




Community Activities Calendar

~ MAY 2022 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 12:00PM - 4:00PM Drop-in Hours 1:00PM - 2:00PM Health smoothie creation	3 9:00AM - 1:00PM Drop-in Hours	4 3:00PM - 4:00PM Illness Management and Recovery (IMR) [also on May 11th]	5 12:00PM - 4:00PM Drop-in Hours* 11:00AM - 12:00PM Activities Leadership Group (ALG)	6 9:00AM - 1:00PM Drop-in Hours 11:00AM - 12:30PM Member lunch	7
8	9 12:00PM - 4:00PM Drop-in Hours 1:00PM - 2:00PM Health smoothie creation	10 9:00AM - 1:00PM Drop-in Hours	11 1:00PM - 2:00PM Hubbard County Local Advisory Council meeting Info: 218.366.9229	12 12:00PM - 4:00PM Drop-in Hours* 11:00AM - 12:00PM Independent Living Skills Group (ILS)	13 9:00AM - 1:00PM Drop-in Hours 11:00AM - 12:30PM Member lunch	14
15	16 12:00PM - 4:00PM Drop-in Hours 1:00PM - 2:00PM Health smoothie creation	17 9:00AM - 1:00PM Drop-in Hours	18 3:00PM - 4:00PM Illness Management and Recovery (IMR)	19 12:00PM - 4:00PM Drop-in Hours* 11:00AM - 12:00PM Activities Leadership Group (ALG)	20 9:00AM - 1:00PM Drop-in Hours 11:00AM - 12:30PM Member lunch	21
22	23 12:00PM - 4:00PM Drop-in Hours 1:00PM - 2:00PM Health smoothie creation	24 9:00AM - 1:00PM Drop-in Hours	25 3:00PM - 4:00PM Illness Management and Recovery (IMR)	26 12:00PM - 4:00PM Drop-in Hours* 11:00AM - 12:00PM Independent Living Skills Group (ILS)	27 9:00AM - 1:00PM Drop-in Hours 11:00AM - 12:30PM Member lunch	28
29	30 MEMORIAL DAY LCA OFFICE AND COTTAGE CLOSED	31 9:00AM - 1:00PM Drop-in Hours		 *ARTS & CRAFTS EVERY THURSDAY 1:00PM -2:00PM	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



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					