



DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:30am: Check in 11am: MH RECOVERY 12-1pm: Lunch / clean up 2pm: Landon's Group 4pm:TV and Pool available 5-6pm:Dinner/ clean-up 8-9pm: Clean up-Close	2 9:30am: Check in 10am SPECTRUM GROUP 11am:Customer led/choice 12-1pm-Lunch/ clean up 2pm: Landon's Group 4pm:TV and Pool available 5-6pm:Dinner/ clean-up 8-9pm: Clean up/Close	3 9:30am: Check in 11am: FITNESS GROUP 12-1pm: Lunch/ clean up 2pm: Landon's Group 4pm:TV and Pool available 5-6pm:Dinner/ clean-up 8-9pm: Clean up/Close	4 9:30am: Check in 10am SPECTRUM GROUP 11am: Customer led/choice 12-1pm: Lunch and clean up 1pm Recovery Options Made Easy(ROME) 2pm: Landon's Group 4pm:TV and Pool available 5-6pm:Dinner/ clean-up 8-9pm: Clean up/Close	5 9:30am: Check in 11am:JEOPARDY 12-1pm-Lunch/ clean up 2pm: Landon's Group 4pm:TV and Pool available 4-8:30pm:Spades Club 5-6pm:Dinner/ clean-up 8-9pm: Clean up/Close
8 9:30am:Check in 11am:Empowering 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	9 9:30am: Check in 10am SPECTRUM GROUP 11am Trinton's group 12-1pm-Lunch/ clean up 2pm: Landon's Group 4pm:TV and Pool available 5-6pm:Dinner/ clean-up 8-9pm: Clean up/Close	10. 9:30am: Check in 11am: FITNESS GROUP 12-1pm: Lunch /clean up 2pm:Trinton's group 4pm:TV and Pool available 5-6pm:Dinner/ clean-up 8-9pm: Clean up/Close	11 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	12 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
15 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	16 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	17 9:30am: Check in 11am: FITNESS GROUP 12-1pm: Lunch/ clean up 2pm: Trinton's group 4pm:TV and Pool available 5-6pm:Dinner/ clean-up 8-9pm: Clean up/Close	18 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	19 9:30am: Check in 11am:JEOPARDY 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
22 9:30am:Check in 11am: GRATITUDE 12-1pm: Lunch/ clean up 2pm: Trinton's group 4pm:TV and Pool available 5-6pm:Dinner/ clean-up 8-9pm: Clean up-Close	23 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	24 9:30am: Check in 11am: FITNESS GROUP 12-1pm: Lunch/ clean up 2pm: Trinton's group 4pm:TV and Pool available 5-6pm:Dinner/ clean-up 8-9pm: Clean up/Close	25 CHRISTMAS DAY OPEN 10AM-2PM MEAL SERVED 	26 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 CONTINUED ON BACKSIDE>>>>>>>>

29 9:30am:Check in 11am:Customer led/choice 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	30 9:30am: Check in 10am SPECTRUM GROUP 11am:Customer lead/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	31 9:30am: Check in 11am: FITNESS GROUP 11am:GOALS FOR 2026 12-1pm: Lunch / clean up 2pm: Trinton's group 4pm:TV and Pool available 5-6pm:Dinner/ clean-up 8-9pm: Clean up/Close	HAPPY NEW YEAR 2026	
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FITNESS: LOW IMPACT EXERCISES. Consult your physician before participating in group exercises. Go at your own pace and ability.

JEOPARDY: Modeled after the popular game show. Play with a team and have some fun competing against the other teams.

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.

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

