

December 2018 S.T.A.R. CENTRAL Recovery Group Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 – 9:00 am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:00 – 8:45 am	Nutrition – Joanne Personal Goals - Jeff	Daily Check in -RSS	Midweek check in-RSS	Daily check in-RSS	Daily Check in-RSS Coping with Voices—Greg	
9:00 – 9:45 am	Food Handler – Jeff Putting Off Procrastination – Kristin KROC – Jimmy	Outing – Jimmy Don't Sweat the Small Stuff - RSS Meditation – Greg	KROC- Perry Women's Group – Kristin Men's group – Len Culinary Arts	Outing—Jimmy Italian – Greg Assert Yourself – Kristin Wii Games – Perry	Bowling – 2 RSS Ending Self Stigma – Kristin Self Esteem – Allen	Outing Or Group
9:45 am	Chores / Leave for Outings	Chores / Leave for Outings	Chores / Leave for Outings	Chores / Leave for Outings	Chores / Leave for Outings	Chores / Leave for Outings
10:00 – 10:45 am	Art Exp. – Kate Anger Management - Lisa	Art Expression – Amy Mindfulness- Lisa	Art Expression –Amy Meditation – Jimmy	Art Expression –Amy Anger Management – Lisa	Art Expression- Kate Mindfulness – Lisa	Outing Or Group
11:00 – 11:45 am	Spirituality – RSS Recovery Games – Len	Self-Motivation- Perry Sharing Your Story- Len	Nurse's Corner	Gratitude – Jennifer Money Management – Len	Making Friends – Greg Music Appreciation—Len	Outing Or Group
12:30 / 1:00 pm	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores
1:30 pm	Karaoke - Len	Bingo - Greg	Cooking Class	Clothing Closet	Food Share	Outing Or Group
2:00 – 2:45 pm	Open Art – Kate Positive Aspirations -RSS	Open Art - RSS	Open art – Len ANTs – Allen	Open Art – Greg	Weekend Planning – Greg	Center Closes at 2:00
3:30 pm	Afternoon Shuttle / Leave for Outings	Afternoon Shuttle / Leave for Outings	Afternoon Shuttle / Leave for Outings	Afternoon Shuttle / Leave for Outings	Center Closes at 3:30	
4:15 – 5:00 pm	Outing—Allen Wii Games - Jimmy	Outing – Jimmy Open Discussion – Allen	Outing – Allen Coping Skills – Jimmy	KROC – Jimmy Recovery Games – Allen		
5:15 / 5:45 pm	Dinner/ Chores	Dinner/ Chores	Dinner/ Chores	Dinner/ Chores		
6:00 – 6:45 pm	Self Esteem - Allen	Gratitude – Allen	Meditation – Allen	Bingo – Allen		
7:30 pm	Center Closes at 7:30	Center Closes at 7:30	Center Closes at 7:30	Center Closes at 7:30		

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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](#)