



# Community Activities Calendar

~ MARCH 2020 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	<b>2</b> <b>9:00-1:00 Drop-In</b> Coffee & Conversation  1:00 Movement & Music	<b>3</b> 11:00 Healthy Lifestyles <b>12:00-4:00 Drop-In</b> Afternoon of Art 5:30 St. Peter's Dinner	<b>4</b> 3:00 IMR Group	<b>5</b> 10:00 WRAP Group 11:00 ART <b>12:00-4:00 Drop-In</b>	<b>6</b> <b>9:00-1:00 Drop-In</b> <b>March B-Days</b>	7
8	<b>9</b> <b>9:00-1:00 Drop-In</b> Coffee & Conversation  1:00 Movement & Music	<b>10</b> 11:00 Healthy Lifestyles <b>12:00-4:00 Drop-In</b> Afternoon of Art 5:30 Calvary Dinner	<b>11</b> 3:00 IMR Group  4:00 Med Management	<b>12</b> 10:00 WRAP Group 11:00 ALG <b>12:00-4:00 Drop-In</b>	<b>13</b> <b>9:00-1:00 Drop-In</b> 9:00 Games & Puzzles 11:00 Lunch at The Cottage	14
15	<b>16</b> <b>9:00-1:00 Drop-In</b> Coffee & Conversation  No 1:00 Group	<b>17</b> 11:00 Healthy Lifestyles <b>12:00-4:00 Drop-In</b> Afternoon of Art 5:30 St. Peter's Dinner	<b>18</b> 3:00 IMR Group	<b>19</b> 10:00 WRAP Group 11:00 ART <b>12:00-4:00 Drop-In</b>	<b>20</b> <b>9:00-1:00 Drop-In</b> 9:00 Games & Puzzles 11:00 Lunch at The Cottage	<b>21</b> <a href="http://www.rubyspantry.org">www.rubyspantry.org</a> 10:00 Menahga
22	<b>23</b> <b>9:00-1:00 Drop-In</b> Coffee & Conversation  1:00 Movement & Music	<b>24</b> 11:00 Healthy Lifestyles <b>12:00-4:00 Drop-In</b> Afternoon of Art 5:30 Calvary Dinner	<b>25</b> 3:00 IMR Group	<b>26</b> 10:00 WRAP Group 11:00 ALG <b>12:00-4:00 Drop-In</b>	<b>27</b> <b>9:00-1:00 Drop-In</b> 9:00 Games & Puzzles 11:00 Lunch at The Cottage	28
29	<b>30</b> <b>9:00-1:00 Drop-In</b> Coffee & Conversation  1:00 Movement & Music	<b>31</b> 11:00 Healthy Lifestyles <b>12:00-4:00 Drop-In</b> Afternoon of Art 5:30 St. Peter's Dinner			<b>Lake Country Cottage:</b> <b>516 1<sup>st</sup> St W</b> <b>(Next to Casey's on Hwy 34)</b>	<b>Cottage Hours:</b> <b>Mon 9AM-1PM</b> <b>Tues 12PM-4PM</b> <b>Thur 12PM-4PM</b> <b>Fri 9AM-1PM</b>



## LCA Cottage Weekly Groups

**MOVEMENT AND MUSIC:** Inject fun into your life with this fast-paced and entertaining group that gets the blood moving.

**MED MANAGEMENT:** A community nurse provides valuable information on members's specific medications.

**HEALTHY LIFESTYLES:** Covers a variety of health related topics that are all linked to positive mental wellbeing.

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

**WRAP:** Along with weekly presentations, assistance and guidance is provided for the Wellness Recovery Action Plan workbook.

**ALG:** Brainstorming sessions where ideas are presented by Cottage members for the betterment of the LCA community.

**ART:** New projects are presented each week that help flex members's creative muscle and inspire their imaginations.

Time / Day	Monday	Tuesday	Wednesday	Thursday	Friday
10:00AM - 11:00AM				WRAP	
11:00AM - 12:00PM		Healthy Lifestyles		Art or ALG (rotating schedule)	
12:00PM - 1:00PM					
1:00PM - 2:00PM	Movement and Music				
2:00PM - 3:00PM					
3:00PM - 4:00PM			IMR		
4:00PM - 5:00PM			Med Management (one day)		