

Peoples Oakland

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**P E O P L E S
O A K L A N D**

Peoples Oakland Hours

Monday-Thurs: 9:30-5:00
Friday: 9:30-4:00

JANUARY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 CLOSED	2 CLOSED	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 CLOSED	22	23	24	25	26
27	28	29	30 CLOSE @ 1	31		

1/3 Planning Team Meeting @ 12

1/7 Air Hockey & Ping Pong
Tournament @ 12

1/9 Carnival Mini Social @ 1

1/10 Food Bank

1/15 Cat Therapy Day

New Member Social @ 1

House Meeting @ 2

1/17 MLK Party

1/18 Arts & Crafts with Carla

1/25 Pool Tournament

1/28 Speaker Series- AHEDD @ 1

1/29 Horse Therapy @ 11

Self Care Campaign with Sue @ 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 AM	BREAKFAST CLUB	BREAKFAST CLUB	BREAKFAST CLUB	BREAKFAST CLUB	BREAKFAST CLUB
10:00 AM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
11:00 AM	ANGER MANAGEMENT	ARTS & CRAFTS	ROOTS GROUP	ARTS & CRAFTS	CONNEXIONZ
12:00 PM	Wii TOURNAMENT MONDAY MEAL	COMPUTER CLASS	THERAPUTIC SUPPORT GROUP *See Topics Below	SNACKS AND CHATS	CREATIVE WRITING
1:00 PM	POSITIVE THINKING & PROBLEM SOLIVING	COOKING CLASS	HEALTH WORKS	WOMENS GROUP	MOVIE GROUP
2:00 PM	BINGO	OPEN GYM	OPEN GYM	BINGO	
3:00 PM	MEDITATION, MUSIC, MOEVEMENT & MOOD		MEDITATION, MUSIC, MOEVEMENT & MOOD		MEDITATION, MUSIC, MOEVEMENT & MOOD
4:00 PM					