



Community Activities Calendar

~ January 2026 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Lake Country Cottage: 516 1 st St W (Next to Casey's on Hwy 34)			NEW YEARS EVE COTTAGE OPEN 11-5	1 NEW YEARS DAY COTTAGE OPEN 9-2 NO GROUP	2 9:00 - 2:00 Drop-in 11:00 - 12:30 Member lunch 2:00 Illness Management and Recovery (IMR)	3 9-2 Drop-in
4 <u>Cottage Hours:</u> Mon 9AM-2PM Tues 9AM-5PM Wed 11AM-5PM Thur 9AM-2PM Fri 9AM-2PM Sat 9AM-2PM	5 9:00 - 2:00 Drop-in 10 Sunrise Smoothies 2:00 Healthy Communication	6 9:00 - 5:00 Drop-in 10 AM Painting, Arts and Crafts	7 11:00 – 5:00 Drop-in 12:00 Delicious Discoveries	8 9:00 - 2:00 Drop-in 10:00 Games & Puzzles Time 1:00-2:00 ALG 2:00 Healthy Lifestyles	9 9:00 - 2:00 Drop-in 11:00 - 12:30 Member lunch 2:00 Illness Management and Recovery (IMR)	10 9-2 Drop-in
11	12 9:00 - 2:00 Drop-in 10 Sunrise Smoothies 2:00 Healthy Communication	13 9:00 - 5:00 Drop-in 10 AM Painting, Arts and Crafts	14 11:00 – 5:00 Drop-in 12:00 Delicious Discoveries 1:00 - 2:00 Hubbard : County Local Advisory Council meeting Info: 218.366.9229	15 9:00 - 2:00 Drop-in 10:00 Games & Puzzles Time 1:00-2:00 ALG 2:00 Healthy Lifestyles	16 9:00 - 2:00 Drop-in 11:00 - 12:30 Member lunch 2:00 Illness Management and Recovery (IMR)	17 9-2 Drop-in
18 *ARTS & CRAFTS EVERY TUESDAY 10:00 AM	19 9:00 - 2:00 Drop-in 10 Sunrise Smoothies 2:00 Healthy Communication	20 9:00 - 5:00 Drop-in 10 AM Painting, Arts and Crafts	21 11:00 – 5:00 Drop-in 12:00 Delicious Discoveries Activity Night 5-9	22 9:00 - 2:00 Drop-in 10:00 Games & Puzzles Time 1:00-2:00 ALG 2:00 Healthy Lifestyles	23 9:00 - 2:00 Drop-in 11:00 - 12:30 Member lunch 2:00 Illness Management and Recovery (IMR)	24 9-2 Drop-in
25	26 9:00 - 2:00 Drop-in 10 Sunrise Smoothies 2:00 Healthy Communication	27 9:00 - 5:00 Drop-in 10 AM Painting, Arts and Crafts	28 11:00 – 5:00 Drop-in 12:00 Delicious Discoveries	29 9:00 - 2:00 Drop-in 10:00 Games & Puzzles Time 2:00 Healthy Lifestyles	30 9:00 - 2:00 Drop-in 11:00 - 12:30 Member lunch 2:00 Illness Management and Recovery (IMR)	31 9-2 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.

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 active Cottage members.

Time / Day	Monday	Tuesday	Wednesday	Thursday	Friday
10:00AM - 11:00AM					
11:00AM - 12:00PM					
12:00PM - 1:00PM					
1:00PM - 2:00PM				ALG 2 nd and 4 th	
2:00PM - 3:00PM	Healthy Communication			Healthy Lifestyles	IMR
3:00PM - 4:00PM					
4:00PM - 5:00PM			Activity night 5-9 1 st and 3 rd		