








May 2019 Calendar

Needing a ride? Please call a day ahead, **during office hours**, to make a reservation, 373-7030. (\$-bring money for activity) **Note:** (Center does close due to inclement weather conditions)

MON <i>AGAPE Hrs:</i> <u>9am – 4pm</u>	TUE <i>AGAPE Hrs:</i> <u>9am – 4pm</u>	WED <i>AGAPE Hrs:</i> <u>9am – 4pm</u>	THU <i>AGAPE Hrs:</i> <u>6:00pm-8:00pm</u>	FRI <i>AGAPE Hrs:</i> <u>9am – 4pm</u>
		<u>1</u> Practicing Gratitude <u>9:30 – 10:30</u> Art Class <u>11:00-12:00</u> Step up Scale Down <u>1:00-2:00</u> Yoga <u>2:30-3:30</u>	<u>2</u> Guest Speaker City Council Candidate Brad Torch <u>6:00 – 8:00</u>	<u>3</u> Election Day Voting for Mayor, City Council <u>9:00 – 11:30</u> Golden Light Café - SS Zoo - SS <u>12:00 – 4:00</u>
<u>6</u> Agape Volunteer Day Lunch: Sub Sandwiches & Chips <u>9:00-3:00</u> How do You Say “Recovery” <u>3:00-4:00</u>	<u>7</u> Mood Swings <u>10:00 – 11:00</u> NAMI Connection Group <u>1:00-2:30</u> Current Events <u>2:45-3:45</u>	<u>8</u> Education Group: Managing Loneliness <u>9:30 – 10:30</u> Art Class <u>11:00-12:00</u> Friendly Concerns <u>1:00-2:00</u> Yoga <u>2:30-3:30</u>	<u>9</u> Movie at the Mall  <u>6:00 – 8:00</u>	<u>10</u> GED Class <u>9:30 – 10:30</u> Fear in a Hat <u>10:45 – 11:45</u> Golden Light Café- SS Walking 6 th Street - SS <u>12:00 – 4:00</u>
<u>13</u> Dealing with Depression <u>9:30 -10:30</u> Good Sleep Habits <u>11:00 – 12:00</u> Exercise <u>1:00 – 2:00</u> Humor is Healthy <u>2:30 – 3:30</u>	<u>14</u> Budgeting <u>10:00 – 11:00</u> NAMI Connection Group <u>1:00-2:30</u> Journaling <u>2:45-3:45</u>	<u>15</u> Education Group: Anger Management #2 of 3 <u>9:30 – 10:30</u> Art Class <u>11:00-12:00</u> Step up, Scale Down <u>1:00-2:00</u> Yoga <u>2:30-3:30</u>	<u>16</u> AAHMC Board Meeting <u>5:30 – 7:30</u> 	<u>17</u> Center Closed Staff Training 
<u>20</u> Agape Volunteer Day Lunch: Chef Salad & Fruit Cup <u>9:00-3:00</u> How do You Say “Recovery” <u>3:00-4:00</u>	<u>21</u> Types of Personalities <u>10:00 - 11:00</u> NAMI Connection Group <u>1:00 - 2:30</u> Mental Health Wheel of Fortune <u>2:45 - 3:45</u> Peace of Mind Event <u>4:00 – 6:00</u>	<u>22</u> Education Group: Finding Purpose in Life #2 <u>9:30 – 10:30</u> Art Class <u>11:00-12:00</u> Guest Speaker Jennifer Bledsoe: TPC <u>1:00-2:00</u> Yoga <u>2:30-3:30</u>	<u>23</u> Sod Poodles Baseball Game <u>6:30 – 9:00 SS</u> 	<u>24</u> Center Closed  NAMI Meeting Saturday, 25th <u>2pm – 3pm</u>
<u>27</u> Closed Memorial Day 	<u>28</u> Managing Loneliness <u>10:00 – 11:00</u> NAMI Connection Group <u>1:00-2:30</u> Way's to Make Life More Interesting <u>2:45-3:45</u>	<u>29</u> Education Group: Nutrition #2 of 3 <u>9:30 – 10:30</u> Art Class <u>11:00-12:00</u> Folk Music/Vickie Lee (Guitar & Sing Along) <u>1:00-2:00</u> Yoga <u>2:30-3:30</u>	<u>30</u>  Birthday Night <u>6:00 – 8:00</u>	<u>31</u> GED Class <u>9:30-10:30</u> Personal Safety <u>11:00-12:00</u> Peace & Relaxation <u>1:00-2:00</u> Housing: Spring Cleaning <u>2:30-3:30</u>