

# September 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<br>Putting Off Procrastination- Kristin | Outing - Jimmy  | Kroc Center – Len<br>Women's Group – Christina<br>Men's Group - Jimmy<br>Culinary Arts | Outing<br>Art Expression – Amy<br>Motivational Group - Lisa | Bowling – Carlos and Greg<br>New Member Orientation-Len | Outing<br>Or<br>Group |
| 10:30 – 11:15 am | Art Expressions – Amy<br>Motivational Group-Lisa           | Art Expression – Amy<br>Life Goals – Lisa (10:00-11:00) | Art Expression - Amy   | Face your Feelings - Kristen                                | Art Expressions – Amy<br>Life Goals - Lisa              | Outing<br>Or<br>Group |
| 11:30 – 12:15 pm | Spirituality – Len<br>Avoiding Isolation- Christina        | Sharing your Story - Len                                | ANTS   | Money Management - Len                                      | Music Appreciation - Christina                          | Outing<br>Or<br>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<br>Or<br>Group |
| 2:00 – 3:00 pm   | Open Art – Len<br>Positive Aspirations - Christina         | Open Art – Christina<br>Money Management - Len          | Open Art – Len<br>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](#)

