

March 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 (8:30)	Goals Group-Bruce	Physical Health-Carlos	Outing Or Group
9:30 – 10:15 am	Morning Aspirations-Food Handlers-Jeff Morning Stretch-Carlos	Education/Budget Outing-Jim Wii Games-Annikin Coping with Addiction-Alysha	Relapse Prevention-Men's Group-Carlos Women's Group-Alysha	Education/Budget Outing-Carlos Recovery Jenga-Alysha	Coping Skills-Annikin Bowling-Christina/Alysha New Member Orientation or Positive Affirmations-Jim	Outing Or Group
10:30 – 11:15 am	Open Art-Jim Kroc Center-Alysha Open Discussion-Annikin	Education/Budget Outing-Jim Better Days-Carlos Art Expressions-Amy	Art Expressions-Amy Kroc Center-Annikin Avoiding Triggers-Jim	Education/Budget Outing-Carlos Coping with Anxiety-Annikin Art Expressions-Amy	Art Expressions-Amy Bowling-Christina/Alysha Spanish Group-Carlos	Outing Or Group
11:30 – 12:15 pm	Kroc Center-Alysha Spirituality-Jim Avoiding Isolation-Carlos	Self Esteem-Annikin Recovery Topic Cards I-Alysha Recovery Topic Cards II-Carlos	Kroc Center-Annikin Sharing Your Story-Alysha A.N.T.S.-Carlos Healthy Recovery Topics-Tiffany	Ending Stigma- Jim Gratitude-Alysha Meditation-Annikin	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	Cooking Class-Christina	Clothing Closet-Alysha Improving Your Memory-Carlos	Food Share-Christina Weekend Planning-Jim	
2:00 – 3:00 pm	Open Art-Jim Gratitude-Christina	A.N.T.S.-Jim Art Expressions-	Art Expressions-Current Events-Carlos	Art Expressions-Journaling-Christina	Art Expressions-	Center Closes at 2:00
3:15 – 4:00 pm	Park Walk-David	Education/Budget Outing-Christina	Education/Budget Outing-David	Kroc Center-Christina	Center Closes at 3:30	
4:00 – 5:00 pm	Recovery Topic Cards-Christina (4:30)	Meditation-David (4:30)	Gratitude-Christina (4:30)	Weekend Planning-David (4:30)		
5:15 – 6:15 pm	Dinner/Chores	Dinner/Chores	Dinner/Chores	Dinner/Chores		
6:30 – 7:15 pm	Recovery Games-Christina	Recovery Games-David	Bingo-David	Wii Games-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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Phone 602-685-1295
Fax 602-685-1298
Mon-Thurs 7:30 – 7:30
Fri 7:30 – 3:30
Sat 7:30 – 2:00

S.T.A.R.



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