

Peoples Oakland
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Hours:


Monday - Friday: **8:30 am - 4 pm**

www.peoplesoakland.org

www.facebook.com/peoplesoakland

July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i>	<i>2</i> Walking Group 12 pm - 1 pm (Kiara) Planning Team Mtg. 1 pm (Joel)	<i>3</i> Mini Golf: \$7 Leave at 12:15 pm (Joel)	<i>4</i> CLOSED Independence Day	<i>5</i>	<i>6</i>
<i>7</i>	<i>8</i>	<i>9</i> Walking Group 12 pm - 1 pm (Andrea)	<i>10</i> Sports @ Mon Yough: Leave at 12:15 pm (Brayden)	<i>11</i>	<i>12</i> Cooking Class: 12 pm (Joel)	<i>13</i>
<i>14</i>	<i>15</i>	<i>16</i> New Member Social, House Mtg., Open Mic All beginning at 12 pm	<i>17</i> Elevate Trampoline Park Leave 12:15 pm Approx. \$15 (Josh)	<i>18</i>	<i>19</i> Pool Tournament: 12 pm (Brayden) *No Bingo	<i>20</i>
<i>21</i>	<i>22</i>	<i>23</i> Walking Group 12 pm - 1 pm (Brayden or Josh)	<i>24</i> Sports @ Mon Yough: Leave at 12:15 pm (Brayden)	<i>25</i>	<i>26</i> Summer Celebration: 12 pm - 3 pm (No Groups or Snack Shack)	<i>27</i>
<i>28</i>	<i>29</i>	<i>30</i> Walking Group 12 pm - 1 pm (Kiara)	<i>31</i> CLOSE at 1 pm Staff In-Service			

	Monday (Josh)	Tuesday (Joel)	Wednesday (Kiara)	Thursday (Jen)	Friday (Brayden)
8:30 am	Breakfast Club	Breakfast Club	Breakfast Club	Breakfast Club	Breakfast Club
11:00 am - 11:15 am	Meditation <i>(Jen)</i>	Meditation <i>(Josh)</i>	Meditation <i>(Andrea)</i>	Meditation <i>(Brayden)</i>	Meditation <i>(Kiara)</i>
11:15 am - 12:00 pm	Recovery Group <i>(Jen)</i>	Recovery Group <i>(Josh)</i>	Recovery Group <i>(Andrea)</i>	Recovery Group <i>(Brayden)</i>	Recovery Group <i>(Kiara)</i>
12:00 pm	Creative Writing <i>(Jen)</i>	Walking Group <i>(see front)</i>		Managing My Emotions <i>(Brayden)</i>	
1:00 pm				Arts & Crafts with Jason	
2:00 pm	Bingo <i>(2 pm - 2:30 pm)</i>	Bingo <i>(2 pm - 2:30 pm)</i>	Bingo <i>(2 pm - 2:30 pm)</i>	Bingo <i>(2 pm - 2:30 pm)</i>	Bingo <i>(2 pm - 2:30 pm)</i>
3:00 pm					

4:00 pm

Stop in to say 'Hi,' be with friends, grab a calendar!
Please Note: Groups will be run so long as at least two (2) members attend.

See Brayden for the Health Challenge - Feel Good & Win Prizes!

Thank you!