



# Community Activities Calendar

~ DECEMBER 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 1:00PM - 2:00PM</b>	<b>1</b> 12:00PM - 4:00PM <b>Drop-in Hours*</b> 11:00AM - 12:00PM Independent Living Skills Group (ILS)	<b>2</b> 9:00AM - 1:00PM <b>Drop-in Hours</b> 11:00AM - 12:30PM Member lunch	<b>3</b>
<b>4</b>	<b>5</b> 12:00PM - 4:00PM <b>Drop-in Hours</b> 1:00PM - 2:00PM Health smoothie creation	<b>6</b> 9:00AM - 1:00PM <b>Drop-in Hours</b> 10:00AM - 12:00PM Games & puzzles time	<b>7</b> 3:00PM - 4:00PM Illness Management and Recovery (IMR) [also on December 14th]	<b>8</b> 12:00PM - 4:00PM <b>Drop-in Hours*</b> 11:00AM - 12:00PM Activities Leadership Group (ALG)	<b>9</b> 9:00AM - 1:00PM <b>Drop-in Hours</b> 11:00AM - 12:30PM Member lunch	<b>10</b>
<b>11</b>	<b>12</b> 12:00PM - 4:00PM <b>Drop-in Hours</b> 1:00PM - 2:00PM Health smoothie creation	<b>13</b> 9:00AM - 1:00PM <b>Drop-in Hours</b> 10:00AM - 12:00PM Games & puzzles time	<b>14</b> 1:00PM - 2:00PM Hubbard County Local Advisory Council meeting Info: 218.366.9229	<b>15</b> <b>XMAS PARTY</b> 11:00 – 1:00 St. Peter's church	<b>16</b> 9:00AM - 1:00PM <b>Drop-in Hours</b> 11:00AM - 12:30PM Member lunch	<b>17</b>
<b>18</b>	<b>19</b> 12:00PM - 4:00PM <b>Drop-in Hours</b> 1:00PM - 2:00PM Health smoothie creation	<b>20</b> 9:00AM - 1:00PM <b>Drop-in Hours</b> 10:00AM - 12:00PM Games & puzzles time	<b>21</b> 3:00PM - 4:00PM Illness Management and Recovery (IMR)	<b>22</b> 12:00PM - 4:00PM <b>Drop-in Hours*</b> 11:00AM - 12:00PM Independent Living Skills Group (ILS)	<b>23</b> LCA OFFICE AND COTTAGE CLOSED	<b>24</b>
<b>25</b> <b>CHRISTMAS DAY</b>	<b>26</b> LCA OFFICE AND COTTAGE CLOSED	<b>27</b> 9:00AM - 1:00PM <b>Drop-in Hours</b> 10:00AM - 12:00PM Games & puzzles time	<b>28</b> 3:00PM - 4:00PM Illness Management and Recovery (IMR)	<b>29</b> 12:00PM - 4:00PM <b>Drop-in Hours*</b> 11:00AM - 12:00PM Activities Leadership Group (ALG)	<b>30</b> 9:00AM - 1:00PM <b>Drop-in Hours</b> 11:00AM - 12:30PM Member lunch	<b>31</b>



# LCA Cottage Weekly Groups

## BEGINNING JANUARY 2023:

**HEALTHY LIFESTYLES:** Covers a variety of health related topics that are all linked to positive mental well-being.

**IMR:** Illness Management and Recovery modules are covered in detail. Example: practical facts about depression.

**STRESS MANAGEMENT:** Emotional coping skills are developed through the provision of resource info and exercises.

**HEALTHY COMMUNICATION:** Mindfulness and examination of actions, thoughts and words toward others.

**ALG:** A consumer-run group that plans and implements social and recreational activities for Cottage members.

Time / Day	Monday	Tuesday	Wednesday	Thursday	Friday
10:00AM - 11:00AM					
11:00AM - 12:00PM	Stress Management			Healthy Lifestyles	
12:00PM - 1:00PM					
1:00PM - 2:00PM		Healthy Communication		ALG (alternate weeks)	
2:00PM - 3:00PM					
3:00PM - 4:00PM			IMR		
4:00PM - 5:00PM					