



# Community Activities Calendar

~ December 2024 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	<b>2</b> 11:00 Stress Management <b>12:00 - 4:00 Drop-in</b> 1:00 - 2:00 Health smoothie creation	<b>3</b> <b>9:00 - 1:00 Drop-in</b> 10:00 - 12:00 Games & puzzles time 1:00 Healthy Communication	4	<b>5</b> 11:00 Healthy Lifestyles <b>12:00 - 4:00 Drop-in*</b>	<b>6</b> <b>9:00 - 1:00 Drop-in</b> 11:00 - 12:30 Member lunch <b>1:00 - 2:00</b> Illness Management and Recovery (IMR)	<b>7</b> <b>Lake Country Cottage:</b> <b>516 1<sup>st</sup> St W</b> <b>(Next to Casey's on Hwy 34)</b>
<b>8</b> <b>*ARTS &amp; CRAFTS EVERY THURSDAY 1:00PM -2:00PM</b>	<b>9</b> 11:00 Stress Management <b>12:00 - 4:00 Drop-in</b> 1:00 - 2:00 Health smoothie creation	<b>10</b> <b>9:00 - 1:00 Drop-in</b> 10:00 - 12:00 Games & puzzles time 1:00 Healthy Communication	<b>11</b> 1:00 - 2:00 Hubbard County Local Advisory Council meeting Info: 218.366.9229	<b>12</b> ARMHS Christmas Party at St Peters Church 11-1 <b>No regular Cottage activities</b>	<b>13</b> <b>9:00 - 1:00 Drop-in</b> 11:00 - 12:30 Member lunch <b>1:00 - 2:00</b> Illness Management and Recovery (IMR)	14
<b>15 Cottage Hours:</b> <b>Mon 12PM-4PM</b> <b>Tues 9AM-1PM</b> <b>Thur 12PM-4PM</b> <b>Fri 9AM-1PM</b>	<b>16</b> 11:00 Stress Management <b>12:00 - 4:00 Drop-in</b> 1:00 - 2:00 Health smoothie creation	<b>17</b> <b>9:00 - 1:00 Drop-in</b> 10:00 - 12:00 Games & puzzles time 1:00 Healthy Communication	18	<b>19</b> 11:00 Healthy Lifestyles <b>12:00 - 4:00 Drop-in*</b>	<b>20</b> <b>9:00 - 1:00 Drop-in</b> 11:00 - 12:30 Member lunch <b>1:00 - 2:00</b> Illness Management and Recovery (IMR)	21
22	<b>23</b> 11:00 Stress Management <b>12:00 - 4:00 Drop-in</b> 1:00 - 2:00 Health smoothie creation	<b>24</b> <b>Christmas Eve Cottage Closed</b>	<b>25</b> <b>Christmas Day Cottage Closed</b>	<b>26</b> 11:00 Healthy Lifestyles <b>12:00 - 4:00 Drop-in*</b> <b>ALG 12:00-1:00</b>	<b>27</b> <b>9:00 - 1:00 Drop-in</b> 11:00 - 12:30 Member lunch <b>1:00 - 2:00</b> Illness Management and Recovery (IMR)	28
29	<b>30</b> 11:00 Stress Management <b>12:00 - 4:00 Drop-in</b> 1:00 - 2:00 Health smoothie creation	<b>31</b> <b>9:00 - 1:00 Drop-in</b> 10:00 - 12:00 Games & puzzles time 1:00 Healthy Communication				



## 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				ALG (alternate weeks)	
1:00PM - 2:00PM		Healthy Communication			IMR
2:00PM - 3:00PM					
3:00PM - 4:00PM					
4:00PM - 5:00PM					