


















January 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	DISCOVERY TOPIC – SEASONAL AFFECTIVE DISORDER		1 NEW YEAR'S DAY OPEN DOOR OPEN 10:00 – 2:00	2 Membership Drive Meditation & Music All Recovery Gratitude Group Chess/Discovery 	3 Membership Drive Mental health movie	4
5 	6 Yoga  Gratitude Group Skills Group All Recovery	7 Walking Group Social Games AA Mtg	8 CMA LUNCH BRIGADE Bible Study	9 Meditation & Music All Recovery Gratitude Group Chess/Discovery	10 Karaoke  Treat Day! Double Trouble	11  6pm
12 	13 Yoga  Art tonic Gratitude Group Skills Group All Recovery	14 Walking Group Social Games AA Mtg	15 CMA LUNCH BRIGADE Lunch & learn** Bible Study	16 Meditation & Music All Recovery Gratitude Group Chess/Discovery 	17 Bingo  Double Trouble	18
19 	20 Martin Luther King Jr. Day  Yoga Gratitude Skills Group All Recovery	21 Walking Group Social Games AA Mtg	22 CMA LUNCH BRIGADE Bible Study	23 Meditation & Music All Recovery Gratitude Group Chess/Discovery 	24 Cooking Class  Double Trouble	25 Chinese New Year 
26 	27 Yoga  Gratitude Group Skills Group All Recovery	28 Walking Group Social Games AA Mtg	29 CMA LUNCH BRIGADE Bible Study	30 Meditation & Music All Recovery Gratitude Group Chess/Discovery	31 Double Trouble	

CMA = Crystal Methamphetamine Anonymous **Membership Drive – Opportunity to join 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. This month will be Pam from Love Inc.**

