



Community Activities Calendar

~ OCTOBER 2021 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Lake Country Cottage: 516 1 st St W (Next to Casey's on Hwy 34)	Cottage Hours: Mon 12PM-4PM Tues 9AM-1PM Thur 12PM-4PM Fri 9AM-1PM				1 9:00AM - 1:00PM <i>Drop-in Hours</i> 11:00AM - 12:30PM <i>Bar-B-Que</i>	2
3	4 12:00PM - 4:00PM <i>Drop-in Hours</i>	5 9:00AM - 1:00PM <i>Drop-in Hours</i> 10:30AM - 12:00PM <i>Arts & Crafts</i>	6 3:00PM - 4:00PM <i>Illness Management and Recovery (IMR)</i> [also on Oct 13th]	7 12:00PM - 4:00PM <i>Drop-in Hours</i> 11:00AM - 12:00PM <i>Activities Leadership Group (ALG)</i>	8 9:00AM - 1:00PM <i>Drop-in Hours</i> 11:00AM - 12:30PM <i>Bar-B-Que</i>	9
10	11 12:00PM - 4:00PM <i>Drop-in Hours</i> Columbus Day	12 9:00AM - 1:00PM <i>Drop-in Hours</i> 10:30AM - 12:00PM <i>Arts & Crafts</i>	13 1:00PM - 2:00PM <i>Hubbard County Local Advisory Council meeting</i> Info: 218.366.9229	14 12:00PM - 4:00PM <i>Drop-in Hours</i> 11:00AM - 12:00PM <i>Independent Living Skills Group (ILS)</i>	15 9:00AM - 1:00PM <i>Drop-in Hours</i> 11:00AM - 12:30PM <i>Bar-B-Que</i>	16
17	18 12:00PM - 4:00PM <i>Drop-in Hours</i>	19 9:00AM - 1:00PM <i>Drop-in Hours</i> 10:30AM - 12:00PM <i>Arts & Crafts</i>	20 3:00PM - 4:00PM <i>Illness Management and Recovery (IMR)</i> [also on Oct 27th]	21 12:00PM - 4:00PM <i>Drop-in Hours</i> 11:00AM - 12:00PM <i>Activities Leadership Group (ALG)</i>	22 9:00AM - 1:00PM <i>Drop-in Hours</i> 11:00AM - 12:30PM <i>Member lunch</i>	23
24	25 12:00PM - 4:00PM <i>Drop-in Hours</i>	26 9:00AM - 1:00PM <i>Drop-in Hours</i> 10:30AM - 12:00PM <i>Arts & Crafts</i>	27 Halloween Party at The Cottage 4:00PM – 7:00PM (right after IMR group)	28 12:00PM - 4:00PM <i>Drop-in Hours</i> 11:00AM - 12:00PM <i>Independent Living Skills Group (ILS)</i>	29 9:00AM - 1:00PM <i>Drop-in Hours</i> 11:00AM - 12:30PM <i>Member lunch</i>	30/31 HALLOWEEN



LCA Cottage Weekly Groups

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

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

ILS: Independent Living Skills are developed through the provision of resource info and exercises that promote self-reliance.

Time / Day	Monday	Tuesday	Wednesday	Thursday	Friday
10:00AM - 11:00AM					
11:00AM - 12:00PM				ALG and ILS (alternate weeks)	
12:00PM - 1:00PM					
1:00PM - 2:00PM					
2:00PM - 3:00PM					
3:00PM - 4:00PM			IMR		
4:00PM - 5:00PM					