

# August 2021 S.T.A.R. CENTRAL Recovery Group Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 – 8:00 am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:00 – 9:00 am	Morning Open Art- Amy	Morning check in/Open Art- Pearl	Morning Jams- Pearl (hybrid)	Morning check in/Open Art- Pearl	Morning check in/Open Art- Pearl
9:00 – 10:00 am	Art & Music- Hector Goodwill – Steven, Tanya	Spirituality- Greg (hybrid) Mindfulness Outing - Hector, Dedria	Don't Sweat the Small Stuff - Steven (hybrid) 99 cent Only -George, Greg	Yoga- Hector Fiesta Bowl Museum -Greg, Steven	Art Expressions- Hector 9:45 Bowling Outing- Greg, Tanya
10:00 – 11:00 am	Self-Love – George (Hybrid) Communication -Michael	Nurse's Corner - Renee Setting Goals – Michael	Recovery Ball- Steven Feeling the Music –Michael	Karaoke/Clothing Share Group - Dedria	Health eating/Food Share Group – Michael
11:00 – 12:00 pm	Crush the Fears -Hector (hybrid)	Emotional Control- Steven (hybrid)	Meditation -Hector (hybrid) Coping with anxiety – Pearl	Making and Keeping Friends- Hector Coping Skills -Pearl 12:15 AZ Commemorative Air Force museum-George, Tanya	Games Group- Steven, Hector
12:30 – 1:00 pm	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores
1:00 – 2:00 pm	Music Appreciation - George (hybrid)	Bingo-Hector	Art/Meditation – Hector	Clothing Share Group – Steven	Food Share Group Michael
2:00 – 3:00 pm	Don't Sweat the Small Stuff- Macie	Character Building -Michael	Potato Game -Macie (hybrid)	Don't Sweat the small Stuff- Dedria	Fun Friday -George
3:00 – 4:00 pm	PM Shuttle	Games Group- Macie PM Bowling -George, Tanya	PM Shuttle	Trivia -Macie (hybrid)	Center Closes at 3:30
4:00 – 5:00 pm	Center Closes at 3:30	Music Appreciation- Macie	Center Closes at 3:30	Recovery sticks- Macie (hybrid)	<b>S.T.A.R. CENTRAL</b> 2502 E. Washington St. Phoenix, AZ 85034 Phone 602-685-1295 Fax 602-685-1298 Mon, Wed, Fri 7:30– 3:30 Tues, Thurs 7:30 – 7:00 S.T.A.R.
5:00 – 6:00 pm		Dinner/Chores		Dinner/Chores	
6:00 – 7:00 pm		Evening Shuttle Center Closes at 7:00		Evening Shuttle Center Closes at 7:00	

\*\*\*\*Hybrid Group Log in: Meeting ID:926 942 6571 Passcode: Central

