



*Cultivating a Culture of Love*

HOPE • INTEGRITY • RESPECT • EMPATHY • HUMILITY

## MAY 2026: Celebrating Mental Health Awareness Month With You!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <b>Center Clean Up Day, All Helping Hands Needed!</b> Member Employee Time Sheets Due
4 Noon - Celebration of Star Wars Awareness Day Activity	5 <b>Noon – Women’s Group</b>	6 Noon - Celebration of National Anxiety & Depression Awareness Week Activity	7 Noon – Rogers Flea Market Trip Meeting \$Member Employee Payday	8
11 Noon – Primary Election Preparation Information Session	<b>12 OUTING: Construction Junction/Pgh Center for Creative Re-Use/Hobby Lobby</b>	13 Noon - Celebration of World Hummus Awareness Day Activity	14 Noon – National Dance Like a Chicken Awareness Day Activity	15 Member Employee Time Sheets Due
18 Monthly Monday Morning Movie Club, “As Good As It Gets”	<b>19 Closed Primary Election Day</b>	20 <b>Noon – Men’s Group</b>	21 Noon – National Strawberries & Cream Awareness day Activity \$Member Employee Payday	22 Noon - Pool Tournament
<b>25 Closed Memorial Day</b>	26 Noon - House Mtg Peer Recognition of demonstrated Core Values Fire Drill & Personal Safety Presentation 1:00pm - Open Mic 	<b>27 OUTING: Strip District Exploration Walking Tour</b>	28 1:00pm Party Food Prep 3:00pm Party Decorating	29 Noon-3:00pm Memorial Day Party, crafts with Carla Member Employee Time Sheets Due

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8:30 AM</b>	<b>OPEN</b> <i>Breakfast Club Volunteer Help is appreciated to set-up!</i>				
<b>9:00 AM</b>	Peer Socialization	Peer Socialization	Peer Socialization	Peer Socialization	Peer Socialization
<b>10:00 AM</b>	Peer Support Group	Peer Support Group	Peer Support Group	Peer Support Group	Peer Support Group
<b>11:00 AM</b>	Work-Out Club w/ Jason	Walking Club	Ping Pong Club	Deck & Stretch Club	Dance Club w/ Jason
<b>Noon</b>	<b>Try a snack at our affordable Snack Shack, enjoy lunch in the sun on our deck, or take your lunch to the grass across the street for a picnic in the park with friends!</b>				
<b>1:00 PM</b>	Music & Crafts Club	Healing & Healthy Relationships Group	Theater Club w/Ray	Zoom Connections Group	Fun & Games Club
<b>2:00 PM</b>	Bingo	Bingo	Bingo	Bingo	Bingo
<b>3:00 PM</b>	Snack & Chat Group	Snack & Chat Group	Snack & Chat Group	Snack & Chat Group	Snack & Chat Group
<b>3:30 PM</b>	<i>Volunteer Help is appreciated to clean-up and prepare for the next day!</i>				
<b>4:00 PM</b>	<b>CLOSED</b>				

*\*Regular Groups may be cancelled when special activities are on the calendar*

**Peer Support Group** - Checking in with supportive people, sharing what's going on for you today; what you're excited about & celebrating, working on and planning, stressed about & need support

**Better Health Opportunities** – Our fitness center is open all day, and there is always someone here to join you

**Healing & Healthy Relationships Group** – Staff/Intern led; caring exploration of childhood and early life experiences and how they relate to social patterns as adults, and support in setting healthy boundaries

**Zoom Connections Group** – Jump online and meet & greet with each other in introductions, ice breakers, and casual conversation with friendly people to help break down feeling isolated and alone

**Fun & Games Club** – Take a break from stress and enjoy friendly FOR FUN games like: corn hole, bean bag toss, frisbee, badminton, mini-bowling, charades, group Uno, group Monopoly... and more

**Pop-Up Activities** – Based on attendance & interest, on any given day at any given time we could be doing things like: line dancing, cooking, baking, karaoke, trivia, family feud, cheerleading with Dom... and more

**Break Out Groups** – During the day, anything can be a trigger for anyone, and we will offer supportive processing & guidance as needed individually or in groups

**Snack & Chat** – Staff/Intern led; everyone is tired at the end of the day, and needs a little something extra: we'll examine how the day went, celebrate your accomplishments, plan for support you need for going home

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Weather & Emergency Closure Hotline #412-683-7140 X 239

Social Rehabilitation Program Information & Support Needs #412-683-7140 X 233

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