

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Contact Information</b> Amber Morris 616-294-3992 (HOL) 616-414-9111 (GH) 345 W. 14th Street Holland, MI 49423</p>	<p><b>Black = Adult Activities</b> <b>Blue= I/DD Paced Activity</b> <b>Purple = Mental Health Affinity</b> <b>Red = Adult Outings Sign up</b> <b>Orange = Free &amp; Open to Community</b> <b>Green = Adult Support Group</b> <b>* will have walking</b></p>	<p>1) <b>9:45a-12:15p Volunteer @ Community Action House * (Waiver Required)</b></p> <p><b>12-1:30p SMART Recovery (Kitchenette)</b> <b>12:15-1:15p Trivia (Member Choice)</b> <b>1:15-2p Go for a Walk (weather permitting)</b> <b>2-3p Social Time &amp; Benefits of Walking</b></p>	<p>2) <b>10-11am Coffee, Member Meeting &amp; Ted Talk</b> <b>11a-12p Crafts w/ Katie</b> <b>12-1p Scattegories</b> <b>1-2p Show and Tell Hour</b> <b>2-2:30p Learn a Dance</b> <b>2:30-4p Mental Health Affinity: Make Dreamcatchers</b></p>	<p>3) <b>10-11a Cardio Drumming</b> <b>11a-12:30p Watch a Documentary: Happy</b> <b>12:30-1p Mental Health Awareness Activity</b> <b>1-2p BINGO</b> <b>2-3:30p Shaving Cream Art</b> <b>3:30-4p Weekend Goals Discuss</b></p>
<p>6) <b>9:30a-1:30p Windmill Island and Gardens Tulip Festival( bring spending money and lunch)*</b> <b>2-3p Origami &amp; Song Request</b> <b>3-4p Learn About Misophonia (Misophonia Awareness Day Activity)</b></p>	<p>7) <b>11a-12p Karaoke</b> <b>12-1p Current Events &amp; Coffee</b> <b>1-2p Healthy Boundaries</b> <b>2-3p Go for a Walk (weather permitting)</b> <b>3-4p Wii Games or Board Games</b></p>	<p>8) <b>10-11a Coping Skills w/ Ian</b> <b>11a-12p Draw Your Breath</b> <b>12:45a-2:15p Cooking Class @ Community Action House: Healthy Picnic Favorites!</b> <b>12-1:30p SMART Recovery (Kitchenette)</b> <b>2:15-3p Open Craft Time (Spring Theme!)</b></p>	<p>9) <b>11a-12p Get Ready for the Parade</b> <b>12-4p Momentum Center Marching in Tulip Time Parade (*walking involved)</b></p> <p><b>3-5pm Reset Effect: Coffee &amp; Connection @ Lemonjello's</b></p>	<p>10) <b>11:30a-1p Member Lunch: Hot Dogs</b> <b>1-1:30p Clean-Up</b> <b>1:30-2:30p Dutch Trivia</b> <b>2:30-3p Learn a Dance</b> <b>3-4p Social Time / Weekend Goals</b> <b>5-7p Ice Cream Parlor Open</b> <b>6-8p Popcorn and Movie Night: Screenagers</b></p>
<p>13) <b>11a-12p Go for a Walk (weather permitting)</b> <b>12-1p Current Events and Coffee</b> <b>1-2p BINGO</b> <b>2-3p Outing to Herrick Library</b> <b>3-4p Coloring w/ Music</b></p> <p><b>6-7:30p Town Hall Meeting : Emerging Drug Trends</b></p>	<p>14) <b>1-2p Make Bracelets</b> <b>2-3:30p Wolters Woods Scavenger Hunt (* walking involved)</b> <b>3:30-4p Social Time</b></p>	<p>15) <b>10-11a Coping Skills w/ Ian</b> <b>11a-12p Go for a Walk</b> <b>12-1p Celebration as Self-Care</b> <b>12-1:30p SMART Recovery (Kitchenette)</b> <b>1-2p Cardio Drumming</b> <b>2-3p Homemade Pictionary</b> <b>3-4p Ice Cream Social</b></p>	<p>16) <b>10-11a Play Farkle</b> <b>11a-12p Crafts w/ Katie</b> <b>12-1p Social / Open Craft &amp; Game Time</b> <b>1-2p Lake Michigan Credit Union: Talking Finances w/ Brad</b></p> <p><b>7-8pm Mental Health Recovery Support Group</b></p>	<p>17) <b>10-10:30a Chair Yoga</b> <b>10:30-11a Learn a Dance</b> <b>11a-12p Chris' Country &amp; Culture Chitchat</b> <b>12-1p Self Compassion Practice</b> <b>1-3p Go to the Park; Member Choice * (weather permitting)</b> <b>3-4p Open Games/Weekend Goals</b></p>
<p>20) <b>10a-12p Swimming at Holland Aquatic Center (Bring Swim Gear)*</b> <b>12-1p Current Events and Coffee</b> <b>1-2p Artful Affirmations</b> <b>2-3p Geography Trivia</b> <b>3-4p Indoor Yard Games &amp; Song Request</b></p>	<p>21) <b>11a-12p MC Core Characteristic: Beyond</b> <b>12-1p Poetry (Share a poem - a favorite or one you wrote)</b> <b>1-2p Make Snack Mix</b> <b>2-3p Board &amp; Card Games</b> <b>3-4p Cardio Drumming</b></p>	<p>22) <b>10-11a Coping Skills w/ Ian</b> <b>11a-12p Conversation Café</b> <b>12-1:30p SMART Recovery (Kitchenette)</b> <b>12-1p Show and Tell Hour</b> <b>1-2p Charades</b> <b>2-3p Go for a Walk: I Spy (weather permitting)</b></p>	<p>23) <b>11:30a-1p Member Lunch: Spaghetti</b> <b>1-1:30p Clean-Up</b> <b>1:30-2:30p Grocery Shopping Basics</b> <b>2:30-4p Mental Health Affinity: Go to Coffee; Bring money (See Amber to Sign Up)</b></p> <p><b>6-7:30pm Reset Effect: Speical Guest Dawn</b></p>	<p>24) <b>10a-12p Tour @ Holland Bowl Mill (*walking involved)</b> <b>12-1p Conversation Starters</b> <b>1-2p Play Telestrations</b> <b>2-3p Outdoor Art &amp; Fun</b> <b>3-4p Learn a Dance / Social Time</b></p>
<p>27) <b>Closed for Memorial Day</b></p>	<p>28) <b>11a-12p Crafts W/ Katie</b> <b>12-1p Current Events &amp; Coffee</b> <b>1-2p Go for a Walk (weather permitting)</b> <b>2-3p Four-Window Story Board</b> <b>3-4p Wii Games</b></p>	<p>29) <b>10-11a Coping Skills w/ Ian</b> <b>11a-4p John Ball Zoo (Bring a lunch or money for lunch; * walking involved)</b> <b>12-1:30p SMART Recovery (Kitchenette)</b></p>	<p>30) <b>Momentum Center Closed</b></p>	<p>31) <b>10-11a Melty Beads</b> <b>11a-1p Member Potluck (Bring a dish to share!)</b> <b>1-2p BINGO</b> <b>2-3p Go for a Walk</b> <b>3-4p Social Time / Weekend Goals</b></p>