

2024

DECEMBER

937-508-4383

Recovery

Zone of Urbana

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
C o m m	2 Community Clean-up 10am-?	3 10am Check In & Art 12pm Lunch Chair Yoga	4 10am Recovery Video 12pm Lunch 1pm Music with Friends	5 10am Mindfulness 12pm Lunch 1pm West Liberty Thrifting	6 10am Mental Health 12pm Lunch 1pm BINGO	7 10am Community Service Must call Friday
	9 Community Clean-up 10am-?	10 10am Check In & Art 12pm Lunch Chair Yoga	11 10am Recovery Video 12pm Lunch 1pm Music with Friends	12 10am Mindfulness 12pm Lunch 1pm Shopping	13 10am Mental Health 11am Chair Yoga 12 pm Lunch 1pm BINGO	14 10am Community Service Must call Friday
	16 Community Clean-up 10am-?	17 10am Trauma Informed 12pm Lunch Chair Yoga	18 10am Recovery Video 12pm Lunch 1pm Music with Friends	19 10am Mindfulness 12pm Lunch 1pm Christmas Carrolling	20 Recovery Zone Christmas Party and Dinner 12:00pm	21 10am Community Service Must call Friday
	23 Community Clean-up 10am-?	24 Christmas Eve Hours To Be Determined	25 Christmas Day Recovery Zone Closed	26 10am Mindfulness 12pm Lunch 1pm Shopping	27 10am Mental Health 11am Chair Yoga 12 pm Lunch 1pm BINGO	28 10am Community Service Must call Friday
	30 Community Clean-up 10am-?	31 10am Trauma Informed 12pm Lunch Chair Yoga	1 Recovery Zone Closed New Year's Day	2 10am Mindfulness 12pm Lunch 1pm Shopping	3 10am Mental Health 11am Chair Yoga 12 pm Lunch 1pm BINGO	4
	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

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