

August 2019 Group Calendar

Discovery Resource Center 1529 East Palmdale Blvd.
Suite 113 Palmdale, CA 93550 Phone: 661-947-1595

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<p>1</p> <ul style="list-style-type: none"> - 10:30 AM Arts and Crafts - 12:00 PM The Road to Recovery - 1:00 PM Karaoke 	<p>2</p> <ul style="list-style-type: none"> - 10:00 AM Music Man (PR) <p><i>The Center will close at 11:00 am</i></p>	<p>3</p>
4	<p>5</p> <ul style="list-style-type: none"> - 11:00 AM Write It Out - 1:00 PM It's a WRAP - 2:00 PM Jumpstart Your Week 	<p>6</p> <ul style="list-style-type: none"> - 9:30 AM Lets Get Active - 11:00 AM Ups & Downs / Anxiety (PR) - 12:00 PM Healthy Boundaries (PR) - 1:00 PM Life Skills 	<p>7</p> <ul style="list-style-type: none"> - 10:00 AM Tools for Recovery - 12:00 PM Coping Skills - 1:00 PM Invent a New You (PR) - 2:00 PM Thrive (PR) 	<p>8</p> <ul style="list-style-type: none"> - 10:30 AM Arts and Crafts - 12:00 PM The Road to Recovery - 1:00 PM Karaoke 	<p>9</p> <ul style="list-style-type: none"> - 10:00 AM Music Man (PR) - 10:30 AM Salvation Army Outing 	<p>10</p>
11	<p>12</p> <ul style="list-style-type: none"> - 11:00 AM Write It Out - 12:00 PM 911 to 411 - 1:00 PM It's a WRAP - 2:00 PM Jumpstart Your Week 	<p>13</p> <ul style="list-style-type: none"> - 11:00 AM Ups & Downs / Anxiety (PR) - 12:00 PM Healthy Boundaries (PR) - 1:00 PM Life Skills 	<p>14</p> <ul style="list-style-type: none"> - 10:00 AM Tools for Recovery - 11:00 AM All About Me (Self-Care) - 12:00 PM Coping Skills - 1:00 PM Invent a New You (PR) - 2:00 PM Thrive (PR) 	<p>15</p> <ul style="list-style-type: none"> - 10:30 AM Arts and Crafts - 12:00 PM The Road to Recovery - 1:00 PM Karaoke 	<p>16</p> <ul style="list-style-type: none"> - 10:00 AM Music Man (PR) - 10:30 AM Social Outing 	<p>17</p>
18	<p>19</p> <ul style="list-style-type: none"> - 11:00 AM Write It Out - 1:00 PM It's a WRAP - 2:00 PM Jumpstart Your Week 	<p>20</p> <ul style="list-style-type: none"> - 9:30 AM Lets Get Active - 11:00 AM Ups & Downs / Anxiety (PR) - 12:00 PM Healthy Boundaries (PR) - 1:00 PM Life Skills 	<p>21</p> <ul style="list-style-type: none"> - 10:00 AM Tools for Recovery - 11:00 AM Bingo - 12:00 PM Coping Skills - 1:00 PM Invent a New You (PR) - 2:00 PM Thrive (PR) 	<p>22</p> <ul style="list-style-type: none"> - 10:30 AM Arts and Crafts - 12:00 PM The Road to Recovery - 1:00 PM Karaoke 	<p>23</p> <p><i>No Groups Or Outings Due to Staff Training.</i></p> <p><i>The center will only be open 2pm—5pm</i></p>	<p>24</p>
25	<p>26</p> <ul style="list-style-type: none"> - 11:00 AM Write It Out - 12:00 PM 911 to 411 - 1:00 PM It's a WRAP - 2:00 PM Jumpstart Your Week 	<p>27</p> <ul style="list-style-type: none"> - 11:00 AM Ups & Downs / Anxiety (PR) - 12:00 PM Healthy Boundaries (PR) - 1:00 PM Life Skills 	<p>28</p> <ul style="list-style-type: none"> - 10:00 AM Tools for Recovery - 11:00 AM All About Me (Self-Care) - 12:00 PM Coping Skills - 1:00 PM Invent a New You (PR) <p><i>The center Will close early at 1:30 PM</i></p>	<p>29</p> <ul style="list-style-type: none"> - 10:30 AM Arts and Crafts - 12:00 PM The Road to Recovery - 1:00 PM Karaoke 	<p>30</p> <ul style="list-style-type: none"> - 10:00 AM Music Man (PR) - 10:30 AM Social Outing 	<p>31</p> 