



Community Activities Calendar

| ~ November 2025 ~ | | | | | | |
|---|---|---|---|--|---|---|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| Lake Country Cottage: 516 1 st St W (Next to Casey's on Hwy 34) | | | | | | 1 9-12 Drop-in Casual Crochet and Knit group |
| 2 <u>Cottage Hours:</u> Mon 12PM-5PM Tues 9AM-2PM Wed 12PM-5PM Thur 12PM-5PM Fri 9AM-2PM Sat 9AM-12PM | 3 11:00 Stress Management 12:00 - 5:00 Drop-in 1:00 - 2:00 Health smoothie creation | 4 9:00 - 2:00 Drop-in 10-12 Arts and Crafts Games & puzzles time 2:00 Healthy Communication | 5 11:00 Somatic Exercise 12:00 – 5:00 Drop-in 1:00 cooking class | 6 11:00 Healthy Lifestyles 12:00 - 5:00 Drop-in 10:00 - 11:00 Games & puzzles time | 7 9:00 - 2:00 Drop-in 11:00 - 12:30 Member lunch 3:00 Illness Management and Recovery (IMR) | 8 9-12 Drop-in Casual Crochet and Knit group |
| 9 | 10 11:00 Stress Management 12:00 - 5:00 Drop-in 1:00 - 2:00 Health smoothie creation | 11 9:00 - 2:00 Drop-in 10 – 12 Arts and Crafts 2:00 Healthy Communication | 12 11:00 Somatic Exercise 12:00 to 5:00 Drop-in 1:00 cooking class 1:00 - 2:00 Hubbard : County Local Advisory Council meeting Info: 218.366.9229 | 13 11:00 Healthy Lifestyles 12:00 - 5:00 Drop-in 12:00 - 1:00 Games & puzzles time 12:00 ALG | 14 9:00 - 2:00 Drop-in 11:00 - 12:30 Member lunch 3:00 Illness Management and Recovery (IMR) | 15 9-12 Drop-in Casual Crochet and Knit group |
| 16 *ARTS & CRAFTS EVERY TUESDAY 10:00PM-11:00PM | 17 11:00 Stress Management 12:00 - 5:00 Drop-in 1:00 - 2:00 Health smoothie creation | 18 9:00 - 2:00 Drop-in 10 – 12 Arts and Crafts 9-11 GLASS CLASS 2:00 Healthy Communication | 19 11:00 Somatic Exercise 12:00 to 5:00 Drop-in 1:00 Cooking Class | 20 11:00 Healthy Lifestyles 12:00 - 5:00 Drop-in 10:00 - 11:00 Games & puzzles time | 21 9:00 - 2:00 Drop-in 11:00 - 12:30 Member lunch 3:00 Illness Management and Recovery (IMR) | 22 9-12 Drop-in Casual Crochet and Knit group |
| 23 | 24 11:00 Stress Management 12:00 - 5:00 Drop-in 1:00 - 2:00 Health smoothie creation | 25 9:00 - 2:00 Drop-in 10 – 12 Arts and Crafts 2:00 Healthy Communication | 26 11:00 Somatic Exercise 12:00 – 5:00 Drop-in 1:00 Cooking class | 27 Thanksgiving Cottage Closed | 28 17 9:00 - 2:00 Drop-in 11:00 - 12:30 Member lunch 3:00 Illness Management and Recovery (IMR) | 29 9-12 Drop-in Casual Crochet and Knit group |
| 30 | | | | | | |



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 | | Stretch and Somatic Movement | Healthy Lifestyles | |
| 12:00PM - 1:00PM | | | | ALG 2 nd and 4 th | |
| 1:00PM - 2:00PM | | Healthy Communication | | | |
| 2:00PM - 3:00PM | | | | | IMR |
| 3:00PM - 4:00PM | | | | | |
| 4:00PM - 5:00PM | | | | | |