

# August 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	Mid-Week Check In - Jimmy	Spanish Group - Len	Physical Health - Len	
9:30 – 10:15 am	KROC Center- Jimmy Putting Off Procrastination- Kristin	Outing - Jimmy	Kroc Center – Len Women's Group – Christina Men's Group - Jimmy Culinary Arts	Outing Art Expression – Amy Motivational Group - Lisa	Bowling – Carlos and Greg New Member Orientation-Len	Outing Or Group
10:30 – 11:15 am	Art Expressions – Amy Motivational Group-Lisa	Art Expression – Amy Life Goals – Lisa (10:00-11:00)	Art Expression - Amy	Face your Feelings - Kristen	Art Expressions – Amy Life Goals - Lisa	Outing Or Group
11:30 – 12:15 pm	Spirituality – Len Avoiding Isolation- Christina	Sharing your Story - Len	ANTS	Money Management - Len	Music Appreciation - Christina	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 - Len	Bingo - Greg	Cooking Class - Greg	Clothing Closet - Jimmy	Food Share - Carlos	Outing Or Group
2:00 – 3:00 pm	Open Art – Len Positive Aspirations - Christina	Open Art – Christina Money Management - Len	Open Art – Len Coping with Depression-Jimmy	Open Art - Christina	Weekend Planning - Greg	Center Closes at 2:00
3:15 – 4:00 pm	Mall Walk - PM	Super Target 3:30- Jimmy	Walmart - Greg	Kroc Center – Greg/Jimmy	Center Closes at 3:30	
4:00 – 5:00 pm	Wii Games - Jimmy	Open Discussion - Greg	Coping Skills - Jimmy	Recovery Games – Jimmy/Greg		
5:15 – 6:15 pm	Dinner/Chores	Dinner/Chores	Dinner/Chores	Dinner/Chores		
6:30 – 7:15 pm	Self Esteem	Gratitude	Meditation -Greg	Bingo - Jimmy		
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		

**S.T.A.R. CENTRAL**  
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**Mon-Thurs** 7:30 – 6:30  
**Fri** 7:30 – 3:30  
**Sat** 7:30 – 2:00

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

