

2025

MAY

937-508-4383

Recovery

Zone of Urbana

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

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
							1		2		3
	Community Clean-up 10am-?	10am Self-Care 12pm Lunch Chair Yoga	Crafts 1pm	10am Recovery Story 12pm Lunch 1pm Music with Friends		10am Mindfulness 12pm Lunch 1pm Shopping		10am Mental Health 11am Chair Yoga 12 pm Lunch 1pm BINGO			
	5		6		7		8		9		10
	Community Clean-up 10am-?	10am Self-Care 12pm Lunch Chair Yoga	Crafts 1pm	10am Recovery Story 12pm Lunch 1pm Music with Friends		10am Mindfulness 12pm Lunch 1pm Shopping		10am Mental Health 11am Chair Yoga 12 pm Lunch 1pm BINGO		10am Community Service Must call Friday	
30	12		13		14		15		16		17
	Community Clean-up 10am-?	10am Self-Care 12pm Lunch Chair Yoga	Crafts 1pm	10am Recovery Story 12pm Lunch 1pm Music with Friends		10am Mindfulness 12pm Lunch 1pm Shopping		"Secret Garden" Field Trip Leave at 10am		10am Community Service Must call Friday	
	19		20		21		22		23		24
	Community Clean-up 10am-?	10am Self-Care 12pm Lunch Chair Yoga	Crafts 1pm	10am Recovery Story 12pm Lunch 1pm Music with Friends		10am Mindfulness 12pm Lunch 1pm Shopping		10am Mental Health 12pm-1pm Sign Rally 1:30pm QPR Suicide awareness training BINGO		10am Community Service Must call Friday	
	26		27		28		29		30		31
	Community Clean-up 10am-?	10am Self-Care 12pm Lunch 1pm Chair Yoga	Crafts	10am Recovery Video 12pm Lunch 1pm Music with Friends		10am Mindfulness 12pm Lunch 1pm Shopping		Fishing, Fun and Friends at the Melvin Miller Park 10am-?			
	Looking for meetings that need a space! NA, AA, Life Recovery, SMART, Support meetings of any kind!					Short walks in the afternoons when weather permits!				Sunday's at 6:30 AA 12&12	

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