

# 2026- MARCH -2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2. 9:30am: Check in 11am: MH DICE GAME 12-1pm: Lunch /clean up 2pm Trinton's group 4pm:TV and Pool available 5-6pm:Dinner/ clean-up 8-9pm: Clean up-Close</p>	<p>3. 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</p>	<p>4. 9:30am: Check in 11am: Financial Literacy 12-1pm: Lunch /clean up 2pm:Trinton's group 4pm:TV and Pool available 5-6pm:Dinner/ clean-up 8-9pm: Clean up/Close.</p>	<p>5. 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</p>	<p>6. 9:30am: Check in 11am: Benefits Advisement 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</p>
<p>9. 9:30am:Check in 11am: Life Story Time 12-1pm: Lunch /clean up 2pm:Trinton's group 4pm:TV and Pool available 5-6pm:Dinner/ clean-up 8-9pm: Clean up-Close</p>	<p>10. 9:30am: Check in 10am SPECTRUM GROUP 11am Customer 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</p>	<p>11. 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</p>	<p>12. 9:30am: Check in 10am SPECTRUM GROUP 11am: DBT THERAPY 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</p>	<p>13. 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</p>
<p>16. 9:30am:Check in 11am: Health;Wellness 12-1pm: Lunch /clean up 2pm:Trinton's group 4pm:TV and Pool available 5-6pm:Dinner/ clean-up 8-9pm: Clean up-Close</p>	<p>17. 9:30am: Check in 10am SPECTRUM GROUP 11am: Mental Health Trivia 12-1pm-Lunch/ clean up 2pm: Trinton's group 4pm:TV and Pool available 5-6pm:Dinner/ clean-up 8-9pm: Clean up-Close</p>	<p>18. 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</p>	<p>19. 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</p>	<p><b>FIRST DAY OF SPRING</b> 20. 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</p>
<p>23. 9:30am:Check in 11am: ID and Benefits 12-1pm: Lunch/ clean up 2pm:Trinton's group 4pm:TV and Pool 5-6pm:Dinner/ clean-up 8-9pm: Clean up-Close</p>	<p>24. 9:30am: Check in 10am SPECTRUM GROUP 11am:Customer led/choice 12-1pm-Lunch/ clean up 2pm: Trinton's group 4pm:TV and Pool 5-6pm:Dinner/ clean-up 8-9pm: Clean up-Close</p>	<p>25. 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</p>	<p>26. 9:30am: Check in 10am SPECTRUM GROUP 11am: Comedy Club 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</p>	<p>27. 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></p>

<p><b>30.</b>  9:30am: Check in  11am: Recovery Stories  12-1pm: Lunch/ clean up  2:pm Trinton's group  4pm: TV and Pool  5-6pm: Dinner/ clean-up  8-9pm: Clean up-Close</p>	<p><b>31.</b>  9:30am: Check in  10am SPECTRUM GROUP  11am: Customer Choice  12-1pm-Lunch/ clean up  2pm: Trinton's group  4pm: TV and Pool  5-6pm: Dinner/ clean-up  8-9pm: Clean up-Close</p>			
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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: 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: FOCUS ON MH AND SUBSTANCE USE RECOVERY.

DICE GAME: LARGE WOODEN DICE MARKED WITH MENTAL HEALTH RELATED QUESTIONS.

RECOVERY STORIES: STORIES THAT OFFER INSIGHT AND HOPE FOR PEOPLE IN MENTAL HEALTH RECOVERY.

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

