

2024

OCTOBER

937-508-4383

Recovery

Zone of Urbana

9:30am-3:30pm Tues-Fri

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5
Community Clean-up 10am -?	10am Trauma Informed 12pm Lunch 1pm Chair Yoga	10am Recovery Video 12pm Lunch 1pm Music with Friends	10am Mindfulness 12pm Lunch 1pm West Liberty Thrifting	10am Mental Health 12pm Lunch 1pm BINGO	10am Community Service Must call Friday
7	8	9	10	11	12
Community Clean-up 10am-?	10am Check In & Art 12pm Lunch 1pm Chair Yoga	10am Recovery Video 12pm Lunch 1pm Music with Friends	10am Mindfulness 12pm Lunch 1pm Shopping	10am Mental Health 12 pm Lunch 1pm BINGO	10am Community Service Must call Friday
14	15	16	17	18	19
Community Clean-up 10am-?	10am Trauma Informed 12pm Lunch 1pm Chair Yoga	10am Recovery Video 12pm Lunch 1pm Music with Friends	10am Mindfulness 12pm Lunch 1pm Shopping	10am Mental Health 12 pm Lunch 1pm BINGO	10am Community Service Must call Friday
21	22	23	24	25	26
Community Clean-up 10am-?	10am Trauma Informed 12pm Lunch 1pm Chair Yoga	10am Recovery Video 12pm Lunch 1pm Music with Friends	9:15am Leave for Discovery Riders *Sign up only	10am Mental Health 12pm Lunch BINGO	10am Community Service Must call Friday
28	29	30	31	1	2
Community Clean-up 10am-?	10am Trauma Informed 12pm Lunch 1pm Chair Yoga	10am Recovery Video 12pm Lunch 1pm Music with Friends	10am Mindfulness 12pm Lunch 1pm Shopping Food Truck	10am Mental Health 12pm Lunch BINGO	
Monday AA Noon: Attitude adjustment meeting closed until further notice			Short walks in the afternoons when weather permits!		Sunday's at 6:30 AA 12&12

10, 8, 15, 22 and 29

— 7 — 14 — 21

