




Community Activities Calendar

~ FEBRUARY 2023 ~						
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		1 3:00 - 4:00 Illness Management and Recovery (IMR) [also on February 8 th]	2 11:00 Healthy Lifestyles 12:00 - 4:00 Drop-in*	3 9:00 - 1:00 Drop-in 11:00 - 12:30 Member lunch	4
5	6 11:00 Stress Management 12:00 - 4:00 Drop-in 1:00 - 2:00 Health smoothie creation	7 9:00 - 1:00 Drop-in 10:00 - 12:00 Games & puzzles time 1:00 Healthy Communication	8 1:00 - 2:00 Hubbard County Local Advisory Council meeting Info: 218.366.9229	9 11:00 Healthy Lifestyles 12:00 - 4:00 Drop-in* 1:00 ALG	10 9:00 - 1:00 Drop-in 11:00 - 12:30 Member lunch	11
12	13 11:00 Stress Management 12:00 - 4:00 Drop-in 1:00 - 2:00 Health smoothie creation	14 9:00 - 1:00 Drop-in 10:00 - 12:00 Games & puzzles time 1:00 Healthy Communication	15 3:00 - 4:00 Illness Management and Recovery (IMR)	16 11:00 Healthy Lifestyles 12:00 - 4:00 Drop-in*	17 9:00 - 1:00 Drop-in 11:00 - 12:30 Member lunch	18
19	20 <i>Presidents' Day</i> LCA office and Cottage closed	21 9:00 - 1:00 Drop-in 10:00 - 12:00 Games & puzzles time 1:00 Healthy Communication	22 3:00 - 4:00 Illness Management and Recovery (IMR)	23 11:00 Healthy Lifestyles 12:00 - 4:00 Drop-in* 1:00 ALG	24 9:00 - 1:00 Drop-in 11:00 - 12:30 Member lunch	25
26	27 11:00 Stress Management 12:00 - 4:00 Drop-in 1:00 - 2:00 Health smoothie creation	28 9:00 - 1:00 Drop-in 10:00 - 12:00 Games & puzzles time 1:00 Healthy Communication		 *ARTS & CRAFTS EVERY THURSDAY 1:00PM -2:00PM		



LCA Cottage Weekly Groups

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					