

Peoples Oakland

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www.peoplesoakland.org



PEOPLES
OAKLAND

Peoples Oakland Hours

Mon - Thurs: 9:30 am - 5:00 pm
Friday: 9:30 am - 4:00 pm

Winter Weather Hotline:
412-683-7140 x 239

**Listings on KDKA-2, WPXI-11,
WTAE-4**

February 2019

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

2/4 Volleyball at ARC - 12:30 pm

2/6 *TSG: Parenting - 12 pm

2/7 Planning Team Meeting - 12 pm
Food Bank

2/11 Air Hockey & Ping Pong Tournaments - 12 pm

2/12 Cat Therapy Day

2/13 *TSG: MISA - 12 pm
Mini-Social - 1 pm

2/15 Bowling at New Great Valley Lanes - 12 pm
Arts & Crafts with Carla - 1 pm

2/19 New Member Social - 1 pm
House meeting - 2 pm

2/20 *TSG: Peer Specialist - 12 pm

2/21 Recovery Celebration Dance Party! 12 pm
(no groups/activities/Snack Shack)

2/22 Pool Tournament - 1 pm

2/25 Volleyball at ARC - 12:30 pm
Speaker Series: 'Personal Recovery &
Becoming a Certified Peer Specialist' - 1 pm

2/26 Horse Therapy Outing - 10 am (sign up w/ Jen)
LOL Group - 1 pm

2/27 *TSG: Employment - 12 pm

*TSG = Therapeutic Support Group

	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	THERAPEUTIC SUPPORT GROUP (TSG) *See Topics on Reverse	SNACKS AND CHATS	CREATIVE WRITING
1:00 PM	POSITIVE THINKING & PROBLEM SOLVING	COOKING CLASS	HEALTH WORKS	WOMEN'S GROUP	MOVIE GROUP
2:00 PM	BINGO	OPEN GYM	OPEN GYM	BINGO	
3:00 PM	MEDITATION, MUSIC, MOVEMENT & MOOD		MEDITATION, MUSIC, MOVEMENT & MOOD		MEDITATION, MUSIC, MOVEMENT & MOOD
4:00 PM					