

















817 N. 8th Street
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	DISCOVERY TOPIC COMPASSION AND EMPATHY	All programs are optional! Enjoy, relax, participate, share and learn!				1
2 	3 Yoga  Gratitude Group Skills Group All Recovery	4 Walking Group Social Games AA Mtg	5 CMA LUNCH BRIGADE Bible Study	6 Meditation & Music All Recovery Gratitude Group Chess/Discovery	7 Mental Health movie  Treat Day!	8  6pm
9 	10 Yoga  Art tonic Gratitude Group Skills Group All Recovery	11 Walking Group Social Games AA Mtg	12 CMA LUNCH BRIGADE Bible Study	13 Meditation & Music All Recovery  Gratitude Group Chess/Discovery	14 VALENTINE'S DAY  Bingo Double Trouble	15
16	17  Yoga Gratitude Skills Group All Recovery	18 Walking Group Social Games AA Mtg	19 CMA LUNCH BRIGADE Lunch & learn** Ice Cream Social Bible Study	20 Meditation & Music All Recovery  Gratitude Group Chess/Discovery	21 Cooking Class with Barb from St. Mark's  Double Trouble	22 
23 	24 Yoga  Gratitude Group Skills Group All Recovery	25 Walking Group Social Games AA Mtg	26 CMA LUNCH BRIGADE Bible Study	27 Meditation & Music All Recovery Gratitude Group Chess/Discovery	28 Karaoke Social  Double Trouble	29
CMA = Crystal Methamphetamine Anonymous Ask staff to become an official member of the Open Door Check us out Double Trouble = Recovery Group for individuals recovering from mental illness and substance use disorders ** Lunch & Learn will feature a speaker from an outside agency. Patch Adams will discuss Medical Assistance and Medicare 