

June

2019

PSR CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	Mindful Monday 3 10:00am- Practicing Mindfulness 12:45pm- Chair Yoga	4 10:00am- visit local park for exercise 12:45pm- Housekeeping	70s Day 5 10:00am- 70s Trivia and Disco Party 12:45pm- Peer-led Group	Favorites Day 6 10:00am- Share Your Hobby! 12:45pm- G: Anger Management	7 9:30 am: Duck Donuts 10:30am- Share Your Talent! 12:45pm- Housekeeping	8
9	Bake Off Day! 10 10:00am- Kitchen Skills: Baking 1:00pm- G: Yarn Club	Nutrition Tuesday 11 10:00am- G: Healthy Eating 12:45pm- Housekeeping	12 10:00am Women's Group 12:45pm- Peer-led Group	13 10:00am- G: Music and Mental Health 12:45pm- G: Letting Go of Grudges	June Birthday Party 14 10:00am- G: Fatherhood 12:00pm- Birthday Party 1:00pm- Housekeeping	15
16	Volunteer Day! 17 10:00am- Lighthouse Gives Back! *Visit clothes closet if time allows	18 10:00am- G: Book Club 1pm: Housekeeping	19 10:00am- Peer-led Group 12:00pm Refreshments at Raleigh Court Library	Finance Thursday 20 10:00am-G: Reducing Impulsive Spending 12:45pm- G: Grocery Budgeting	21 10:00am- Bingo at Belmont Library 12:45pm- Housekeeping	22
23	24 10:00am- Disc Golf and Picnic at Fishburn Park *return at 1pm	25 10:00am- G: Book Club 12:45pm- Housekeeping	Culture Day: Japan 26 10:00am- The Meaning and Art of Origami 12:45pm- showing of "Karate Kid"	27 10:00am- G: Grief and Loss 12:45pm- G: Assertive Communication	Video Game Day 28 10:00am- showing and discussion of "Pixel" 12:45pm- Video Game Tournament	29
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