








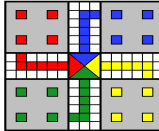




ADVOCATE HOMECARE



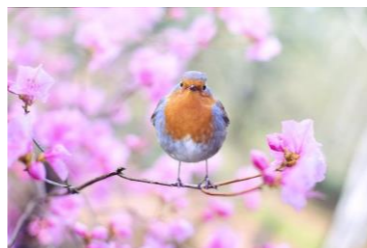







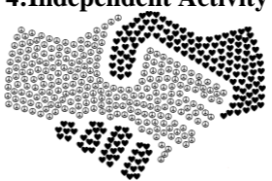









August, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>4</p> 	<p>5</p> <p>10 Reflections 11 Round table/ Cooking on a budget 1 TBI 101 2 Brain Games 3 Music Group</p> 	<p>6</p> <p>10-2 <i>Lake Kanawauke Park/ picnic</i> 2 Memory games 3 Meditation</p> 	<p>7</p> <p>10 Cognitive Athletics 11 TBI 101 1 Health and Wellness 2 Brain Games 3 Outdoor Activities</p> 	<p>8</p> <p>10 DBT-Mindfulness 11 Brain Games 1 <i>Farmer's market</i> 2 Gardening 3 Outdoor Activities /Songwriting group</p> 	<p>9</p> <p>10 Roundtable 11 Yoga/Brain Games 1 Reflections 2 Diaphragmatic breathing tutorial 3 Cornhole/outdoor activities</p> 	<p>10</p> <p>Mix and Mingle</p> 
				<p>1</p> <p>10-2 Wilcox Park trip (floating wheelchairs) 3 Karaoke group</p> 	<p>2</p> <p>10 Cognitive Athletics 11 Yoga/TBI 101 1 Brain Games 2 DBT Interpersonal effectiveness 3 Outdoor games/music group</p> 	<p>3</p> <p>Mix and Mingle</p> 

<p>11</p> 	<p>12</p> <p>10 Round Table 11 TBI 101/Cooking on a Budget 1 Reflections 2 Gardening 3 Cornhole/music group</p> 	<p>13</p> <p>10 Brain Games 11 <i>Long Dock park and BBQ</i> 2 Progressive Muscle Relaxation 3 Art Activity</p> 	<p>14</p> <p>10 TBI Research and Alternative Therapies 11 Round Table 1 Memory games 2 Critical Thinking 3 Brain Games</p> 	<p>15</p> <p>10 DBT-Distress Tolerance 11 Brain Games 1 Memory games 2 Meditation 3 Outdoor activities</p> 	<p>16</p> <p>10-11 <i>Xylophone</i> 1 TBI 101 2 Brain Games 3 Karaoke</p> 	<p>17</p> <p>Mix and Mingle</p> 
<p>18</p> 	<p>19</p> <p>10 Brain Games 11 Cooking group/Round Table 1 TBI 101 2 Gardening 3 Cornhole</p> 	<p>20</p> <p>10 Interpersonal 11 Brain Gym 1 Meditation 2 Art Workshop 3 Karaoke</p> 	<p>21</p> <p>10 TBI 101 11 Reflections 1 Cognitive Athletics 2 Gardening 3 Art Workshop</p> 	<p>22</p> <p>10 Participant Planning Meeting 11 Budgeting 1 Brain games 2 Art Workshop 3 Board Games</p> 	<p>23</p> <p>10 Round table 11 Yoga/TBI 101 1 Health and Wellness 2 Outdoor Activities 3 Karaoke</p> 	<p>24</p> <p>Mix and Mingle</p> 
<p>25</p> 	<p>26</p> <p>10 Brain Gym 11 Cooking group/Reflections 1 TBI 101 2 Art Workshop 3 Music Group</p> 	<p>27</p> <p>10-3 <i>Ashokan reservoir promenade and lunch</i> 3 Outdoor activity</p> 	<p>28</p> <p>10 Round Table 11 TBI Research and Alternative Therapies 1 Grieving TBI 2 Gardening 3 Songwriting group</p> 	<p>29</p> <p>10 Brain Gym 11 DBT-Distress Tolerance 1 <i>Farmer's Market</i> 2 August Birthday Celebration 3 Karaoke/Music Group</p> 	<p>30</p> <p>10 Cognitive Athletics 11 Yoga/ Round Table 1 TBI 101 2 Word puzzles 3 Sing-along music group</p> 	<p>31</p> <p>Mix and Mingle</p> 


Please contact Athina at alesque@advocate-homecare.com with any questions. ** Calendar subject to change** Lunch 12-1 daily. Orientation offered daily at 9:45 am.

Trips are displayed in Italics. A \$ sign next to a trip indicates it costs money to participate. Exercise at All-Sport offered daily.




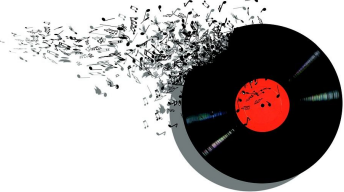




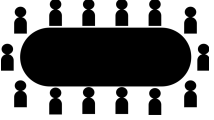












Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Mix & Mingle 
2 	3 10:00 Roundtable/Walk 11:00 Brain Games/Cooking on a budget 1:00 Back to Work 2:00 Reflections/Walk 3:00 Outdoor Poetry & Music 4:00 Group Games 	4 10:00 Coping Skills 10:30 Mindfulness Walk.Group Games 11:30 Interpersonal 1:00 Health & Wellness 2:00 Survivors 3:00 Brain Games 	5 10:00 TBI 101 11:00 <i>Trip to The Movies</i> 1:00 Grieving TBI 2:00 Health & Wellness 3:00 Music 4:00 Group Games 	6 10:00 Brain Games 11:00 Cultural Appreciation 1:00 Farmers Market & Nifty Thrifty 2:00 Telling your story 3:00 Karaoke 4:Independent Activity 	7 10:00 Women's Group/TBI 101 11:00 <i>Trip to Glazed Over \$</i> 1:00 Reflections 2:00 Grieving TBI 3:00 Independent Activity 4:00 Group Games 	8 Mix & Mingle 
9 	10 10:00 Roundtable/Walk 11:00 Brain Games/Cooking on a budget 1:00 Back to Work 2:00 Reflections/Walk 3:00 Outdoor Poetry & Music 4:00 Group Games 	11 10:00 Coping Skills 10:30 Mindfulness Walk.Group Games 11:30 Interpersonal 1:00 Creative Expression 2:00 Survivors 3:00 Brain Games 	12 10:00 TBI 101 11:00 Self esteem//Baking 1:00 Spirituality 2:00 Hiking/Games 3:00 Walk / Music 4:00 Group Games 	13 10:00 Brain Games 11:00 Chinese Buffet 1:00 Farmers Market & Nifty Thrifty 2:00 Telling your story 3:00 Karaoke 4:Independent Activity 	14 10:00 Women's Group/TBI 101 11:00 Early Lunch 12:00 Zylophone (12:45-1:45) 3:00 Independent Activity 	15 Mix & Mingle 












Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>16</p> 	<p>17</p> <p>10:00 Roundtable/Walk 11:00 Brain Games/Cooking on a budget 1:00 Hiking/Brain Games 2:00 Reflections/Walk 3:00 Outdoor Poetry & Music 4:00 Group Games</p> 	<p>18</p> <p>10:00 Coping Skills 10:30 Brain Games 11:00 Meditation/Chair Zumba 1:00 <i>Trip to Ron's Ice Cream</i> 2:00 Mindfulness 3:00 Health & Wellness 4:00 Independent Activity</p> 	<p>19</p> <p>10:00 Financial Literacy/Poetry 11:00 Grieving TBI 1:00 Independent Living 2:00 Self esteem/Group Games 3:00 Karaoke 4:00 Group Games</p> 	<p>20</p> <p>10:00 Brain Games 11:00 Cultural Appreciation 1:00 Farmers Market & Nifty Thrifty 2:00 Telling your story 3:00 Karaoke 4:00 Independent Activity</p> 	<p>21</p> <p>10:00 <i>Trip to Trevor Zoo</i> 10:00 Roundtable 1:00 Cog Rehab/Brain Games 2:00 Cog Rehab/ 3:00 Independent Activity 4:00 Group Games</p> 	<p>22</p> <p>Mix & Mingle</p> 
<p>23</p> 	<p>24</p> <p>10:00 Roundtable/Walk 11:00 Brain Games/Cooking on a budget 1:00 Trip to Tomato Cafe 2:00 Reflections/Walk 3:00 Outdoor Poetry & Music 4:00 Group Games</p> 	<p>25</p> <p>10:00 Coping Skills 10:30 Poetry 11:00 Back to Work 1:00 Health & Wellness 2:00 Principles of Recovery 3:00 Brain Games</p> 	<p>26</p> <p>10:00 Cooking with Eric 11:00 Brain Games/Self Esteem 1:00 Coping Skills 1:30 Hiking/Games 3:00 Creative Expressions / Music 4:00 Group Games</p> 	<p>27</p> <p>10:00 Brain Games 11:00 Chair Zumba/ Meditation 1:00 Farmers Market 3:00 Creative Expressions 4:00 Independent Activity</p> 	<p>28</p> <p>10:00 <i>Mieiser Park Picnic</i></p> 	<p>29</p>

June 2019

30 						

April 2019
















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 10:00 Cog Rehab/Brain Games 11:00 Cog Rehab/Cooking on a budget 1:00 Employment 2:00 Reflections/Walk 3:00 Music 4:00 Group Games</p> 	<p>2 10:00 Coping Skills 10:30 Debate 11:00 Survivors 1:00 Dating with a disability 2:00 Interpersonal 2:30 Cultural Appreciation 4:00 Group Games</p> 	<p>3 10:00 Cog Rehab/Brain Games 11:00 Cog Rehab/Baking 1:00 Financial Literacy 2:00 Health & Wellness 3:00 Music 4:00 Group Games</p> 	<p>4 9:30 Brain Games @Howland/Walk on Main Street Lunch in Beacon 10:00 Brain Games 11:00 Chair Yoga 1:00 Employment 2:00 Negotiation 3:00 TED Talks</p> 	<p>5 10:00 Women's Group/Roundtable 11:00 Beacon Riverfront 1:00 Cog Rehab/Brain Games 2:00 Cog Rehab/Grieving TBI 3:00 Independent Activity 4:00 Group Games</p> 	<p>6 Mix & Mingle</p> 
<p>7</p> 	<p>8 10:00 Cog Rehab/Brain Games 11:00 Cog Rehab/Cooking on a budget 1:00 Employment 2:00 Reflections/Walk 3:00 Music 4:00 Group Games</p> 	<p>9 10:00 Coping Skills 10:30 Poetry 11:00 Employment 1:00 Health & Wellness 2:00 Participant Planning 3:00 Brain Games</p> 	<p>10 10:00 Cog Rehab/Brain Games 11:00 Cog Rehab/Baking 1:00 Independent Living 2:00 Health & Wellness 3:00 Music 4:00 Group Games</p> 	<p>11 9:30 Brain Games at Howland Library 11:00 Chair Yoga/Meditation 1:00 Brain Games 2:00 Interpersonal 3:00 Reflections 4:00-6:00 Women's Group</p> 	<p>12 10:00 Women's Group/Roundtable 11:00 Trip to Glazed Over \$ 1:00 Cog Rehab/Brain Games 2:00 Cog Rehab/Poetry 3:00 Independent Activity 4:00 Group Games</p> 	<p>13 Mix & Mingle</p> 
<p>14</p> 	<p>15 10:00 Cog Rehab/Brain Games 11:00 Cog Rehab/Cooking on a budget 1:00 Employment 2:00 Reflections/Walk 3:00 Music 4:00 Group Games</p> 	<p>16 10:00 Coping Skills 10:30 Hiking/Brain Games 1:00 Sexual Health 2:00 Employment 2:30 Negotiation 4:00 Group Games</p> 	<p>17 10:00 Cog Rehab/Brain Games 11:00 Cog Rehab/Baking 1:00 Financial Literacy 2:00 Health & Wellness 3:00 Walk / Music 4:00 Group Games</p> 	<p>18 9:30 Brain Games at Howland Library 11:00 Chair Yoga/Meditation 1:00 Brain Games 2:00 Interpersonal 3:00 Health & Wellness 4:00 Independent Activity</p> 	<p>19 10:00 Women's Group/Roundtable 11:00 Beacon Riverfront 1:00 Cog Rehab/Brain Games 2:00 Cog Rehab/Grieving TBI 3:00 Independent Activity 4:00 Group Games</p> 	<p>20 Mix & Mingle</p> 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>22 10:00 Cog Rehab/ Brain Games 11:00 Cog Rehab/Cooking on a budget 1:00 Earth Day cleanup 3:00 Hudson River Estuary 4:00 Independent Activity</p> 	<p>23 10:00 Coping Skills 10:30 Brain Games 11:00 Employment 1:00 Health & Wellness 2:00 Participant Planning 3:00 TED Talks</p> 	<p>24 10:00 Cog Rehab/Brain Games 11:00 Cog Rehab/Baking 1:00 Independent Living 2:00 Dating w/ a Disability 3:00 Karaoke 4:00 Group Game</p> 	<p>25 <i>10:30 Zylofone</i> 10:00 Brain Games 11:00 Chair Yoga/ Meditation 2:00 Mindfulness 3:00 Health & Wellness 4:00 Independent Activity 4:00-6:00 Women's Group</p> 	<p>26 <i>10:00 Trip to Trevor Zoo</i> 10:00 Roundtable 1:00 Cog Rehab/Brain Games 2:00 Cog Rehab/ 3:00 Independent Activity 4:00 Group Games</p> 	<p>27 Mix &Mingle</p> 
<p>27</p> 	<p>28 10:00 Cog Rehab/Brain Games 11:00 Cog Rehab/Cooking on a budget 1:00 Survivors 2:00 Reflections/Walk 3:00 Music 4:00 Group Games</p> 	<p>29 10:00 Coping Skills 10:30 Poetry 11:00 Employment 1:00 Health & Wellness 2:00 Participant Planning 3:00 Brain Games</p> 	<p>30 10:00 Cog Rehab/Brain Games 11:00 Cog Rehab/Baking 1:00 Financial Literacy 2:00 Hiking/Games 3:00 Walk / Music 4:00 Group Game</p> 			



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March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	For more information, Contact Marisa Brink at: mbrink@advocate-homecare.com				1 10:00 Interpersonal 11:00 Debate 1:00 Successors 2:00 Brain Games	2 Mix and Mingle 
3 	4 10:00 Coping Skills 11:00 Looking on a Budget 1:00 Reflections 2:00 Participant planning 3:00 Movie 	5 10:00 Cop Rehab/ Brain Games 11:00 Cop Rehab/ Brain Games 1:00 Negotiation 2:00 Name that Tune 3:00 Group Games 	6 10:00 Cop Rehab/ Brain Games 11:00 Cop Rehab/ Brain Games 1:00 Financial Literacy 2:00 Health and Wellness 3:00 Music 	7 10:00 Roundtable 11:00 Chair Yoga/ Successors 1:00 Budgeting 101 2:00 Employment 3:00 Roundtable 	8 10:00 BINGO Women's Group 11:00 BINGO 1:00 Trip to Thrift Store 2:00 Trivia 3:00 Group Games 	9 Mix and Mingle 
10 	11 10:00 Coping Skills 10:30 Brain Games 11:00 Looking on a Budget 1:00 Employment 2:00 Karaoke 3:00 Group Games 	12 10:00 Cop Rehab/ Brain Games 11:00 Cop Rehab/ Brain Games 1:00 Tomato Café for dessert & coffee\$ 2:00 Creativide 2:30 Creative Expressions 3:00 Independent Activity 	13 10:00 Cop Rehab/ Brain Games 11:00 Cop Rehab/ Brain Games 1:00 Dating w/ a Disability 2:00 Negotiation 2:30 Health and Wellness 3:00 Group Games 	14 9:30 Brain Games @Howland Library 11:00 Chair Yoga/ Successors 1:00 Interpersonal 2:00 Roundtable/Baking 3:00 Karaoke 4:00-7:00 Evening Women's Group 	15 10:00 Women's Group/Cooking 11:00 Preparing St. Patrick's Day meal/ St. Patrick's Day Games & Trivia 1:00 Walk in the Community 2:00 Debate 3:00 Group Games  Happy St. Patrick's Day!	16 Mix and Mingle 



ADVOCATE
HOMECARE

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17</p> 	<p>18</p> <p>10:00 Caring Skills 11:00 Looking on a Budget/Brain Games 1:00 Men's & Groups 2:00 Health and Wellness 3:00 Music</p> 	<p>19</p> <p>10:00 Cop. Rehab/Brain Games 11:00 Cop. Rehab/Brain Games 1:00 Interpersonal 2:00 Health and Wellness 3:00 Brain Games</p> 	<p>20</p> <p>10:00 Cop. Rehab/Brain Games 11:00 Cop. Rehab/Brain Games 1:00 Financial Literacy 2:00 Negotiation 2:30 Health and Wellness 3:00 Group Games</p> 	<p>21</p> <p>9:30 Brain Games @ Howland Library 10:30 Participants Planning for Spring 11:00 Choir Yoga/Survivors 1:00 Reflections 2:00 Solstice Celebrations</p> 	<p>22</p> <p>10:00 Women's & Groups/Roundtable 11:00 Brain Games 1:00 Mythology/Creative Expressions 2:00 Mindfulness 3:00 Independent Activity</p>	<p>23</p> <p>Mix and Mingle</p> 
<p>24</p> <p>AA Meeting</p>	<p>25</p> <p>10:00 Caring Skills 11:00 Looking on a Budget/Brain Games 1:00 Principles of Recovery 2:00 Advocacy Day Prep 3:00 Group Games</p> 	<p>26</p>  <p>TBI Advocacy Day in Albany</p>	<p>27</p> <p>10:00 Cop. Rehab/Brain Games 11:00 Cop. Rehab/Brain Games 1:00 Participant Planning 2:00 Reflections 3:00 Brain Games</p> 	<p>28</p> <p>9:30 Brain Games @Howland Library 11:00 Choir Yoga/Survivors 1:00 Interpersonal 2:00 Roundtable 3:00 Karaoke</p> <p>4:00-7:00 Evening Women's Group</p> 	<p>29</p> <p>10:00 Women's & Groups/Roundtable 11:00 Music BINGO 1:00 Gratitude 2:00 Karaoke 3:00 Creative Expressions</p>	<p>30</p> <p>Mix and Mingle</p> 

Calendar subject to change














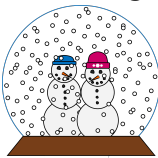
Exercising at AllSport is offered daily

Orientation daily at 9:45

Supporting Each Other Groups offered Monday-Thursday 1:30-2:00 Trips are displayed in italics










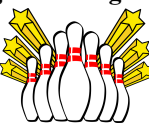











December 2018

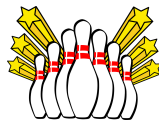






Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1
<p>*Calendar is subject to change- \$ next to activity means it requires money Daily offerings: Lunch@noon Support Group@1:30 pm Employment and Interpersonal groups are offered daily Monday-Friday. Monday, Tuesday, Wednesday, working out@Allsport Questions? Please contact Marisa Brink mbrink@advocate-homecare.com</p>			<p><u>Secret Santa</u>- The gifts should be kept between 10-15 dollars. We will exchange gifts at The Holiday Party on 12/19</p> 	<p>Please bring a pair of gloves/mittens this month to donate to The Children's Home of Poughkeepsie</p> 	<p>Mix and Mingle</p> 
3	4	5	6	7	8
<p>10:30 Reflections 11:00 Cooking on a budget 2:00 Participant Meeting</p> 	<p>10:30 Debate 11:00 Trip to the Movies \$ 2:30 Health & Wellness 3:00 Employment</p> 	<p>10:30 Dating w/ Disability 1:15 Brain Games 2:30 Grieving TBI 3:00 Survivors 3:30 Gratitude</p> 	<p>10:30 Coping Skills 11:15 Brain Games 2:30 Principles of Recovery 3:00 Reflections</p>	<p>10:00 BINGO 11:30 Pearl Harbor Lecture @ Howland Library</p> 	<p>Mix & Mingle</p> 
10	11	12	13	14	15
<p>10:30 Recovery Principles 11:00 Trip to Movies \$ 3:00 Brain Games</p> 	<p>10:30 Participant Meeting 11:15 Brain Games 1:00 Trip to Howland Library for "Short Stories inspired by New York City"</p> 	<p>10:30 Debate 1:15 Brain Games 2:30 Grieving TBI 3:00 Be the Change 3:30 Reflections</p> 	<p>10:30 Coping Skills 11:00 Brain Games 11:30 Expressive Arts 2:30 Survivors 3:20 Group Games</p> 	<p>10:30 Newsletter 11:00 Brain Games 2:30 Karaoke</p> 	<p>Mix & Mingle</p> 
17	18	19	20	21	22

November 2018







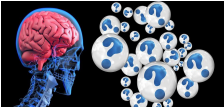
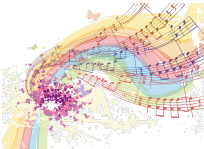








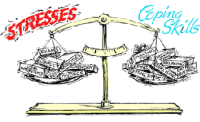














Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3
<p>*Calendar is subject to change- \$ next to activity means it requires money Daily offerings: Lunch@noon Support Group@1:15 pm Meditation@2:00pm Monday, Tuesday, Wednesday, working out@Allsport Questions? Please contact Marisa Brink mbrink@advocate-homecare.com</p>			<p>10:15 Coping Skills 11:15 Brain Games 2:30 Be the Change 3:30 Participant Planning</p> 	<p>10:00 Newsletter 11:00 Brain Games 2:30 Expressive Arts</p> 	<p>Mix and Mingle</p> 
5	6	7	8	9	10
<p>10:00 Reflections 11:00 Cooking on a budget 2:30 Mythology 3:30 Health & Wellness</p> 	<p>10:15 Debate 11:15 Brain Games 2:30 Health & Wellness 3:30 Employment</p> 	<p>10:15 Survivors 11:15 Brain Games 2:30 Grieving TBI 3:00 Be the Change 3:30 Gratitude</p> 	<p>10:15 Coping Skills 11:15 Brain Games 2:30 Survivors 3:00 Reflections</p> 	<p>10:00 Indoor Gardening 11:15 Brain Games 12:00 Chinese Buffet \$ 2:00 Community Service</p> 	<p>Mix & Mingle</p> 
12	13	14	15	16	17
<p>10:00 Recovery Principles 11:00 Cooking on a budget 1:00 Trip to Spins Bowl \$</p> 	<p>10:15 Debate 11:15 Brain Games 2:30 Expressive Arts 3:30 Getting Together</p> 	<p>10:15 Planned Parenthood 11:30 Brain Games 2:30 Grieving TBI 3:00 Be the Change 3:30 Reflections</p> 	<p>10:15 Coping Skills 11:00 Brain Games 2:30 Survivors 3:30 Expressive Arts</p> 	<p>10:00 Newsletter 11:00 Brain Games 2:30 Karaoke</p> 	<p>Mix & Mingle</p> 
19	20	21	22	23	24
<p>10:15 Brain Games 11:00 Cooking on a budget 2:30 Centerpiece Making 3:30 Jewelry Making</p> 	<p>10:15 Current Events 11:15 Brain Games 2:00 Mythology 2:30 Karaoke</p> 	<p>10:15 Gratitude 11:15 Service Project 12:00 Thanksgiving Feast</p> 	<p>Closed Happy Thanksgiving</p> 	<p>Sorry We're CLOSED</p> 	<p>Mix and Mingle</p> 
26	27	28	29	30	

<p>10:15 Brain Games 11:00 Cooking on a budget 1:00 Trip to Spins Bowl \$</p> 	<p>10:15 Dating w/ disability 1:15 Brain Games 2:30 Interpersonal 3:00 Recovery Principles</p> 	<p>10:15 Survivors 11:15 Brain Games 2:30 Grieving TBI 3:00 Be the Change 3:30 Reflections</p> 	<p>10:15 Coping Skills 11:00 Brain Games 2:30 Negotiation 3:30 Expressive Arts</p> 	<p>10:00 Indoor Gardening 11:15 Brain Games 12:00 Tomato Cafe \$ 2:00 Community Service</p> 	
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October 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6
<p>10:15 Reflections 11:15 Cooking on a budget 2:00 Arts & Crafts 3:00 Health & Wellness</p> 	<p>10:15 Debate 11:00 Mythology 2:00 Negotiation 2:30 Karaoke</p> 	<p><i>Coffee</i> 10:15 Dating w/ Disability 11:15 Survivors 2:00 World Literature 3:00 Coffee w/ a cop</p>	<p>10:15 Participant Meeting 11:00 Coping Skills 2:00 Brain Games 3:00 Poetry</p> 	<p>10:00 Poker 12:00 Lunch out @ Myers Old Dutch & walk around Beacon \$</p> 	<p>Mix and Mingle</p> 
8	9	10	11	12	13
<p>10:15 Budgeting 11:15 Cooking on a budget 2:00 Arts & Crafts 2:30 Karaoke</p> 	<p>10:15 Mythology 11:15 Brain Games 2:00 Participant Meeting 3:00 Independent Activity</p> 	<p>10:15 Survivors 11:30 Apple Picking \$ 2:00 Chair Zumba 3:00 Music</p> 	<p>10:15 Debate 11:00 Coping Skills 2:00 Negotiation 2:30 Karaoke</p> 	<p>10:00 Group Games Trip to the Movies \$</p> 	<p>Mix and Mingle</p> 
15	16	17	18	19	20

<p>10:15 Interpersonal 11:15 Cooking on a budget 1:30 <i>Trip to Glazed Over</i> \$</p> 	<p>10:15 Employment 11:00 Mythology 2:00 Health & Wellness 2:30 Karaoke</p> 	<p>10:15 Reflections 11:15 Survivors 2:00 World Literature 3:00 Music</p> 	<p>10:15 Brain Games 11:15 Coping Skills 2:00 Participant Meeting 3:00 Independent Activity</p> 	<p>10:00 Baking bread 11:00 Meaningful Media 2:00 Karaoke</p> 	<p><i>TBI Support Group @ Poughkeepsie Galleria</i></p> 
22	23	24	25	26	27
<p>10:15 Organization 11:15 Cooking on a budget 2:00 Arts & Crafts 2:30 Karaoke</p> 	<p>10:15 Improv 11:15 Mythology 2:00 Brain Games 3:00 Meaningful Media</p> 	<p>10:15 Survivors 11:30 <i>Walkway over the Hudson</i></p> 	<p>10:15 Debate 11:30 Reflections 2:00 Negotiation 2:30 Karaoke</p> 	<p>10:00 Brain Games 11:30 Charades 2:00 Poker</p> 	<p>Mix and Mingle</p> 
29	30	31			
<p>10:15 Negotiation 11:15 Cooking on budget 1:00 <i>Trip to Riverfront</i></p> 	<p>10:15 Interpersonal 11:00 Brain Games 2:00 Gratitude 2:30 Karaoke</p> 	<p>10:15 Debate 11:00 Mythology 12:00 Halloween Party</p> 			

*Calendar is subject to change-Daily offerings: Lunch@noon Meditation@1:00 Journaling@2:00 Monday, Tuesday, Wednesday, working out @Allsport (\$ sign next to trip indicates money is needed to participate in activity) Questions? Please contact Marisa Brink mbrink@advocate-homecare.com