

2023

**NOVEMBER**

Recovery Zone Urbana

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 Food Distribution 1pm Music with Friends	2 10am Mindfulness 12pm Lunch 1pm Thrifting	3 10am Mindfulness 12pm Lunch 1pm BINGO	4
6 Community Clean-up 10am-4pm	7 10am Smart Recovery 12pm Lunch 1pm Art-Projects	8 Food Distribution 1pm Music with Friends	9 10 am Mindfulness 12pm Lunch 1pm Movie Day!	10 10am Life Skills 12pm Lunch 1pm BINGO	11
13 Community Clean-up 10am-4pm	14 10am SMART Recovery 12 pm Lunch 1pm Art-Projects	15 Food Distribution 1pm Music with Friends	16 10 am Mindfulness 12pm Lunch 1pm Candle Making 3:30pm Food Truck (MBURG)	17 10am Life Skills 12pm Lunch 1pm BINGO	18
20 Community Clean-up 10am-4pm	21 Narcan training 10am 10:30 am SMART Recovery 12 pm Lunch 1pm Art-Projects	22 Food Distribution 1pm Music with Friends	23 THANKSGIVING CLOSED	24 10am <b>THANKSGIVING</b>	25
27 Community Clean-up 10am-4pm	28 10 am SMART Recovery 12 pm Lunch 1pm Art-Projects	29 Food Distribution 1pm Music with Friends	30 10 am Mindfulness 12pm Lunch 1pm Shopping	1 10am Life Skills 12pm Lunch 1pm BINGO	2

**Monday-Center Not Open Community Service 10 am-?**

**Exception July 3**

**Tues-Friday 9am-2:30pm**

Sunday

5
12
19
26
3