




Community Activities Calendar

~ JUNE 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 3:00PM - 4:00PM Illness Management and Recovery (IMR) [also on June 8th]	2 12:00PM - 4:00PM Drop-in Hours* 11:00AM - 12:00PM Activities Leadership Group (ALG)	3 9:00AM - 1:00PM Drop-in Hours 11:00AM - 12:30PM Bar-b-que lunch	4
5	6 12:00PM - 4:00PM Drop-in Hours 1:00PM - 2:00PM Health smoothie creation	7 9:00AM - 1:00PM Drop-in Hours	8 1:00PM - 2:00PM Hubbard County Local Advisory Council meeting Info: 218.366.9229	9 12:00PM - 4:00PM Drop-in Hours* 11:00AM - 12:00PM Independent Living Skills Group (ILS)	10 9:00AM - 1:00PM Drop-in Hours 11:00AM - 12:30PM Bar-b-que lunch	11
12	13 12:00PM - 4:00PM Drop-in Hours 1:00PM - 2:00PM Health smoothie creation	14 9:00AM - 1:00PM Drop-in Hours	15 3:00PM - 4:00PM Illness Management and Recovery (IMR)	16 12:00PM - 4:00PM Drop-in Hours* 11:00AM - 12:00PM Activities Leadership Group (ALG)	17 9:00AM - 1:00PM Drop-in Hours 11:00AM - 12:30PM Bar-b-que lunch	18
19	20 12:00PM - 4:00PM Drop-in Hours 1:00PM - 2:00PM Health smoothie creation	21 9:00AM - 1:00PM Drop-in Hours	22 3:00PM - 4:00PM Illness Management and Recovery (IMR)	23 12:00PM - 4:00PM Drop-in Hours* 11:00AM - 12:00PM Independent Living Skills Group (ILS)	24 9:00AM - 1:00PM Drop-in Hours 11:00AM - 12:30PM Bar-b-que lunch	25
26	27 12:00PM - 4:00PM Drop-in Hours 1:00PM - 2:00PM Health smoothie creation	28 9:00AM - 1:00PM Drop-in Hours	29 3:00PM - 4:00PM Illness Management and Recovery (IMR)	30 12:00PM - 4:00PM Drop-in Hours* 11:00AM - 12:00PM Activities Leadership Group (ALG)	 *ARTS & CRAFTS EVERY THURSDAY 1:00PM -2:00PM	



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					