

ROOM LEGEND:

• Big Group Room

► Café

■ = New Group/Time

☐ Serenity Room

▽ Eden Place Room

*** = Closed Group

🌀 Kitchen

Φ Community Door Boardroom

Recovery West – August 2019

August 1- 16th 2019 - Please See Flip Side for August 19nd-30th 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				
5	6	7	8	9
RECOVERY WEST IS CLOSED CIVIC HOLIDAY 	9:45-10:00- Stretching Group • 10:00-11:00- Music Group • 11:00-12:00- Men's Group ☐ 11:00-1:00- Cooking Group 🌀 ~11:30-12:45- Anxiety Group • 1:00-2:30 - S.M.A.R.T Group Φ 1:30-2:00- Fitness Group: Strength • 3:30-4:30- Hearing Voices •	11:00-12:30- Creative Writing • 12:30-1:30- Yoga ○ 1:00-2:30- Baking Group 🌀 2:50-4:00- Physical Health & Education (Offsite YMCA) 3:00-4:00- Building Self Compassion ☐	10:00-10:30- Cardio Fitness • 11:00-12:00- Women's Group • 1:00-2:00- Recovery Chat • 2:30-3:30- Alternate Realities • 	9:45-10:00- Stretching Group • 10:00-12:00- Grilling Group 🌀 12:30-2:00- Mindfulness Group • 2:00-3:30 - Photo Group ○ 2:00-4:00- Friday Fun: Minute to Win It 
12	13	14	15	16
10:00-11:00- Spirituality Group ☐ ~11:00-1:00- ***Recovery Through the Arts • 11:00-12:30- *** Seeking Safety ▽ 1:15-1:45- Mindfulness Meditation • 1:45-2:15- Cardio Fitness • 2:30-3:30- Social Interaction • 	9:45-10:00- Stretching Group • 10:00-11:00- Music Group • 11:00-12:00- Men's Group ☐ 11:00-1:00- Cooking Group 🌀 ~11:30-12:45- Anxiety Group • 1:00-2:30 - S.M.A.R.T Group Φ 1:30-2:00- Fitness Group: Strength • 3:30-4:30- Hearing Voices • 	11:00-12:30- Creative Writing • 12:30-1:30- Yoga ○ 1:00-2:30- Baking Group 🌀 3:00-4:00- Building Self Compassion ☐ BLUE JAYS DAY TRIP Leaving at 9:30am 	10:00-10:30- Cardio Fitness • ~10:30-12:30- *** W.R.A.P ☐ 11:00-11:30- Members Meeting ► 11:00-12:00- Women's Group • 1:00-2:00- Recovery Chat • 2:30-3:30- Alternate Realities •	9:45-10:00- Stretching Group • 10:00-12:00- Grilling Group 🌀 12:30-2:00- Mindfulness Group • 2:00-4:00- Friday Fun: Members Choice 

Monday	Tuesday	Wednesday	Thursday	Friday
19 10:00-11:00- Spirituality Group ☐ ~11:00-1:00- ***Recovery Through the Arts ● 11:00-12:30- *** Seeking Safety ▽ 1:15-1:45- Mindfulness Meditation ● 1:45-2:15- Cardio Fitness ● 2:30-3:30- Social Interaction ●	20 9:45-10:00- Stretching Group ● 10:00-11:00- Music Group ● 11:00-12:00- Men's Group ☐ 11:00-1:00- Cooking Group 🌀 ~11:30-12:45- Anxiety Group ● 1:00-2:30 - S.M.A.R.T Group ☐ 1:30-2:00- Fitness Group: Strength ● 3:30-4:30- Hearing Voices ●	21 11:00-12:30- Creative Writing ● 12:30-1:30- Yoga ○ 1:00-2:30- Baking Group 🌀 2:50-4:00- Physical Health & Education (Offsite YMCA) 3:00-4:00- Building Self Compassion ☐	22 10:00-10:30- Cardio Fitness ● ~10:30-12:30- *** W.R.A.P ☐ 11:00-12:00- Women's Group ● 1:00-2:00- Recovery Chat ● 2:30-3:30- Alternate Realities ●	23 9:45-10:00- Stretching Group ● 10:00-12:00- Grilling Group 🌀 12:30-2:00- Mindfulness Group ● 2:00-3:30 - Photo Group ○ 2:00-4:00- Friday Fun: In House Movie RW SUMMER BBQ – \$4.00/ Per Member 
26 10:00-11:00- Spirituality Group ☐ ~11:00-1:00- ***Recovery Through the Arts ● 11:00-12:30- *** Seeking Safety ▽ 1:15-1:45- Mindfulness Meditation ● 1:45-2:15- Cardio Fitness ● 2:30-3:30- Social Interaction ●	27 9:45-10:00- Stretching Group ● 10:00-11:00- Music Group ● 11:00-12:00- Men's Group ☐ 11:00-1:00- Cooking Group 🌀 11:30-12:45- Anxiety Group ● 1:00-2:30 - S.M.A.R.T Group ☐ 1:30-2:00- Fitness Group: Strength ● 3:30-4:30- Hearing Voices ●	28 11:00-12:30- Creative Writing ● 12:30-1:30- Yoga ○ 1:00-2:30- Baking Group 🌀 2:50-4:00- Physical Health & Education (Offsite @ YMCA) 3:00-4:00- Building Self Compassion ☐	29 1:00-2:00- Recovery Chat ● 2:30-3:30- Alternate Realities ● CNE DAY TRIP - Leaving at 9:30am 	30 9:45-10:00- Stretching Group ● 10:00-12:00- Grilling Group 🌀 12:30-2:00- Mindfulness Group ● 2:00-4:00- Friday Fun: Karaoke