



Community Activities Calendar

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



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					