

# January 2018 S.T.A.R. Central Recovery Group Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 – 8:00 am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:15 – 9:00 am	Nutrition Class-Jeff	Don't Sweat the Small Stuff-Carlos	Mid-Week Check In-Annikin	Building Support-Carlos	Physical Health-Carlos	
9:30 – 10:15 am	Morning Aspirations-Jason Food Handlers-Jeff Avoiding Isolation-Carlos	Active Outing-Alysha Wii Games-Annikin	Relapse Prevention-Jason Men's Group-Carlos Women's Group-Alysha	Budgeting Outing-Jim Recovery Jenga-Alysha	Coping Skills-Annikin New Member Orientation-Jim Art Expressions-Adam	Outing Or Group
10:30 – 11:15 am	Open Art - Jim Kroc Center-Alysha	Active Outing-Alysha Better Days-Carlos Art Expressions-Adam	Art Expressions-Adam Kroc Center-Annikin	Budgeting Outing-Jim Coping with Anxiety-Annikin Art Expressions-Adam	Bowling-Alysha Art Expressions-Adam Spanish Group-Carlos	Outing Or Group
11:30 – 12:15 pm	Kroc Center-Alysha Spirituality-Jim Action Planning-Annikin	Self Esteem-Annikin Recovery Topic Cards I-Jim Recovery Topic Cards II-Carlos	Kroc Center-Annikin Sharing Your Story-Alysha ANTS-Carlos Avoiding Triggers-Jim	Ending Stigma-Carlos Gratitude-Alysha Money Management-Annikin	Bowling-Alysha Games Group-Annikin Music Appreciation-Carlos	Outing Or Group
12:30 – 1:15 pm	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores
1:30 – 2:15 pm	Karaoke-Carlos	Bingo-Christina Sharing Your Story-Jim	Cooking Class-Christina Current Events-Carlos	Clothing Closet-Alysha Improving Your Memory-Carlos	Food Share-Christina Weekend Planning-Jim	
2:00 – 3:00 pm	Open Art-Jim Gratitude-Christina/David	Art Expressions-Adam	Art Expressions-Adam	Journaling-Christina Art Expressions-Adam	Art Expressions-Adam	Center Closes at 2:00
3:15 – 4:00 pm	Park Walk-Christina/David	Educational/ Budgeting Outing-Christina/David	Educational/ Budgeting Outing-Christina/David	Kroc Center-Christina/David	Center Closes at 3:30	
4:00 – 5:00 pm	Park Walk-Christina/David Recovery Topic Cards-Christina/David	Educational/ Budgeting Outing-Christina/David Meditation-Christina /David	Educational/ Budgeting Outing-Christina/David Gratitude-Christina /David	Kroc Center-Christina/David Weekend Planning-Christina/ David		
5:15 – 6:15 pm	Dinner/ Chores	Dinner/ Chores	Dinner/ Chores	Dinner/ Chores		
6:30 – 7:15 pm	Wii Games-Christina /David	Recovery Games-Christina /David	Bingo- Christina /David	Recovery Games-Christina /David		
7:00 - 7:30 pm	Center Closes at 7:30	Center Closes at 7:30	Center Closes at 7:30	Center Closes at 7:30		

Open Computer Lab: Everyday 7:30 – 12:00, 1:30 - Close

**S.T.A.R. Central**  
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Phoenix, AZ 85034

**Phone** 602-685-1295

**Fax** 602-685-1298

**Mon-Thurs** 7:30 – 7:30

**Fri** 7:30 – 3:30

**Sat** 7:30 – 2:00

Calendar DOES NOT represent all Community Outings. See [Central Community Outings](#)

