

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>November 2009</h1> <p>Breakfast Sign-Up 8:30-9:15, Breakfast served at 9:30 Dinner Sign-Up 3-3:30, Dinner served at 4 Dinner Sign-Up Sat & Sun 2-2:30, Dinner served at 3 Thursdays Doors open at 9am Member Advisory Committee Meeting Tuesdays @ 3:00pm</p>					1 10:00 Orientation 10:30 Art w/Dina 11 Current Events 12 Positive Thinking 1 Wellness, Wisdom or not? 1:15 Personal Growth 2:15 Newspaper 5 Learning Center 5:30 Healthy Living	2 10 Dealing with our hurt 11 One Day at a time 12 Improv Group 1 Conflict Resolution 4 Spoken Word 5 Mind/Body Nutrition 6 Name of the Game
3 10 Wake up with Step Up 10:45 Change your Life 12 Words / Encouragement 1 Life shows up/What to do 3:45 Recovery Made Simple 5 Movies	4 10:30 Art Group 12 Living Expressions 1 Sharing & Caring 2 Effective comm.. w/ family 3 Life Skills 5 Santa Monica Friends 5 Learning Center	5 10:30 Music Therapy 11 Work Retention 12 Understanding our Thoughts 1 Effective Communication 2 Creative Writing Project Return. Ups and Downs	6 10 AA Awakenings 10:30 Self Esteem 11 Color Yourself 11:30 Essentials of Recovery 12 Picture Yourself 1 Men's/Women's Group 2 Emotional Health 3 Step it up 5:15 Let's Play Games	7 8 Mood Tune Up 10 Music Collaboration 10:30 Craving Art 11 Comfort and Inspiration 12 How to tell your story 1 Singing 2 Living w/Strong Emotion/ Computer Basics 3 Community Unity 5:30 Rush Hour	8 10:00 Orientation 10:30 Art w/Dina 11 Current Events 12 Positive Thinking 1 Wellness, Wisdom or not? 1:15 Personal Growth 2:15 Newspaper 5 Learning Center 5:30 Healthy Living	9 10 UCLA 10 Dealing with our hurt 11 One day at a time. 12 Improv Group 1 Conflict Resolution 4 Spoken Word 5 Mind/Body Nutrition 6 Name of the Game
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