



Community Activities Calendar

~ JANUARY 2022 ~						
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 NEW YEAR'S DAY
2	3 12:00PM - 4:00PM <i>Drop-in Hours</i>	4 9:00AM - 1:00PM <i>Drop-in Hours</i> 10:30AM - 12:00PM Arts & Crafts	5 3:00PM - 4:00PM Illness Management and Recovery (IMR) [also on Jan 12th]	6 12:00PM - 4:00PM <i>Drop-in Hours</i> 11:00AM - 12:00PM Independent Living Skills Group (ILS)	7 9:00AM - 1:00PM <i>Drop-in Hours</i> 11:00AM - 12:30PM Member lunch	8
9	10 12:00PM - 4:00PM <i>Drop-in Hours</i>	11 9:00AM - 1:00PM <i>Drop-in Hours</i> 10:30AM - 12:00PM Arts & Crafts	12 1:00PM - 2:00PM Hubbard County Local Advisory Council meeting Info: 218.366.9229	13 12:00PM - 4:00PM <i>Drop-in Hours</i> 11:00AM - 12:00PM Activities Leadership Group (ALG)	14 9:00AM - 1:00PM <i>Drop-in Hours</i> 11:00AM - 12:30PM Member lunch	15
16	17 12:00PM - 4:00PM <i>Drop-in Hours</i>	18 9:00AM - 1:00PM <i>Drop-in Hours</i> 10:30AM - 12:00PM Arts & Crafts	19 3:00PM - 4:00PM Illness Management and Recovery (IMR)	20 12:00PM - 4:00PM <i>Drop-in Hours</i> 11:00AM - 12:00PM Independent Living Skills Group (ILS)	21 9:00AM - 1:00PM <i>Drop-in Hours</i> 11:00AM - 12:30PM Member lunch	22
23/30	24/31 12:00PM - 4:00PM <i>Drop-in Hours</i>	25 9:00AM - 1:00PM <i>Drop-in Hours</i> 10:30AM - 12:00PM Arts & Crafts	26 3:00PM - 4:00PM Illness Management and Recovery (IMR)	27 12:00PM - 4:00PM <i>Drop-in Hours</i> 11:00AM - 12:00PM Activities Leadership Group (ALG)	28 9:00AM - 1:00PM <i>Drop-in Hours</i> 11:00AM - 12:30PM Member lunch	29



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					