



# Community Activities Calendar

~ JULY 2022 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Lake Country Cottage: 516 1 <sup>st</sup> St W (Next to Casey's on Hwy 34)	<b>Cottage Hours:</b> Mon 12PM-4PM Tues 9AM-1PM Thur 12PM-4PM Fri 9AM-1PM			<b>*ARTS &amp; CRAFTS EVERY THURSDAY</b> 1:00PM -2:00PM ↓	<b>1</b> 9:00AM - 1:00PM <b>Drop-in Hours</b> 11:00AM - 12:30PM Bar-b-que lunch	<b>2</b>
<b>3</b>	<b>4</b> <b>INDEPENDENCE DAY</b> LCA OFFICE AND COTTAGE CLOSED	<b>5</b> 9:00AM - 1:00PM <b>Drop-in Hours</b>	<b>6</b> 3:00PM - 4:00PM Illness Management and Recovery (IMR) [also on July 13th]	<b>7</b> 12:00PM - 4:00PM <b>Drop-in Hours*</b> 11:00AM - 12:00PM Independent Living Skills Group (ILS)	<b>8</b> 9:00AM - 1:00PM <b>Drop-in Hours</b> 11:00AM - 12:30PM Bar-b-que lunch	<b>9</b>
<b>10</b>	<b>11</b> 12:00PM - 4:00PM <b>Drop-in Hours</b> 1:00PM - 2:00PM Health smoothie creation	<b>12</b> 9:00AM - 1:00PM <b>Drop-in Hours</b>	<b>13</b> 1:00PM - 2:00PM Hubbard County Local Advisory Council meeting Info: 218.366.9229	<b>14</b> 12:00PM - 4:00PM <b>Drop-in Hours*</b> 11:00AM - 12:00PM Activities Leadership Group (ALG)	<b>15</b> 9:00AM - 1:00PM <b>Drop-in Hours</b> 11:00AM - 12:30PM Bar-b-que lunch	<b>16</b>
<b>17</b>	<b>18</b> 12:00PM - 4:00PM <b>Drop-in Hours</b> 1:00PM - 2:00PM Health smoothie creation	<b>19</b> 9:00AM - 1:00PM <b>Drop-in Hours</b>	<b>20</b> 3:00PM - 4:00PM Illness Management and Recovery (IMR)	<b>21</b> 12:00PM - 4:00PM <b>Drop-in Hours*</b> 11:00AM - 12:00PM Independent Living Skills Group (ILS)	<b>22</b> 9:00AM - 1:00PM <b>Drop-in Hours</b> 11:00AM - 12:30PM Bar-b-que lunch	<b>23</b>
<b>24/31</b>	<b>25</b> 12:00PM - 4:00PM <b>Drop-in Hours</b> 1:00PM - 2:00PM Health smoothie creation	<b>26</b> 9:00AM - 1:00PM <b>Drop-in Hours</b>	<b>27</b> 3:00PM - 4:00PM Illness Management and Recovery (IMR)	<b>28</b> 12:00PM - 4:00PM <b>Drop-in Hours*</b> 11:00AM - 12:00PM Activities Leadership Group (ALG)	<b>29</b> 9:00AM - 1:00PM <b>Drop-in Hours</b> 11:00AM - 12:30PM Bar-b-que lunch	<b>30</b>



## 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					