



# MAY



| SUNDAY | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY                  |
|--------|---|--|---|---|--|---------------------------|
|        | <b>9:00-9:30AM</b><br>Coffee Time<br><br><b>11AM</b><br>Yoga<br>w/ Kelsey<br><br><b>2PM</b><br>Creative<br>Writing w/<br>Britt<br><br><b>3PM</b><br>Technology<br>Help w/ Britt | <b>10AM</b><br>Gardening<br>w/ Cynthia<br><br><b>3:30PM</b><br>Job Readiness/<br>Resume Help<br>w/ Britt | <b>9:00-9:30AM</b><br>Coffee Time<br><b>11AM</b><br>Trivia!<br>w/ Kelsey<br><br><b>12PM</b><br>Food Locker<br><b>1PM</b><br>Parenting<br>Support Group<br>w/ Cynthia<br><br><b>3PM</b><br>Maintaining<br>Recovery and<br>Personal<br>Wellness<br>w/ Cynthia | <b>10:00AM</b><br>Process Group for<br>Community With-<br>in<br>w/ Kimberly<br><br><b>2PM</b><br>Crafty Cluster<br>w/ Britt<br><br><b>3PM</b><br>Maximizing Your<br>Assets/Budgeting<br>with Kimberly | <b>9:00-9:30AM</b><br>Coffee Time<br><br><b>10:30AM</b><br>Giving Back<br>Group/Quinn<br>Cares Check In w/<br>Kelsey<br><br><b>11AM</b><br>Yoga w/ Kelsey<br><br><b>3:00PM</b><br>Bingooo!<br>w/ Britt | <b>2PM</b><br>Food Locker |

**ORANGE = SOCIAL CONNECTEDNESS**  
**BLUE = PHYSICAL WELLBEING**  
**RED = EMOTIONAL BALANCE**  
**PURPLE = PERSONAL GROWTH**  
**GREEN = STABILITY**



| Sun               | Mon  | Tue | Wed   | Thu   | Fri   | Sat |
|-------------------|--|-----|---|---|---|-----|
| 1                 | 2  | 3   | 4<br>Star Wars Day  | 5<br> | 6   | 7   |
| 8<br>Mother's Day | 9<br> | 10  | 11  | 12  | 13  | 14  |
| 15                | 16<br>Do Something Good For Your Neighbor Day  | 17  | 18  | 19  | 20  | 21  |
| 22                | 23   | 24  | 25  | 26  | 27  | 28  |
| 29                | 30<br>Memorial Day   | 31  |  |      |  |     |