




# Community Activities Calendar

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