




# Community Activities Calendar

~ JANUARY 2023 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>NEW YEAR'S DAY (OBSERVED)</b> LCA office and Cottage closed	3 9:00 - 1:00 Drop-in 10:00 - 12:00 Games & puzzles time 1:00 Healthy Communication	4 3:00 - 4:00 Illness Management and Recovery (IMR) [also on January 11th]	5 12:00 - 4:00 Drop-in*	6 9:00 - 1:00 Drop-in 11:00 - 12:30 Member lunch	7
8	9 11:00 Stress management 12:00 - 4:00 Drop-in 1:00 - 2:00 Health smoothie creation	10 9:00 - 1:00 Drop-in 10:00 - 12:00 Games & puzzles time 1:00 Healthy Communication	11 1:00 - 2:00 Hubbard County Local Advisory Council meeting Info: 218.366.9229	12 11:00 Healthy Lifestyles 12:00 - 4:00 Drop-in* 1:00 ALG	13 9:00 - 1:00 Drop-in 11:00 - 12:30 Member lunch	14
15	16 11:00 Stress management 12:00 - 4:00 Drop-in 1:00 - 2:00 Health smoothie creation	17 9:00 - 1:00 Drop-in 10:00 - 12:00 Games & puzzles time 1:00 Healthy Communication	18 3:00 - 4:00 Illness Management and Recovery (IMR)	19 11:00 Healthy Lifestyles 12:00 - 4:00 Drop-in*	20 9:00 - 1:00 Drop-in 11:00 - 12:30 Member lunch	21
22	23 11:00 Stress management 12:00 - 4:00 Drop-in 1:00 - 2:00 Health smoothie creation	24 9:00 - 1:00 Drop-in 10:00 - 12:00 Games & puzzles time 1:00 Healthy Communication	25 3:00 - 4:00 Illness Management and Recovery (IMR)	26 11:00 Healthy Lifestyles 12:00 - 4:00 Drop-in* 1:00 ALG	27 9:00 - 1:00 Drop-in 11:00 - 12:30 Member lunch	28
29	30 11:00 Stress management 12:00 - 4:00 Drop-in 1:00 - 2:00 Health smoothie creation	31 9:00 - 1:00 Drop-in 10:00 - 12:00 Games & puzzles time 1:00 Healthy Communication		 <b>*ARTS &amp; CRAFTS EVERY THURSDAY 1:00PM -2:00PM</b>	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



## 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					