





# February 2018 Group Calendar

Discovery Resource Center 1609 East Palmdale Blvd.  
Suite G Palmdale, CA 93550 Phone: 661-947-1595

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><b>celebrate</b> <b>BLACK</b> <b>history MONTH</b></p>			<p>1 - 10:30 AM Arts and Crafts - 12:00 PM Coping Skills - 1:00 PM Karaoke</p>	<p>2 - 10:30 AM Salvation army Outing</p>	<p>3</p>
4	<p>5 - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 12:00 PM Poetry Club</p>	<p>6 - 10:00 AM Healthy Choices W/ Jessica (PR) - 11:00 AM Ups &amp; Downs / Anxiety (PR) - 12:00 PM Don't Sweat the Small Stuff (PR) - 1:00 PM Communication Skills</p>	<p>7 - 10:00 AM Bingo - 11:00 AM Spiritual Support - 1:00 PM Invent a New You (PR) - 2:00 PM A Fun Review of World History</p>	<p>8 - 10:30 AM Arts and Crafts - 12:00 PM Coping Skills - 1:00 PM Karaoke</p>	<p>9 - 10:00 AM Social Outing</p>	<p>10</p>
11	<p>12 - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 12:00 PM Poetry Club - 1:00 PM Food for Thought (cooking group)</p>	<p>13 - 10:00 AM Healthy Choices W/ Jessica (PR) - 11:00 AM Ups &amp; Downs / Anxiety (PR) - 12:00 PM Don't Sweat the Small Stuff (PR) - 1:00 PM Communication Skills</p>	<p>14 - 10:00 AM Bingo - 11:00 AM Spiritual Support - 12:00 PM Get Ready for Work - 1:00 PM Invent a New You (PR)</p> <p><i>Happy Valentine's Day</i></p>	<p>15 - 10:30 AM Arts and Crafts - 12:00 PM Coping Skills - 1:00 PM Karaoke</p>	<p>16 - 10:30 AM Salvation army Outing</p> 	<p>17</p>
18	<p>19 <i>The Center will be closed in observance of Presidents Day.</i></p> 	<p>20 - 10:00 AM Healthy Choices W/ Jessica (PR) - 11:00 AM Ups &amp; Downs / Anxiety (PR) - 12:00 PM Don't Sweat the Small Stuff (PR) - 1:00 PM Communication Skills</p>	<p>21 - 10:00 AM Bingo - 11:00 AM Spiritual Support - 1:00 PM Invent a New You (PR) - 2:00 PM A Fun Review of World History</p>	<p>22 - 10:30 AM Arts and Crafts - 11:00 AM <b>Healthy Boundaries</b> - 1:00 PM Karaoke</p>	<p>23 - 10:00 AM Social Outing</p>	<p>24</p>
25	<p>26 - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 12:00 PM Poetry Club - 1:00 PM Food for Thought (cooking group)</p>	<p>27 - 10:00 AM Healthy Choices W/ Jessica (PR) - 11:00 AM Ups &amp; Downs / Anxiety (PR) - 12:00 PM Don't Sweat the Small Stuff (PR) - 1:00 PM Communication Skills</p>	<p>28 - 10:00 AM Bingo - 11:00 AM Spiritual Support - 12:00 PM Get Ready for Work - 1:00 PM Invent a New You (PR)</p> <p><i>The Center will close at 1:30PM</i></p>			