

September

2020

Art and Activities Recovery Solutions



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Recovery Therapy Art Walls	2 Blot art	3 Puff Paint/Mural painting	4 Movie	5
6	7 Meditation Monday	8 Mindfulness With Food	9 Working through grief with watercolors	10 Food Art Fruit Mandalas	11 Movie	12
13	14 Meditation Monday	15 Fan art with watercolors	16 DIY diffusers	17 Recovery Art Therapy Path	18 Movie	19
20	21 Meditation Monday	22 Tie Dye Tapestries	23 Positive intension Flag (prayer flags)	24 3-D art	25 Movie	26
27	28 Meditation Monday	29 Music Therapy with finger paints	30 Tub Teas	*Schedule is subject to change		