



May 2019

Activity Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|--|---|
| <p>drop-in... make some new friends!</p> <p>Support Trillium and local artists: www.TrilliumsHopeStore.com</p> | | | <p>1  Pool Tourney 1 p.m.</p> <p>Growing Happy 6 p.m.</p> | <p>2 Overcoming Anxiety 1 p.m.</p> <p>Social Skills 6 p.m.</p> | <p>3 Thumball Toss 1 p.m.</p> <p>Support Group 8 p.m.</p> | <p>4 UNO 1 p.m.</p> <p> Music Group 5 p.m.</p> <p>Women's Support Group 6:00 p.m.</p> |
| <p>5 Sorry We're Closed </p> | <p>6 Women's Support Group 11 a.m.</p> <p>Affirmations with Michelle 1 p.m.</p> <p>Hope & Recovery 6 p.m.</p> | <p>7 Laughter Yoga 1 p.m.</p> <p>Good Nutrition 4 p.m.</p> <p>Art w/ Carmen 6 p.m.</p> | <p>8  Spades 1 p.m.</p> <p>Thumball Toss 6 p.m.</p> | <p>9 Recovery Basics 1 p.m.</p> <p>Art w/ Carmen 6 p.m.</p> | <p>10 Goal Setting 1 p.m. </p> <p>Good Nutrition 5 p.m.</p> | <p>11 BINGO! 3 p.m.</p> <p>Social Skills 5 p.m.</p> <p>Women's Support Group 6:00 p.m.</p> |
| <p>12 Sorry We're Closed </p> | <p>13 Women's Support Group 11 a.m.</p> <p>Renewed Hope 4 p.m.</p> <p>Beyond Diagnosis 6 p.m.</p> | <p>14 Staff Meeting Closed 3:30 - 6:30</p> | <p>15  Pool Tourney 1 p.m.</p> <p>Self Compassion 6 p.m.</p> | <p>16 Advocating for Yourself 1 p.m.</p> <p>Social Skills 6 p.m.</p> | <p>17 Juggling 1 p.m.</p> <p>Support Group 8 p.m.</p> | <p>18 UNO 1 p.m.</p> <p> Music Group 5 p.m.</p> <p>Women's Support Group 6:00 p.m.</p> |
| <p>19 Sorry We're Closed </p> | <p>20 Women's Support Group 11 a.m.</p> <p>Coloring Pizzazz 1 p.m.</p> <p>Change is Possible 6 p.m.</p> | <p>21 Mood Trackers Workshop 1 p.m.</p> <p>Good Nutrition 4 p.m.</p> <p>Create a Collage 6 p.m.</p> | <p>22  Spades 1 p.m.</p> <p>Thumball Toss 6 p.m.</p> | <p>23 Positive Thinking 1 p.m.</p> <p>Affirmations with Michelle 1 p.m.</p> <p>Wellness Chat 6 p.m.</p> | <p>24 Coloring Pizzazz 1 p.m.</p> <p>Good Nutrition 5 p.m.</p> | <p>25 BINGO! 3 p.m.</p> <p>Social Skills 5 p.m.</p> <p>Women's Support Group 6:00 p.m.</p> |
| <p>26 Sorry We're Closed </p> | <p>27  OPEN 12-6 pm</p> | <p>27 Laughter Yoga 1 p.m.</p> <p>Good Nutrition 4 p.m.</p> <p>Kindness Rocks 6 p.m.</p> | <p>29  Pool Tourney 1 p.m.</p> <p>Mindful Moments 6 p.m.</p> | <p>30 Boundaries for Women 10:30 a.m.</p> <p>Gratitude 1 p.m.</p> <p>Social Skills 6 p.m.</p> | <p>31 Wellness Chat 1 p.m.</p> <p>Support Group 8 p.m.</p> | <p> Trillium Center Inc.</p> |

need more info? call us: 703.763.3865

check us out on the web: www.TrilliumCenterInc.org