

STAR West Center Schedule 1/3 to 1/31/2023

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:53am	OPEN ART-Gigi Avoiding Isolation-Chico	OPEN ART-Gigi Breaking old Habits-Chico	OPEN ART-GIGI Figuring out Boundaries-Chico	OPEN ART-Gigi Goals & Ambitions-Chico	OPEN ART-Daeman Identify the best/worst Moments in Life-Chico
9:00 to 9:53 am	ART Project/Open ART-Daeman	OPEN ART-Gigi	ART Project/Open ART-Daeman	OPEN Art-Daeman	ART Project/Open ART- Gigi
9:00-9:53 am	1/9- ROSS Kroc Center 1/23, 1/30 Identify the word, "Activation"- Gigi (Hybrid: 562 040 7948 Star2)	1/3-Harkins Theater 1/10-Desert Botanical Garden 1/17-Lazy day in the park 1/24- Wickenburg museum & walk 1/31-Gateway Pavilions Shopping Center Anger Management- Chico (Hybrid: 562 040 7948 Star2) Bingo-Donna	1/4-Sam's Club 1/11-Dollar Tree 1/11-All staff Meeting Center closes at 12:00 1/18-Phoenix Art Museum 1/25-Barnes & Noble How to stay inspired-Gigi (Hybrid: 562 040 7948 Star2)	Bowling 1/5, 1/12, 1/19, 1/26- STAR WEST All Site Coping skills Tool Box-Jeff (Hybrid: 562 040 7948 Star2) Cooking Group with Riley	Kroc Center 1/6, 1/13, 1/20-Michael's 1/27-Picnic in the Park Friendship Park The MacGyver Group-Jeff (Hybrid: 562 040 7948 Star2)
10:00-10:53 am 10:00-10:53 am	1/9 Council Meeting 1/23- St. Mary's Food Bank 1/23- Goodwill 1/30- Westgate Shopping Center Self Care & Stress Relief: Beth	1/3-Armadillo Antique Mall 1/10-Goodyear Library 1/17-Top Golf 1/24-Dollar Tree 1/31-Goodwill Asking for Help-Gigi (Hybrid: 562 040 7948 Star2)	1/4- Sprouts 1/11-Big Lots 1/18-Arrowhead Mall 1/25-out & about Controlling Your Emotions-Gigi	1/5-Phoenix Marketplace 1/12- Arizona Capitol Museum 1/19-Phoenix Library Figuring out Boundaries -Gigi	1/6-Cabela's 1/13-Bass Pro Shop 1/20-Guitar Center 1/27-Big 5 Morning Chair Yoga-Gigi

	(Hybrid: 562 040 7948 Star2) Behavioral Changes-Gigi	Cooking Group Attitudes-Mike	(Hybrid: 562 040 7948 Star2) Nacho Your Business Group-Jeff	(Hybrid: 562 040 7948 Star2) What am I Struggling With-Mike	Relapse Prevention-Jeff (Hybrid: 562 040 7948 Star2)
11:00-11:53 am	1/9 Members Meeting What does it mean to be in RECOVERY?-Chico (Hybrid:562 040 7948 Star2)	Positive thinking & Motivation-Mike Mental Health and Wellness: Reymundo (Hybrid: 562 040 7948 Star2)	Housing Needs with Wanda Self-Advocacy-Reymundo (Hybrid: 562 040 7948 Star2)	Men's Group-Reymundo Women's Group-Beth Music & Movement-Donna	Music and Movement-Donna Life Skills 101-Reymundo (Hybrid: 562 040 7948 Star2)
11:00-11:53 am	Recovery Planning: Reymundo				
12:00-12:15pm	Announcements/ Lunch	Announcements/ Lunch	Announcements/ Lunch	Announcements/ Lunch	Announcements/ Lunch
12:15-12:45 pm	Lunch and Learn-Reymundo	Lunch and Learn-Reymundo	Lunch and Learn-Mike	Lunch and Learn-Reymundo	Lunch and Learn-Reymundo
1:00- 1:53 pm	1/9- Walmart 1/23-.99 cents store 1/30-Hobby Lobby The 3 A's (Awareness, Acceptance, Action-Chico (Hybrid: 562 040 7948 Star2)	1/3- Target 1/10-.99 cents store 1/17-Fry's Marketplace 1/24-Family Dollar 1/31-5 Below The Power of Choice-Chico (Hybrid: 562 040 7948 Star2)	1/4 -DD's Discount Store 1/12-TJ MAXX 1/18-ROSS 1/25-Coffee Talk in the park Daily Goals-Reymundo (Hybrid: 562 040 7948 Star2)	Budgeting Skills/Clothing Share (Mike)	Daily Living Skills /Food Share (Gigi)
2:00-2:53 pm	Fun Recovery Activities	1/3- Dollar Tree Fun Recovery Activities	Fun Recovery Activities	Fun Recovery Activities	Fun Recovery Activities

