

April

2021

Menu and Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
	** Schedule is Subject to change****		Activity: DIY DEODORANT with essential oils Meditation/stretching	AM Groups: Communications Meditation /Painting	Zoo and Pizza in the park Movie at the Center PM: Group S.M.A.R.T. 1 pm	
11	12	13	14	15	16	17
	AM Groups: Mindfulness Sandwiches / or frozen option Lesson: Pie PM: Group Nutrition in Recovery All Recovery 2pm	AM Groups: ART Beef Teriyaki Lesson: Rice's PM: Group E.P.I.C. 2PM. Nutrition Recovery	AM Groups: Music and Emotions Bratwurst and cheesy tater tots Meditation/yoga PM: Group Nutrition in Recovery NA 2pm	AM Groups: Communications Spaghetti Lesson: Meatballs PM: Group Nutrition in Recovery	MOVIE Sweet and Sour Chicken and veggies. PM: Group S.M.A.R.T. 1pm Fancy Friday Foods	
18	19	20	21	22	23	24
	AM Groups: Lesson: cookie bars Meditation Sandwiches/ or frozen option PM Groups: Nutrition in Recovery All Recovery 2pm	AM Groups: Class: Coping Skills Lesson: Oven Fried Chicken and roasted veggies PM Groups: Nutrition in Recovery E.P.I.C. 2pm	AM Groups: Class: ART Meditation/stretching Hot Dog Bar PM Groups: Nutrition in Recovery NA 2pm	AM Groups: Communications Lesson: Texas Chili and corn bread PM Groups: Nutrition in Recovery	Outing : Fire-Up Frozen Pizzas MOVIE PM Group: S.M.A.R.T.1 pm F.F.F.	
25	26	27	28	29	30	
	AM Groups: Lesson: Frozen Bananas Mindfulness Sandwiches/ or frozen option PM Groups: Nutrition in Recovery All Recovery 2pm	AM Groups: Class: ART Bean Tostadas Lesson: Salsa PM Groups: Nutrition in Recovery E.P.I.C. 2pm	AM Groups: Class: Music and Emotions Baked potato bar Meditation PM Groups: Nutrition in Recovery NA 2pm	AM Groups: ART with Water Fun Garden Salad with homemade dressing and croutons PM Groups: Nutrition in Recovery	MOVIE: Ratatouille Lesson: Ratatouille and French bread PM Group: S.M.A.R.T. 1PM F.F.F.	