




# Community Activities Calendar

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