

## STAR West Center Schedule 2/1/23 to 2/28/23

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:53am	<b>Mixed Medium Monday</b> -Barbara <b>Avoiding Isolation</b> -Chico	<b>Art Expressions</b> -Barbara <b>Breaking old Habits</b> -Chico	<b>Watercolor</b> -Barbara <b>Figuring out Boundaries</b> -Chico	<b>OPEN ART</b> -Barbara <b>Goals &amp; Ambitions</b> -Chico	<b>OPEN ART</b> -Gigi <b>Identify the best/worst Moments in Life</b> -Chico
9:00 to 9:53 am	<b>Mixed Medium Monday</b> -Barbara	<b>Art Expressions</b> -Barbara	<b>Watercolor</b> -Barbara	<b>OPEN Art</b> -Barbara	<b>ART Project/Open ART</b> - Gigi
9:00-9:53 am	Kroc Center 2/6, 2/27 <b>Resentments-Mike (Hybrid: 562 040 7948 Star2)</b>	2/7 Reid Park Zoo 2/14 Arcosanti 2/21 Tres Rio Wetlands 2/28 Picnic in the Park Bingo-Beth <b>Anger Management- Chico (Hybrid: 562 040 7948 Star2)</b>	2/1 Church Food Box 2/8 Hobby Lobby <b>2/8-All staff Meeting Center closes at 12:00</b> 2/15 Air Museum 2/22 Olive Mill Clothing Share Clean up- Jeff <b>Finding Meaning in Life-Mike (Hybrid: 562 040 7948 Star2)</b>	2/2, 2/9, 2/16 Bowling <b>Patience &amp; Tolerance-Mike (Hybrid: 562 040 7948 Star2)</b> Cooking Group with Riley	Kroc Center 2/3, 2/17, 2/24 2/10 Valentine's Day Party <b>Coping Skills Tool Box Group-Jeff (Hybrid: 562 040 7948 Star2)</b>
10:00-10:53 am  10:00-10:53 am	2/6 Sam's Club <b>2/13 Council Meeting</b> 2/27 Burlington <b>Life Skills 101-Reymundo (Hybrid: 562 040 7948 Star2)</b>	2/7 Food City Shopping 2/14 5 Below 2/21 Yoga with Hector 2/28 St. Mary's Food Bank <b>Nacho Buisness-Reymundo (Hybrid: 562 040 7948 Star2)</b>	2/1 Trader Joe's 2/8 Michael's 2/15 Barnes & Noble 2/22 Big Lots Men's Group-Reymundo	2/2 Phoenix Marketplace 2/9 Friendship Fishing 2/16 Walmart <b>Figuring out Boundaries - Reymundo (Hybrid: 562 040 7948 Star2)</b>	2/3 Hall of Flame 2/10 Valentine's Day Party 2/17 Bookman's 2/24 Goodwill <b>Relapse Prevention-</b>

	Behavioral Changes-Gigi	Spotting Strength- Donna	The MacGyver Group-Jeff (Hybrid: 562 040 7948 Star2)	Women's Group- Donna	Reymundo (Hybrid: 562 040 7948 Star2)
11:00-11:53 am	2/13Members Meeting What does it mean to be in RECOVERY?-Chico (Hybrid:562 040 7948 Star2) Recovery Planning: Reymundo	Positive thinking & Motivation-Mike Cooking Group Mental Health and Wellness: Reymundo (Hybrid: 562 040 7948 Star2)	Housing Needs with Wanda Life Changes-Reymundo Self Sabotage-Mike (Hybrid: 562 040 7948 Star2)	Topics in the Park-Reymundo Music & Movement-Beth	Life Skills 101-Reymundo (Hybrid: 562 040 7948 Star2)
11:00-11:53 am					
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-Reymundo	Lunch and Learn-Reymundo	Lunch and Learn-Reymundo
1:00- 1:53 pm	2/6 Coffee Talk 2/13 Dollar Tree 2/27 Walmart Time Management-Mike (Hybrid: 562 040 7948 Star2)	2/7 .99 cents store 2/14 Fry's Marketplace 2/21 Target 2/28 Sprouts The Power of Choice-Chico (Hybrid: 562 040 7948 Star2)	2/1 DD's Discount 2/15 Ross 2/22 Tj Maxx Daily Goals-Reymundo (Hybrid: 562 040 7948 Star2)	Budgeting Skills/Clothing Share (Mike)	Daily Living Skills /Food Share (Gigi)
2:00-2:53 pm	Fitness Group	Fun Recovery Activities	Fitness Group	Fun Recovery Activities	Fun Recovery Activities