



Community Activities Calendar

~ January 2025 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Lake Country Cottage: 516 1 st St W (Next to Casey's on Hwy 34)			1 New Years Day	2 11:00 Healthy Lifestyles 12:00 - 4:00 Drop-in*	3 9:00 - 1:00 Drop-in 11:00 - 12:30 Member lunch 1:00 - 2:00 Illness Management and Recovery (IMR)	4
5 *ARTS & CRAFTS EVERY TUESDAY 12:00PM -1:00PM	6 11:00 Stress Management 12:00 - 5:00 Drop-in 1:00 - 2:00 Health smoothie creation	7 9:00 - 1:00 Drop-in 10:00 ARTS & CRAFTS 1:00 Healthy Communication	8 11:00-12:00 Stretch Somatic Exercise 12:00-5:00 Drop-in 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 ALG 12:00-1:00 10:00 - 12:00 Games & puzzles time	10 9:00 - 1:00 Drop-in 11:00 - 12:30 Member lunch 1:00 - 2:00 Illness Management and Recovery (IMR)	11 9:00-12:00 Drop-in
12 Cottage Hours: Mon 12PM-5PM Tues 9AM-2PM Thur 12PM-5PM Fri 9AM-2PM Sat 9AM-12PM	13 11:00 Stress Management 12:00 - 5:00 Drop-in 1:00 - 2:00 Health smoothie creation	14 9:00 -2:00 Drop-in 10:00 ARTS & CRAFTS 2:00 Healthy Communication	15 11:00-12:00 Stretch Somatic Movement 12:00-5:00 Drop-in	16 11:00 Healthy Lifestyles 12:00 - 5:00 Drop-in 12:00 to 2:00 Games & puzzles time	17 9:00 - 2:00 Drop-in 12:30 - 1:30 Member lunch 2:00 - 3:00 Illness Management and Recovery (IMR)	18 9:00-12:00 Drop-in
19	20 11:00 Stress Management 12:00 - 5:00 Drop-in 1:00 - 2:00 Health smoothie creation	21 9:00 - 2:00 Drop-in 10:00 ARTS & CRAFTS 2:00 Healthy Communication	22 11:00-12:00 Stretch Somatic Movement 12:00-5:00 Drop-in	23 11:00 Healthy Lifestyles 12:00 - 5:00 Drop-in ALG 12:00-1:00 12:00 - 2:00 Games & puzzles time	24 9:00 - 2:00 Drop-in 12:30 - 1:30 Member lunch 2:00 - 3:00 Illness Management and Recovery (IMR)	25 9:00-12:00 Drop-in
26	27 11:00 Stress Management 12:00 - 5:00 Drop-in 1:00 - 2:00 Health smoothie creation	28 9:00 - 2:00 Drop-in 10:00 ARTS & CRAFTS 2:00 Healthy Communication	29 11:00-12:00 Stretch Somatic Movement 12:00-5:00 Drop-in	30 11:00 Healthy Lifestyles 12:00 - 5:00 Drop-in 12:00 - 2:00 Games & puzzles time	31 9:00 -2:00 Drop-in 11:00 - 12:30 Member lunch 2:00 - 3:00 Illness Management and Recovery (IMR)	



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.

STRETCH AND SOMATIC MOVEMENT: Mindful body movements to release tension, improving overall well being.

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		Stretch and Somatic Movement	Healthy Lifestyles	
12:00PM - 1:00PM				ALG (alternate weeks)	
1:00PM - 2:00PM					
2:00PM - 3:00PM		Healthy Communication			IMR
3:00PM - 4:00PM					
4:00PM - 5:00PM					