

STAR West Center Schedule 8/16 to 8/27/2021

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:53 am	Art Group-Bill	Art Group-Danielle	Open Art-Anthony	Open Art-Jeff	Art Therapy-Sabastian (Hybrid: 910 164 3879 Star2)
9:00-9:53 am	Kroc Center on 8/16 and 8/23-Sabastian Coping Skills- Jeff (Hybrid: 456 978 5746 Star2)	Hickman's Farm Tour 8/1-Sabastian Queen Creek Olive Oil Mill 8/24-Jeff Cognitive Distortions- (Hybrid: 910 164 3879 Star2)	Phoenix Art Museum 8/18-Sabastian Bookman's 8/25-Jeff Wise Mind (Hybrid: 910 164 3879 Star2)	Bowling on 8/19 and 8/26-Jeff Bingo-Sabastian	Favorite T-Shirt Day/Chili Cook-off On 8/20 and Kroc Center on 8/27 Defense Mechanisms-Sabastian (Hybrid: 910 164 3879 Star2)
10:00-10:53 am	Open Topic-Jeff (Hybrid: 456 978 5746 Star2) Music and Movement-Donna	Maslow's Hierarchy of Needs (Hybrid 910 164 3879 Star2)	Music Appreciation-Donna (Hybrid: 327 122 9798 Star2)	Acting As If-Sabastian (Hybrid: 910 164 3879 Star2) Addiction Recovery-Danielle/Peggysue (Hybrid: 327 122 9798 Star2)	Budgeting Your Personal Funds-Jose (Hybrid: 562 040 7948 Star2) on 8/27 only
11:00-11:53 am	Mid-Day Check-in-Jeff	Mid-Day Check-in-Donna	Start Where You Are-Jose	Mid-Day Check-in-Anthony	Mid-Day Check-in-Danielle only on 8/27
12:15-12:30pm	Announcements/Lunch	Announcements/Lunch	Announcements/Lunch	Announcements/Lunch	Announcements/Lunch
1:00-1:53 pm	Michael's on 8/16 and Joanne's 8/23-Sabastian Stretching/Meditation-Jeff	Super Target 8/17 and Ross on 8/24-Jeff Self-Soothing Group-Sabastian (Hybrid: 910 164 3879 Star2)	Savers on 8/18 and Goodwill in Goodyear on 8/25 Men's Group (Hybrid:	Healthy Eating Group/Clothing Share-Donna	Reflections/Food Share-Jeff

2:00- 2:53 pm	Boundaries-Danielle (Hybrid: 327 122 9798 Star2)	Journaling-Jose	Women's Group- Danielle	Music Therapy- Sabastian (Hybrid: 910 164 3879 Star2)	Weekend Planning-Danielle on 8/27 only
3:00- 3:30 pm	Shuttle	Shuttle	Shuttle	Shuttle	Shuttle