



## Community Activities Calendar

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



## 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					