

December 2018 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 such as icy roads.**

MON <i>AGAPE Hrs:</i> 10am – 4pm	TUE <i>AGAPE Hrs:</i> <u>12:00pm – 3:30pm</u>	WED <i>AGAPE Hrs:</i> 10:30am- 4:30pm	THU <i>AGAPE Hrs:</i> <u>6:00pm-8:00pm</u>	FRI <i>AGAPE Hrs:</i> 10am – 12pm, 10am-4pm
<u>3</u> Clubhouse Work Units Lunch: Pancakes & Sausage <u>10:00-3:00</u> Texas Panhandle Centers Depression Group <u>3:00-4:00</u>	<u>4</u> NAMI Connections Group <u>1:00-2:30</u> Education: Practicing Mindfulness <u>2:45-3:45</u>	<u>5</u> Art Class <u>11:00-12:00</u> Health & Wellness <u>1:00-2:00</u> Yoga <u>2:30-3:30</u> Education Group: What are ACE's and its effects <u>3:30-4:30</u>	<u>6</u> Christmas Crafts  <u>6pm – 8pm</u>	<u>7</u> Advanced GED Class <u>10:00 – 11:00</u> Being Positive <u>11:00 – 12:00</u> Westgate Mall \$\$ Eat & Shop <u>12:00 – 4:00</u>
<u>10</u> Clubhouse Work Units Lunch: Taco Soup With Corn Chips <u>10:00-3:00</u> Texas Panhandle Centers Depression Group <u>3:00-4:00</u>	<u>11</u> NAMI Connections Group <u>1:00-2:30</u> Author's Hour Bren'e Brown <u>2:45-3:45</u>	<u>12</u> Art Class <u>11:00-12:00</u> Friendly Concerns <u>1:00-2:00</u> Yoga <u>2:30-3:30</u> Education Group: Knowing Your Personality Type <u>3:30-4:30</u>	<u>13</u> Christmas Production Trinity Fellowship  <u>6:30pm-9pm</u>	<u>14</u> Advanced GED Class <u>10:00 – 11:00</u> Peace & Relaxation <u>11:00 – 12:00</u> Burgers And Bowling \$\$ <u>12:00-4:00</u>
<u>17</u> Clubhouse Work Units Lunch: Beef & Bean Burritos w/ Chips & Salsa <u>10:00-3:00</u> Texas Panhandle Centers Depression Group <u>3:00-4:00</u>	<u>18</u> Christmas Lights  And Hot Chocolate <u>6pm – 8pm</u>	<u>19</u> Art Class <u>11:00-12:00</u> Current Events <u>1:00-2:00</u> Yoga <u>2:30-3:30</u> Education Group: Maslows Hierarchy of Need (Knowing Your Needs) <u>3:30-4:30</u>	<u>20</u> AAHMC Board Meeting <u>6pm – 8pm</u> 	<u>21</u> AAHMC Annual CHRISTMAS PARTY! <u>2pm – 6pm</u> 
<u>24</u> Closed For Christmas 	<u>25</u> Closed  Christmas Day	<u>26</u> Closed For Christmas 	<u>27</u> AAMHC Birthday Night  <u>6pm – 8pm</u>	<u>28</u> Advanced GED Class <u>10:00 – 12:00</u> Housing: Preparing for Cold Weather <u>1:00–2:00</u> Beginners Dance Exercise <u>3:00-3:45</u>
<u>31</u> Clubhouse Work Units Lunch: Chicken & Dumplings <u>10:00-3:00</u> Texas Panhandle Centers Depression Group <u>3:00-4:00</u>				