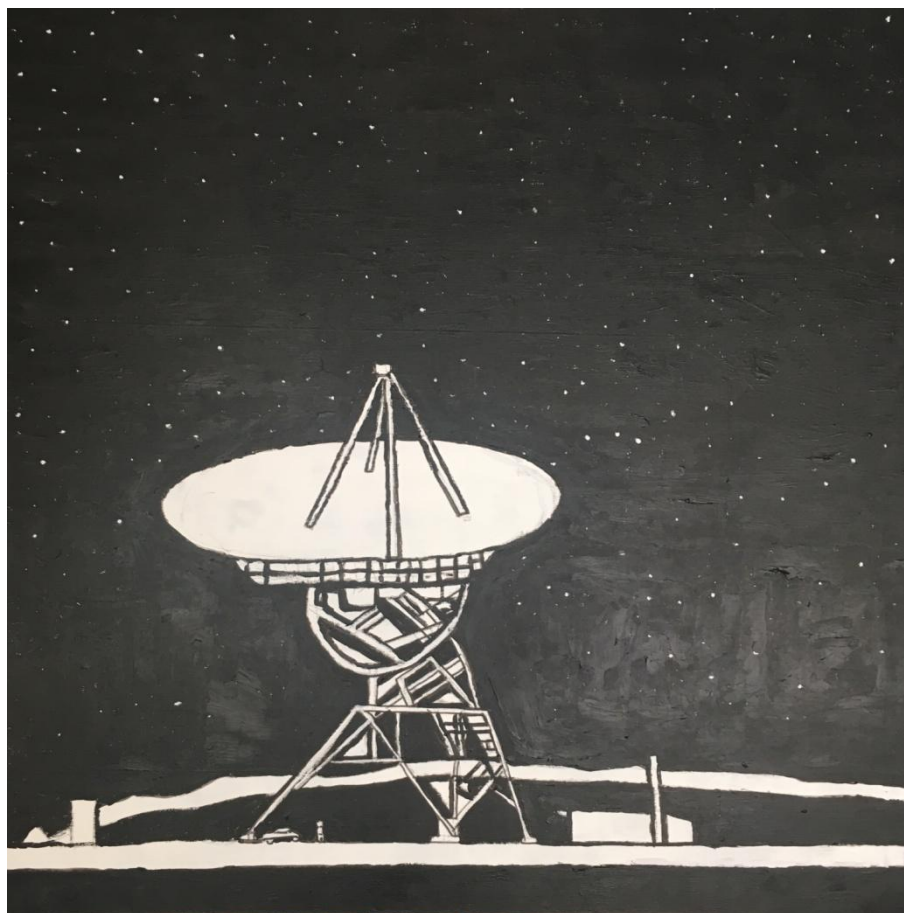




# Program Calendar

April–June 2017



Artwork by Ken G.

# Welcome to the Fellowship Place Program Calendar!

*Fellowship Place helps adults who have a mental illness lead more meaningful, fulfilling and healthy lives by offering resources, education and opportunities.*

## Guidelines & General Information

### ❖ Contact Information

Main Phone Number: (203) 401-4227, Ext. 1110 for the Welcome Desk in the Clubhouse

Website: [www.fellowshipplace.org](http://www.fellowshipplace.org)

### ❖ Fellowship Place Clubhouse Hours

- Monday 9:00 AM–8:00 PM
- Tuesday–Friday 9:00 AM–5:00 PM
- Saturday, Sunday & Holidays\* 10:00 AM–1:30 PM
  - \*Holiday hours will occur on: Memorial Day: Monday, May 29, 2017

### ❖ Healthy Meal Initiative

Fellowship provides our members with free daily meals to promote a healthy, balanced lifestyle and diet. Adhering to the reservation times, members can either sign up in person with staff in the Clubhouse or call to leave a voicemail with their name and meal reservation(s) on the **meal reservation line: (203) 401-3067**. Members without a reservation may purchase a meal for \$2.00 if food is available. Member donations are greatly appreciated to help with the cost of the healthy meal initiative.

#### Meal Serving Times & Reservations

- Monday–Friday
  - Breakfast is served at 9 AM. No reservation is required for Breakfast.
  - Lunch is served at 12 PM. Sign-up for Lunch is required by 10 AM daily.
  - Dinner is served on Mondays at 5 PM and Tuesday through Friday at 4 PM. Sign-up is required by 12 PM daily.
- Saturday, Sunday & Holidays
  - Lunch is served at 11:30 AM. No reservations are needed for weekends and holidays\*.
    - \*Holiday hours will occur on: Monday, May 29, 2017

### ❖ Welcome Desk

The Welcome Desk at Elm St. Reception is the first stop when entering Fellowship to sign in and obtain helpful information, such as the Daily Focus for the day's activities, Member Handbook, weekly menu, meal reservation information cards, this program calendar, Art Studio schedule, and the Beacon, our quarterly literary newsletter.

### ❖ Delayed Openings, Early Closings, & Cancellations

To check for any time changes due to snow storms and inclement weather, please call Fellowship Place's main number at (203) 401-4227.

# Upcoming Special Events

## ❖ Inclusion Seminar

**Tuesday, April 4 @ 11 AM in the Clubhouse**

Join Charlotte and Melissa to talk about how to make Fellowship Place a friendly, welcoming, and warm environment. They will be talking about how to be a good member, friend, and support system for one another! This seminar will be interactive and interesting.

## ❖ Passover Meal

**Wednesday, April 12 @ 12 PM in the Clubhouse**

Out Kitchen Coordinator, Alan Thayer will be preparing a traditional Jewish meal to Celebrate the Holiday of Passover. The meal will be coupled with a short presentation about the history and meaning of Passover.

## ❖ Easter Meal

**Wednesday, April 13 @ 12 PM in the Clubhouse**

Our Kitchen Coordinator, Alan Thayer will be preparing a traditional Easter Meal in celebration of the Easter Holiday. The meal will be coupled with a short presentation about the history and meaning of Easter.

## ❖ Dance Party

**Friday, April 14 from 2–4 PM in the Clubhouse**

The Social Program will be hosting a daytime dance party due to many requests by members! Put on your dancing shoes, invite fellow members and let's have fun!

## ❖ New to Medicare: Understanding Your Benefits & Options

**Wednesday, April 5 @ 12:30 PM in McDowell**

Join us for an educational presentation for Medicare recipients. Topics include what Medicare is, what it costs, what it covers, enrollment periods, and much more.

## ❖ Breast Cancer Presentation

**Tuesday, April 18 @ 10 AM in the Clubhouse**

Whitney Allen and Janet Brown of Yale New Haven Hospital will present pertinent health information about breast cancer, including prevention and treatment for both men and women. Bring your questions!

## ❖ LGBT+ Coffee Social

**Friday, April 28 @ 1 PM in Hald 1**

Safe Space will be hosting a coffee social open to all members! Come and learn more about LGBT+ services in New Haven, groups and activities for members with mental illness who identify as LGBT+, how to get involved in your community, and more! A representative from AIDS Project New Haven will give a short presentation and host a Q & A about inclusiveness and LGBT+ services in the area.

## MAY IS MENTAL HEALTH AWARENESS MONTH!

### ❖ Mental Health Awareness Reading List

Recovery Advisor, Naomi Brinton has put together a beautiful Mental Health Awareness reading list. The list can be found next to the Beacon hanging on the wall in the Clubhouse.

### ❖ Mental Health Bingo

**Friday, May 19 from 10:30 AM–11:30 PM in the Clubhouse**

The Fellowship Inn and the Social Rehab Program will come together to play a game of Bingo with a Mental Health Awareness Bingo Board.

### ❖ Mental Health Awareness Softball League Season Kick-off Picnic

**Tuesday, May 16 @ 1 PM in the Fellowship Place Courtyard**

Join us for an agency-wide celebration for the Fellowship Place All- Star softball team to start the new 2017 season!

# Upcoming Special Events

## ❖ Mental Health Awareness Month Movie Matinee

**Fridays in May @ 2 PM in the Clubhouse**

Our weekly Movie Matinees in May will be centered on Mental Health Awareness. Come join us to watch these wonderful selections: *Robot & Frank*, *Silver Linings Playbook*, *Little Miss Sunshine*, and *It's Kind of A Funny Story*.

## ❖ Expressive Arts Festival

**Thursday, May 4 from 5–7:30 PM in the Clubhouse**

Fellowship Place is pleased to host the 2<sup>nd</sup> Annual Expressive Arts Festival! The festival will showcase the Expressive Arts Program at Fellowship Place- art, music, poetry, food and more!!

## ❖ LGBT+ Pride & Mental Illness Ice Cream Social & Panel

**Monday, May 8 @ 5:30 PM in the Clubhouse**

May 8, 2017 will mark the 2<sup>nd</sup> Annual Pride & Mental Illness Ice Cream Social and Panel. Co-hosted by the Safe Space group and the CSN Rainbow Committee. This event will take place during the Monday Night Social. The night will begin with an ice cream social, where members of Fellowship Place and guests can get to know one another. For the main event, an LGBT+ panel will take place, where speakers will discuss the special challenges of members of the LGBT community who have a mental illness and the night will end with a raffle. This panel is open to members, so if you want to participate, talk to Naomi Brinton in the Clubhouse to sign up.

## ❖ Self-Care Presentation

**Friday, May 12 @ 1 PM in the Clubhouse**

Professor Valerie L. Dripchak, PhD, LCSW from Southern CT State University will have a presentation on the importance of self care while living with a serious mental illness. This special presenter will be discussing self care techniques, ideas and strategies!

## ❖ Curious Creatures

**Monday, May 15 @ 10 AM in the Clubhouse**

Join us for an exhibition of various exotic animals including rabbits, snakes, turtles and many more!

## ❖ Work Hard Play Hard Fashion Show

**Tuesday, May 23 @ 11 AM in the Clubhouse (during Community Meeting)**

Career Specialist Juno Dina and Employment Specialist Tarin Evans will be hosting the annual Fashion Show to highlight how to dress for an interview. If you are in the Career Development Program and would like to part of the fashion show, please contact Juno or Tarin!

## JUNE IS PRIDE MONTH!

## ❖ Pride Month Friday Movie Matinee

**Fridays in June @ 2PM in the Clubhouse**

Our weekly Movie Matinees in June will be in celebration of Pride Month. Come join us to watch these wonderful selections featuring LGBT+ topics: *The Laramie Project*, *Rent*, *Camp*, and *The Birdcage*.

## ❖ Tom Parson's Annual Picnic

**Wednesday, June 7 (subject to change) @ 10 AM in the Clubhouse to go to CT Valley Hospital, returning @ 3 PM**

Join us for a picnic organized by the Regional Mental Health Board in memory of Tom Parson in Middletown at Connecticut Valley Hospital. The picnic is a day of fun activities, contests, prizes and of course delicious food! If you are interested in attending, please sign up on the sign-up sheet located on the bulletin board in the clubhouse.

## ❖ Lighthouse Point Park Annual Picnic

**Friday, June 23 @ 10 AM in the Clubhouse to go to Lighthouse Point Park, returning @ 3 PM**

Join us for Fellowship Place's annual get-together for members and staff. Please look out for the sign-up sheet on the group sign-up sheet bulletin board.

# Upcoming Special Events

## ❖ Meatless Monday

**Mondays from 11:15–11:45 AM in the Clubhouse**

Join Kitchen Coordinator, Alan Thayer, and Program Director, Charlotte Sabovic, for a smoothie demonstration and a discussion on healthy eating. Try the delicious smoothie, learn about the ingredients and earn an Alan Dollar for a second serving of a meal.

## ❖ Consumer Council

**3<sup>rd</sup> Monday of every month from 3:30–4:30 PM in Hald 1 → 4/17, 5/15 & 6/19**

Join Executive Director Mary Guerrero for an open conversation about how to improve services and member participation at Fellowship. Join us by signing up on the Clubhouse bulletin board!

## ❖ Young Adult Group

**Mondays, Wednesdays & Fridays; see monthly Young Adult Services (YAS) schedule for details**

The Young Adult Program offers a unique space for young people ages 18 through 25 with mental illness to gather, socialize, and learn the skills necessary to be successful in adulthood. To join and get a copy of the YAS schedule, please see Naomi Brinton or Kevin Torzillo in the Clubhouse.

## ❖ Coffee & Conversation

**Tuesdays & Thursdays from 9:15–10:15 AM in the Clubhouse**

Join Volunteer Ben Fait for some morning coffee and conversation with topics ranging from politics, health care, sports and anything else current, exciting and interesting!

## ❖ Zumba

**1<sup>st</sup> Tuesday of every month from 10–11 AM in the Clubhouse → 4/4, 5/2 & 6/6**

Come join a Zumba Instructor in a fun workout in an effort to make your body healthy!

## ❖ Member of the Month

**1<sup>st</sup> Community Meeting (2<sup>nd</sup> Tuesday) of every month @ 11 AM in the Clubhouse → 4/11, 5/9 & 6/13**

The Member of the Month is a member chosen by the Social Program staff for accomplishing a big goal, membership anniversary, general helpful behavior in the clubhouse, or obtaining employment, housing, or education. If you are interested in becoming member of the month, or nominating someone, please speak with your Recovery Advisor and share your positive accomplishment!

## ❖ Quinnipiac Occupational Therapy Students Fitness Classes

**Select Tuesdays @ 1:15 PM in the Clubhouse → 4/4, 4/11 & 5/2**

Occupational Therapy students from Quinnipiac University will be here to host a fitness class!

## ❖ Music in the Moment Group

**Wednesdays from 9:30–10:30 AM in McDowell**

Join new Band Leader Seth Adam Thulin to create and practice original pieces of music! If you are interested in playing music, writing music, or singing, please join this amazing band that has the pleasure of performing at F.P. events!

## ❖ Infinity Music Therapy

**1<sup>st</sup> Wednesday of every month from 11 AM–12 PM in the Clubhouse → 4/5, 5/3 & 6/7**

The therapist at Infinity Music Therapy believes in a creative and innovative approach to therapy that reaches beyond the therapeutic use of instruments and song to include other sensory based mediums, visual aids, and more to encourage active participation and growth.

## ❖ \*\*\*RETURNING!\*\*\* Gardening Group

**Wednesdays from 1–2 PM**

Join Melissa Russell around Fellowship Place to help make the campus beautiful and full of life. The new raised garden bed will be the new home to herbs that will be used in the Clubhouse Kitchen!

# Upcoming Special Events

## ❖ In-House Art Shows

Select Wednesdays @ 1 PM in the Art Studio → 6/28

View the art of a featured Fellowship artist! Snacks and refreshments will be provided.

## ❖ Pool Tournament with CREST Program

Last Wednesday of every month @ 1 PM in the Clubhouse → 4/26, 5/31 & 6/28

The Social and CREST programs join for some friendly competition in pool!

## ❖ Food Film Series

Select Wednesdays from 1:45–3:30 PM in Large McDowell → 4/12, 5/17 & 6/14

Would you like to be part of Fellowship Place's Healthy Eating Initiative? Come join us for our Food Film Series to learn about nutrition and creating a healthier lifestyle. Healthy snacks will be provided!

## ❖ Hearing Voices Support Group

Thursdays from 10–11 AM in Hald 2

Join Charlotte Sabovic for open group discussion and guided instruction regarding shared stories and lived experiences of members in the program that experience auditory hallucinations or "voices". The purpose of the group is to talk freely about the voices you hear without judgment as well sharing and learning coping skills to better manage your symptoms! See Katelyn for more information.

## ❖ \*\*\*NEW!\*\*\* Food Stamp/SNAP Benefits Assistance

1<sup>st</sup> Thursday of every month from 10 AM–12 PM in the Interview Office in the Clubhouse → 4/6, 5/4 & 6/1

Fellowship Inn Manager Bailey Orell will be available for assistance applying for SNAP, completing SNAP redeterminations, and resolving SNAP-related problems. Sign-up sheet is posted on the Interview Office door (Interview Office is located next to the kitchen in the Clubhouse).

## ❖ Get Moving!

Thursdays from 1–1:30 PM in the Clubhouse

Join Kevin Torzillo for light aerobic exercises and stretching to increase your heart rate and get your blood pumping!

## ❖ Women Empowering Women \*\*\*New Date & Time\*\*\*

Thursdays starting 4/13 from 1-2 PM in McDowell

Join Pamela Padgett in the women's self-care group where women will empower each other by promoting self-worth and confidence. Topics will include: women's health, fashion, advocating for yourself, healthy eating, and stress management. See Pamela for more information.

## ❖ Spirituality Group

Every other Thursday from 3–4 PM in Hald 2 → 4/13, 4/27, 5/11, 5/25, 6/8 & 6/22

Join volunteer Rev. Craig Leukens for group discussion on spirituality in relation to better understanding your beliefs and how spirituality can help you manage mental illness and recovery.

## ❖ Safe Space: An LGBT+ Support Group

2<sup>nd</sup> & 4<sup>th</sup> Friday of every month from 11 AM–12 PM in Hald 2 → 4/14, 4/28, 5/12, 5/26, 6/9 & 6/23

This group provides a safe, secure place for LGBT+ members to meet and socialize. Topics will vary each week and the group will be a member-run discussion facilitated by staff. See Naomi for more information.

## ❖ ArtShip

Fridays from 1–2 PM in the Art Studio

ArtShip is open to Fellowship Place members who are self-taught or experienced artists. The program aims to exhibit art in community venues with the mission of reducing stigma, promoting the arts, and creating opportunities for our artists to sell their work. To join, please see Kyle Barreuther in the Art Studio.

## ❖ \*\*\*RETURNING!\*\*\* Friday Afternoon Trips

# Upcoming Special Events

Select Friday of every month from 1–3 PM in the Clubhouse

- 4/7: Mall Trip; 5/5: Ireland Great Hunger Museum; 6/9: Movie Matinee at Criterion Cinemas

Take a break and go on a Friday Outing! If you are interested in attending a trip, please sign your name on the sign-up sheet located on the Group Sign-Up bulletin board!

## ❖ CSN Rainbow Committee

2<sup>nd</sup> Friday of every month from 3–4 PM in Hald 2 →4/14, 5/12 & 6/9

The Community Services Network (CSN) Rainbow Committee is looking for members. If you are interested in joining the committee and helping to plan the committee celebrations, please see Naomi Brinton.

# Current Learning Opportunities

## Career Development Workshops & Activities

### ❖ Interviewing Skills Workshop

Tuesdays, April 11-25, May 9-23 @ 11 AM–12 PM in Hald 2

An interview gives a prospective employer the opportunity to speak with you and consider your appropriateness for the job in question. Meet with Employment Specialist Marlena King to practice your interviewing skills.

### ❖ Career Development Fashion Show

Tuesday, April 25 @ 11 AM in the Clubhouse during the Community Meeting

For clients in the career programs. See Juno or Tarin for more information.

### ❖ Tour of Gateway Community College

Friday, May 19 @ 1 PM, meeting in the Clubhouse

Join Education Specialist Alexis Greenwood on a tour of Gateway Community College. See Alexis to sign up.

### ❖ Computer Classes

Select Mondays in May from 10–11:30 AM in the Computer Learning Center (CLC)

- 5/1: Computer & Keyboard Basics; 5/8: Microsoft Word Basics; 5/15: Internet & Email Basics

Computer Classes are taught by Literacy Volunteers. You must sign up in advance; please see your staff advisor.

### ❖ GED Classes

Tuesdays & Thursdays from 1:30–3:30 PM in Hald 1

Classes are in session for the 2016–2017 school year. See Sandi

Sibilio, Director of Career Development Services, for more information. Schedules are located by the Welcome Desk.

### ❖ Career Exploration Series

Select Wednesdays from 10:30–11:30 AM in Hald 2

Join Employment Specialist Tarin Evans for a fun-filled way to explore your career goals.

- 4/19: **Work Treasure Hunt** - Use clues and riddles to find your way around campus to uncover a variety of fun careers.
- 5/10: **What Professional am I?** - Similar to charades, you will be read a prompt with hints left for your peers to guess what professional you are.
- 6/14: **Employment Interview Jeopardy!** - Challenge your interviewing skills by answering questions & earning points to win!

### ❖ Volunteering in the Community

See Peer Specialist Judy Trussell for information about community volunteering or to join the following groups:

- **Dan Cosgrove Animal Shelter Volunteer Group**

Tuesdays from 9:30–11:30 AM, meeting in the Clubhouse

Help feed, clean cages, and play with shelter cats at the Dan Cosgrove Animal Shelter.

# Current Learning Opportunities

## Career Development Workshops & Activities

- Yale Sustainable Agriculture Volunteer Group

Wednesdays from 1–3 PM, meeting in the Clubhouse

Plant, weed, and do other gardening with Yale students once per week, weather permitting.

- Miss Kendra's List Volunteer Group

1<sup>st</sup> & 3<sup>rd</sup> Monday of every month from 4–5 PM in the Art Studio

This volunteer group acts as pen pals to write letters to New Haven Public School children. The group meets once a month at Fellowship Place. See your staff advisor to sign up.

## Weekly Program Schedule

Activity/Group	Time	Location	Facilitator(s)
<b>MONDAY</b>			
Hours: 9 AM–8 PM			
Breakfast	9:00–9:30	Clubhouse	Social Program Staff
Computer Classes (5/1, 5/8, 5/15)	10:00–11:30	Computer Learning Center (CLC)	See advisor to sign up
Mindfulness & Meditation	10:30–11:00	Hald 1 (4/10: Hald 2)	Melissa R.
Club Art	10:30–11:30	Art Studio	Kyle B.
Meatless Monday Presentation	11:15–11:45	Clubhouse	Alan T.
Lunch	12:00–12:30	Clubhouse	Social Program Staff
Relapse Prevention	12:30–1:30	Fellowship Inn	Nick R.
Building Healthy Relationships	1:00–2:00	Hald 1 (4/10: McDowell)	Melissa R.
Pool	1:00–3:00	Clubhouse	Social Program Staff
Open Computer Lab	1:00–4:00	CLC	Tom W.
Young Adult Group	1:00–4:00	See Schedule	Naomi B. & Kevin T.
Healthy Eating	2:30–3:30	McDowell	Aleta G.
Consumer Council (3 <sup>rd</sup> Mon./month: 4/17, 5/15, 6/19)	3:30–4:30	Hald 1	Executive Director Mary Guerrero
Grieving Group (3/6–4/24, 5/29–7/17)	3:30–4:30	McDowell	Pamela P.
Dinner	5:00–5:30	Clubhouse	Social Program Staff
Monday Evening Social (schedule below)	5:30–7:30	Clubhouse	Social Program Staff
<b>TUESDAY</b>			
Hours: 9 AM–5 PM			
Breakfast	9:00–9:30	Clubhouse	Social Program Staff
Coffee and Conversation	9:15–10:15	Clubhouse	Ben F.
Dan Cosgrove Animal Shelter Volunteer Group	9:15–11:30	Clubhouse	See Judy T. to sign up
WRAP: Wellness Recovery Action Plan	9:45–10:45	McDowell	Jim T.
Peer Support	10:00–11:00	Hald 2	Aleta G.
Zumba (1 <sup>st</sup> Tues./month: 4/4, 5/2, 6/6)	10:00–11:00	Clubhouse	Zumba Instructor
Community Meeting (2 <sup>nd</sup> & 4 <sup>th</sup> Tues./month: 4/11, 4/25, 5/9, 5/23, 6/13, 6/27)	11:00–12:00	Clubhouse	Staff
Interviewing Skills Workshop (4/11–25, 5/9–23)	11:00–12:00	Hald 2	Marlena K.
Lunch	12:00–12:30	Clubhouse	Social Program Staff
Ping Pong	1:00–3:00	Clubhouse	Social Program Staff



# Weekly Program Schedule

<b>Activity/Group</b>	<b>Time</b>	<b>Location</b>	<b>Facilitator(s)</b>
Hispanic Peer Support	1:00–3:30	Offsite	Wanda G.
Open Computer Lab	1:00–4:00	CLC	Tom W.
Relaxation Group	1:15–2:00	Art Studio	Doreen A.
GED Class (Please see schedule)	1:30–3:30	Hald 1	Adult Ed. (See Sandi S.)
Vegetarian Cooking	2:00–3:00	McDowell	Heather M.
Writers' Group	3:00–4:00	McDowell	Naomi B.
Dinner	4:00–4:30	Clubhouse	Social Program Staff
<b>WEDNESDAY</b> Hours: 9 AM–5 PM			
Breakfast	9:00–9:30	Clubhouse	Social Program Staff
Music in the Moment	9:30–10:30	Hald 1	Seth T.
Keep the Promise (3 <sup>rd</sup> Wed./month: 4/19, 5/17, 6/21)	9:00–12:00	See Joseph T.	Joseph T.
Double Trouble	9:30–10:30	McDowell	Member-run
Career Exploration Series (4/19, 5/10, 6/14)	10:30–11:30	Hald 2	Tarin E.
Infinity Music Therapy (1 <sup>st</sup> Wed./month: 4/5, 5/3, 6/7)	11:00–12:00	Clubhouse	Infinity Music Therapist
Dealing with Difficult Emotions	11:00–12:00	Hald 1	Pamela P.
Lunch	12:00–12:30	Clubhouse	Social Program Staff
Gardening Group	1:00–2:00	Raised Garden Bed	Judy T.
Pool	1:00–3:00	Clubhouse	Social Program Staff
Open Computer Lab	1:00–4:00	CLC	Tom W.
Health and Wellness	1:30–2:00	Clubhouse	Wanda G.
Young Adult Group	1:00–4:00	See Schedule	Naomi B.
Newcomers' Group	2:00–3:00	Clubhouse	Charlotte S. & Mark G.
Recovery through Art	2:00–3:00	Art Studio	Kyle B.
Yale Sustainable Agriculture Volunteer Group	2:45–4:15	See Judy T.	Judy T.
Dinner	4:00–4:30	Clubhouse	Social Program Staff
<b>THURSDAY</b> Hours: 9 AM–5 PM			
Breakfast	9:00–9:30	Clubhouse	Social Program Staff
Nursing Consultation	9:00–11:00	CLC	APRN Phil
Coffee and Conversation	9:15–10:15	Clubhouse	Ben F.
Hearing Voices Support Group	10:00–11:00	Hald 2	Charlotte S.
Food Stamp/SNAP Benefits Assistance (1 <sup>st</sup> Thurs./month: 4/6, 5/4 & 6/1)	10:00–12:00	Interview Office	Bailey O.
Recovery through Music	11:00–11:30	Art Studio	Kyle B. & TBD
Men's Group	11:00–11:45	Hald 2	Joseph T.
Lunch	12:00–12:30	Clubhouse	Social Program Staff
Get Moving! Exercise Group	1:00–1:30	Clubhouse	Kevin T.
Women Empowering Women (starting 4/13)	1:00–2:00	McDowell	Pamela P.
Book Club	1:00–2:30	Hald 2	Rina N.
Ping Pong	1:00–3:00	Clubhouse	Social Program Staff
Hispanic Peer Support	1:00–4:00	Offsite	Wanda G.
Open Computer Lab	1:00–4:00	CLC	Tom W.
GED Class (Please see schedule)	1:30–3:30	Hald 1	Adult Ed. (See Sandi S.)
Studio Art	2:00–3:00	Art Studio	Kyle B.
Spirituality Group (every other Thurs.: 4/13, 4/27, 5/11, 5/25, 6/8, 6/22)	3:00–4:00	Hald 2	Rev. Craig Leukens

# Weekly Program Schedule

<u>Activity/Group</u>	<u>Time</u>	<u>Location</u>	<u>Facilitator(s)</u>
Dinner	4:00–4:30	Clubhouse	Social Program Staff
<b>FRIDAY</b> Hours: 9 AM–5 PM			
Breakfast	9:00–9:30	Clubhouse	Social Program Staff
Bingo	10:30–11:30	Clubhouse	Aleta G.
Safe Space (2 <sup>nd</sup> & 4 <sup>th</sup> Fri./month: 4/14, 4/28, 5/12, 5/26, 6/9, 6/23)	11:00–12:00	Hald 2	Naomi B.
Lunch	12:00–12:30	Clubhouse	Social Program Staff
Pool	12:30–2:00	Clubhouse	Social Program Staff
ArtShip	1:00–2:00	Art Studio	Kyle B.
Open Computer Lab	1:00–4:00	CLC	Tom W.
Young Adult Group	1:00–4:00	See Schedule	Kevin T.
Movie Matinee	2:00–4:00	Clubhouse	Social Program Staff
CSN Rainbow Committee (2 <sup>nd</sup> Fri./month: 4/14, 5/12, 6/9)	3:00–4:00	Hald 2	Naomi B.
Dinner	4:00–4:30	Clubhouse	Social Program Staff
<b>WEEKENDS &amp; HOLIDAYS</b> Hours: 10 AM–1:30 PM Holiday hours will occur on: Monday, January 2 For Clubhouse access, dial 1252 on the call box keypad at the Elm Street Gate.			
Drop-in/Pool (Sat.)	10:00–1:30	Clubhouse	Social Program Staff
Drop-in/Movie (Sun.)	10:00–1:30	Clubhouse	Social Program Staff
Lunch (Sat., Sun. & Holidays)	11:30–12:00	Clubhouse	Social Program Staff

## Monday Evening Social Calendar

### **Mondays @ 5:30 PM in the Clubhouse**

Relax and enjoy good company, performances & entertainment!

#### April

4/3	Karaoke Night!
4/10	Easter Egg Hunt
4/17	Fellowship Place Idol
4/24	Dignity Music Concert

#### May

5/1	Free-At-Last Players
5/8	LGBT+ Ice Cream Social & Presentation
5/15	Karaoke & Talent Show
5/22	Dance Performance by Alisa's House of Salsa
5/29	NO EVENING PROGRAMMING (Holiday Hours: 10 AM–1:30 PM)

#### June

6/5	Yoga Therapy Exercise
6/12	Musical Performance by Tom T-Born
6/19	Karaoke & Talent Show
6/26	Summer Dance