



Grand Haven Program Calendar

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Contact Information Anne DeRooy 616-414-9111 401 N. 7th Street, Grand Haven MI 49417</p>		<p>1 9:30a-1p Volunteer @ Community Action House (Waiver Required)* Bring lunch 1-2p Lisening to Vinyl Music (bring your records) 2-3p Coffee Connection with Jenn 3-4p Cardio Drumming 4-5p Social Recreation Room Open</p>	<p>2 10-11:30a Ted Talks & Current Events 11-11:30p Meditation 12-1:30pm SMART Recovery 12-1p Podcast Club 1-2p Journal Writing 2:30-3:30p Cartoon Drawing with Bruce</p>	<p>3 9-12a Social Recreation Room Open 10-11p Bingo 11-12 Coloring and Music 12-1p Workout Class* 1-3p Make Prom Corsages and Boutonnieres 3-4p Social Recreation Room Open</p>	<p>4 5:30p-9p Sober Social</p>
<p>6 9a-2p Windmill Island and Gardens Tulip Festival(bring spending money and lunch)* 2-3:30p Current Events & Coffee 6-7p Loss Due to Addiction Support Group</p>	<p>7 10a-11a Social Recreation Room Open 11a-12:30p Nutrition Talk on Diabetes with CMH (can win a prize for coming) 12-1p Coloring and Music 1-2p Bingo 2-3:30p Knitting and Crochet Hours 4-5p Design your Journal</p>	<p>8 9-10a Current Events & Coffee 10-12p Coloring and Music 12-1 Member Meeting 1-2p Lisening to Vinyl music (bring your records) 2-3p Coffee Connection with Jenn 3-4p Cardio Drumming with Rodrigo 4-5p Social Recreation Room Open</p>	<p>9 9:30a-11a QPR Traning 10-11:30a Ted Talks & Current Events 11-11:30p Meditation 12-1:30pm SMART Recovery 12-1p Animal Therapy with Kathy and Boo 1-2p Journal Writing 2:30-3:30p Cartoon Drawing with Bruce</p>	<p>10 9-10a Coffee Social Hour 10-11a Bingo 11a-1p Social Recreation Room Open 1-3p Board and Card Games 3-5p Movie Night Preparation 5-8p Free Dinner and Movie Night [AR]</p>	<p>11</p>
<p>13 9a-11a Current Events & Coffee 11a-12p Chair Yoga 12p-1p Lunch and Learn with Lake MI Credit Union 1-2p Sponge Paint Art 2-3:30 Walk at Hemlock Crossing *</p>	<p>14 10a-11a Social Recreation Room Open 11a-12p Knitting and Crochet Hours 12-1p Coloring and Music 1-2p Bingo 2:30-3:30p Zumba* 3:30-4p Jeopardy 4-5p Notes to Self 6p-7:30p Family Support Group</p>	<p>15 9-11a Current Events & Coffee 11-1p Vote to Shop 1-2p Lisening to Vinyl Music (bring your records) 2-3p Coffee Connection with Jenn 3-4p Cardio Drumming 4-5p Social Recreation Room Open</p>	<p>16 10-11:30a Ted Talks & Current Events 11-11:30p Meditation 12-1:30pm SMART Recovery 12-1p Karaoke 1-2p Journal Writing 2:30-3:30p Cartoon Drawing with Bruce</p>	<p>17 9-10a Current Events & Coffee 10-11p Bingo 11-4p John Ball Zoo (bring money for shopping/food)* 6:30-7:30p Burnout Affinity Group</p>	<p>18 2-4p Hair, Makeup, and Nails 5-9pm Prom (Sign up for a ride home)</p>
<p>20 9a-10a Current Events & Coffee 10a-11a Chair Yoga* 11a-12p Podcast Club 12p-3:30p MCC Planetarium and Museum 6-7p Loss Due to Addiction Support Group</p>	<p>21 10a-11a Social Recreation Room Open 11a-12p Knitting and Crochet Hours 12-1p Coloring and Music 1-2p Bingo 2-3p Painting with Jackie 4-5p Meal Prep</p>	<p>22 9-10a Current Events & Coffee 10-12p Haircuts with Hilary 11-1p Open Craft Time 1-2p Lisening to Vinyl Music (bring your records) 2-3p Coffee Connection with Jenn 3-4p Cardio Drumming 4-5p Social Recreation Room Open</p>	<p>23 10-11a Check in with Coffee 10-11:30a Ted Talks & Current Events 11-11:30p Meditation 12-1:30pm SMART Recovery 12-1p Animal Therapy with Kathy and Boo 1-2p Journal Writing 2:30-3:30p Cartoon Drawing with Bruce</p>	<p>24 9-10a Current Events & Coffee 9-10a Puzzles and Card Games 10a-11a Bingo 11-1p Learn How to Press Artwork 1p-2p Jeopardy 1-4p Social Recreation Room Open</p>	<p>25</p>
<p>27 Closed for Memorial Day</p>	<p>28 10a-11a Social Recreation Room Open 11a-12p Knitting and Crochet Hours 12-1 Coloring and Music 1-2p Bingo 2-4p Walk the Pier* 4-5p Meditation and Yoga</p>	<p>29 9-10a Current Events & Coffee 10-12p Coloring and Music 12-1 Zumba* 1-2p Lisening to Vinyl music (bring your records) 2-3p Coffee Connection with Jenn 3-4p Cardio Drumming with Rodrigo 4-5p Social Recreation Room Open</p>	<p>30 Closed Staff Development Day</p>	<p>31 9-10a Coffee Social Hour 10-11a Bingo 11a-1p Social Recreation Room Open 1-3p Pour Paint 3-5p Movie and Discussion</p>	<p>Key Black = Adult Activities Blue= I/DD Paced Activity Purple = Mental Health Activity Red = Adult Outings Sign up Orange = Free & Open to Community * will have walking</p>