





# Community Activities Calendar

~ AUGUST 2022 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> <b>12:00PM - 4:00PM</b> <b>Drop-in Hours</b> 1:00PM - 2:00PM Health smoothie creation	<b>2</b> <b>9:00AM - 1:00PM</b> <b>Drop-in Hours</b> 10:00AM - 12:00PM Games & puzzles time	<b>3</b> 3:00PM - 4:00PM Illness Management and Recovery (IMR) <i>[also on August 10th]</i>	<b>4</b> <b>12:00PM - 4:00PM</b> <b>Drop-in Hours*</b> 11:00AM - 12:00PM Independent Living Skills Group (ILS)	<b>5</b> <b>9:00AM - 1:00PM</b> <b>Drop-in Hours</b> <b>NO LUNCH TODAY</b>	 <b>GARAGE SALE</b> <b>THURS &amp; FRI</b> <b>VOLUNTEERS</b> <b>NEEDED!</b>
7	<b>8</b> <b>12:00PM - 4:00PM</b> <b>Drop-in Hours</b> 1:00PM - 2:00PM Health smoothie creation	<b>9</b> <b>9:00AM - 1:00PM</b> <b>Drop-in Hours</b> 10:00AM - 12:00PM Games & puzzles time	<b>10</b> 1:00PM - 2:00PM Hubbard County Local Advisory Council meeting Info: 218.366.9229	<b>11</b> <b>12:00PM - 4:00PM</b> <b>Drop-in Hours*</b> 11:00AM - 12:00PM Activities Leadership Group (ALG)	<b>12</b> <b>9:00AM - 1:00PM</b> <b>Drop-in Hours</b> 11:00AM - 12:30PM Bar-b-que lunch	13
14	<b>15</b> <b>12:00PM - 4:00PM</b> <b>Drop-in Hours</b> 1:00PM - 2:00PM Health smoothie creation	<b>16</b> <b>9:00AM - 1:00PM</b> <b>Drop-in Hours</b> 10:00AM - 12:00PM Games & puzzles time	<b>17</b> 3:00PM - 4:00PM Illness Management and Recovery (IMR)	<b>18</b> <b>12:00PM - 4:00PM</b> <b>Drop-in Hours*</b> 11:00AM - 12:00PM Independent Living Skills Group (ILS)	<b>19</b> <b>9:00AM - 1:00PM</b> <b>Drop-in Hours</b> 11:00AM - 12:30PM Bar-b-que lunch	20
21	<b>22</b> <b>12:00PM - 4:00PM</b> <b>Drop-in Hours</b> 1:00PM - 2:00PM Health smoothie creation	<b>23</b> <b>9:00AM - 1:00PM</b> <b>Drop-in Hours</b> 10:00AM - 12:00PM Games & puzzles time	<b>24</b> 3:00PM - 4:00PM Illness Management and Recovery (IMR)	<b>25</b> <b>12:00PM - 4:00PM</b> <b>Drop-in Hours*</b> 11:00AM - 12:00PM Activities Leadership Group (ALG)	<b>26</b> <b>9:00AM - 1:00PM</b> <b>Drop-in Hours</b> 11:00AM - 12:30PM Bar-b-que lunch	27
28	<b>29</b> <b>12:00PM - 4:00PM</b> <b>Drop-in Hours</b> 1:00PM - 2:00PM Health smoothie creation	<b>30</b> <b>9:00AM - 1:00PM</b> <b>Drop-in Hours</b> 10:00AM - 12:00PM Games & puzzles time	<b>31</b> 3:00PM - 4:00PM Illness Management and Recovery (IMR)	 <b>*ARTS &amp; CRAFTS</b> <b>EVERY THURSDAY</b> <b>1:00PM -2:00PM</b>	<b>Lake Country</b> <b>Cottage:</b> <b>516 1<sup>st</sup> St W</b> <b>(Next to Casey's</b> <b>on Hwy 34)</b>	<b>Cottage Hours:</b> <b>Mon 12PM-4PM</b> <b>Tues 9AM-1PM</b> <b>Thur 12PM-4PM</b> <b>Fri 9AM-1PM</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					