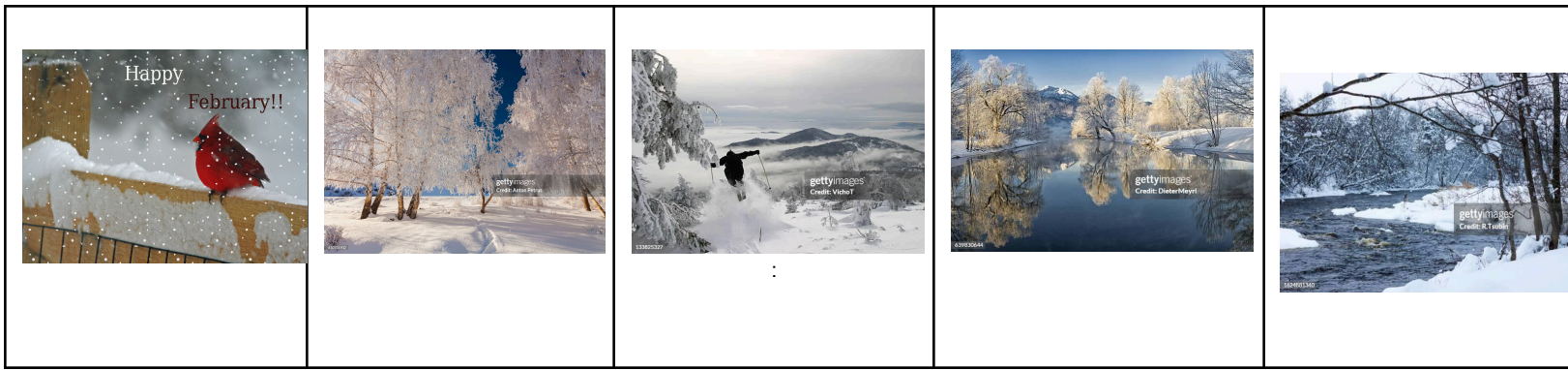


# 2026- FEBRUARY -2026

monday	Tuesday	Wednesday	Thursday	Friday
<b>2.</b> 9:30am:Check in 11am: DICE GAME 12-1pm: Lunch /clean up 2:pm Trinton's group 4pm:TV and Pool available 5-6pm:Dinner/ clean-up 8-9pm: Clean up-Close	<b>3.</b> 9:30am: Check in 10am SPECTRUM GROUP 11am:DBT THERAPY 12-1pm-Lunch/ clean up 2pm: Trinton's group 4pm:TV and Pool available 5-6pm:Dinner/ clean-up 8-9pm: Clean up-Close	<b>4.</b> 9:30am: Check in 11am:Customer choice/led 12-1pm: Lunch /clean up 2pm:Trinton's group 4pm:TV and Pool available 5-6pm:Dinner/ clean-up 8-9pm: Clean up/Close.	<b>5.</b> 9:30am: Check in 10am SPECTRUM GROUP 11am: MH RECOVERY 12-1pm: Lunch /clean up 1pm Recovery Options Made Easy(ROME) 2pm: Trinton's group 4pm:TV and Pool available 5-6pm:Dinner/ clean-up 8-9pm: Clean up/Close	<b>6.</b> 9:30am: Check in 11am: Art Therapy 12-1pm-Lunch/ clean up 2pm: Tinton's group 4pm:TV and Pool available 4-8:30pm:Spades Club 5-6pm:Dinner/ clean-up 8-9pm: Clean up/Close
<b>9.</b> 9:30am:Check in 11am:Life Story Time 12-1pm: Lunch /clean up 2:pm Trinton's group 4pm:TV and Pool available 5-6pm:Dinner/ clean-up 8-9pm: Clean up-Close	<b>10.</b> 9:30am: Check in 10am SPECTRUM GROUP 11am Would you rather? 12-1pm-Lunch/ clean up 2pm: Trinton's Group 4pm:TV and Pool available 5-6pm:Dinner/ clean-up 8-9pm: Clean up/Close	<b>11.</b> 9:30am: Check in 11am: CBT Therapy 12-1pm: Lunch /clean up 2pm:Trinton's group 4pm:TV and Pool available 5-6pm:Dinner/ clean-up 8-9pm: Clean up/Close	<b>12.</b> 9:30am: Check in 10am SPECTRUM GROUP 11am:Customer choice/led 12-1pm: Lunch / clean up 1pm Recovery Options Made Easy(ROME) 2pm:Trinton's group 4pm:TV and Pool available 5-6pm:Dinner/ clean-up 8-9pm: Clean up/Close	<b>13.</b> 9:30am: Check in 11am:MUSIC GROUP 12-1pm-Lunch/ clean up 2pm: Trinton's group 4pm:TV and Pool available 4-8:30pm:Spades Club 5-6pm:Dinner/ clean-up 8-9pm: Clean up/Close
<b>16.</b> 9:30am:Check in 11am: 12-1pm: Lunch /clean up 2pm:Trinton's group 4pm:TV and Pool available 5-6pm:Dinner/ clean-up 8-9pm: Clean up-Close	<b>17.</b> 9:30am: Check in 10am SPECTRUM GROUP 11am: Mental Health Question Cards. 12-1pm-Lunch/ clean up 2pm: Trinton's group 4pm:TV and Pool available 5-6pm:Dinner/ clean-up 8-9pm: Clean up-Close	<b>18.</b> 9:30am: Check in 11am:Bucket Questions 12-1pm: Lunch/ clean up 2pm: Trinton's group 4pm:TV and Pool available 5-6pm:Dinner/ clean-up 8-9pm: Clean up/Close	<b>19.</b> 9:30am: Check in 10am SPECTRUM GROUP 11am: MH RECOVERY 12-1pm: Lunch /clean up 1pm Recovery Options Made Easy(ROME), with Kevin. 2pm: Trinton's group 4pm:TV and Pool available 5-6pm:Dinner/ clean-up 8-9pm: Clean up/Close	<b>20.</b> 9:30am: Check in 11am: Recovery Hangman 12-1pm-Lunch/ clean up 2pm: Trinton's group 4pm:TV and Pool available 4-8:30pm:Spades Club 5-6pm:Dinner/ clean-up 8-9pm: Clean up/Close
<b>23.</b> 9:30am:Check in 11am: Recovery Stories 12-1pm: Lunch/ clean up 2:pm Trinton's group 4pm:TV and Pool available 5-6pm:Dinner/ clean-up 8-9pm: Clean up-Close	<b>24.</b> 9:30am: Check in 10am SPECTRUM GROUP 11am:Customer led/choice 12-1pm-Lunch/ clean up 2pm: Trinton's group 4pm:TV and Pool available 5-6pm:Dinner/ clean-up 8-9pm: Clean up-Close	<b>25.</b> 9:30am: Check in 11am: Emotion Regulation 12-1pm: Lunch/ clean up 2pm: Trinton's group 4pm:TV and Pool available 5-6pm:Dinner/ clean-up 8-9pm: Clean up/Close	<b>26.</b> 9:30am: Check in 10am SPECTRUM GROUP 11am: 12-1pm: Lunch /clean up 1pm Recovery Options Made Easy(ROME) 2pm: Trinton's group 4pm:TV and Pool available 5-6pm:Dinner/ clean-up 8-9pm: Clean up/Close	<b>27.</b> 9:30am: Check in 11am MUSIC GROUP 12-1pm-Lunch/ clean up 2pm: Trinton's group 4pm:TV and Pool available 4-8:30pm:Spades Club 5-6pm:Dinner/ clean-up 8-9pm: Clean up/Close <b>CONTINUED ON BACK</b>



CUSTOMER LED/CHOICE-Customers are encouraged to choose recovery related topics and may run a group if they wish

MH RECOVERY: Learning about mental health and life coping skills and how to apply them effectively in daily life.

MUSIC GROUP: Expressing your thoughts and feelings through music and songs you pick for the group to listen to .

SPECTRUM HUMAN SERVICE GROUP: EVERY TUESDAY AND THURSDAY AT 10:00 AM. Various group topics presented by guest speakers for recovery.

Mental Health Question Cards: Challenge your skill at answering questions related to recovery and change.

DBT-DIALECTICAL BEHAVIORAL THERAPY. A STRUCTURED, EVIDENCE-BASED PSYCHOTHERAPY DESIGNED TO MANAGE INTENSE EMOTIONS, REDUCE SELF-DESTRUCTIVE BEHAVIOR, AND IMPROVE RELATIONSHIPS.

CBT-COGNITIVE BEHAVIORAL THERAPY: HELPS INDIVIDUALS TO IDENTIFY, CHALLENGE, AND REPLACE NEGATIVE THOUGHT PATTERNS AND BEHAVIORS WITH HEALTHIER, MORE FUNCTIONAL ONES.

Empowering Questions or Bucket questions- Both focus on answering questions related to MH and Substance Use Recovery.

DICE GAME: LARGE WOODEN DICE MARKED WITH QUESTIONS.

ALL GROUPS, TIMES, and PERSONNEL, SUBJECT TO CHANGE WITHOUT NOTICE