

NRCIL

Independent Living Program

Watertown Office Calendar of Events

Month: April

Year: 2020

M	T	W	Th	F
		1) Stop In Center Creative Writing Round Table 9:00AM – 11:00AM **** Mental Health Wellness Group 2:30PM – 3:30PM	2)	3) 14 Week Program to a Healthier You Program 10:00AM – 11:00AM Stretching & Flexibility Healthy vs. Unhealthy Fats
6) Affected by Suicide Peer Group 2:30PM – 3:30PM	7) Anger Management 3:00PM – 4:00PM Pre-Registration required	8) Stop In Center Mental Health “Poster Making” Team building Activity 9:00AM – 11:00AM **** Systems Advocacy Consumer Meeting 11:00AM – 12:00PM **** Mental Health Wellness Group 2:30PM – 3:30PM	9)	10) 14 Week Program to a Healthier You Program 10:00AM – 11:00AM Balance Strong Bones
13) Affected by Suicide Peer Group 2:30PM – 3:30PM	14) Anger Management 3:00PM – 4:00PM Pre-Registration required	15) Stop In Center Brain Health “Display Making” Team building Activity 9:00AM – 11:00AM **** Mental Health Wellness Group 2:30PM – 3:30PM	16)	17) 14 Week Program to a Healthier You Program 10:00AM – 11:00AM Exercise for My Core Salt
20) Affected by Suicide Peer Group 2:30PM – 3:30PM	21) Anger Management 3:00PM – 4:00PM Pre-Registration required	22) Stop In Center Games 9:00AM – 11:00AM **** Mental Health Wellness Group 2:30PM – 3:30PM	23)	24) 14 Week Program to a Healthier You Program 10:00AM – 11:00AM Exercise at Home Sugar
27) Affected by Suicide Peer Group 2:30PM – 3:30PM	28) Anger Management 3:00PM – 4:00PM Pre-Registration Required **** Alzheimer’s Assoc. Caregivers Support Group 4:40PM – 6:00PM	29) Stop In Center Brain Health “Display Making” Team building Activity 9:00AM – 11:00AM **** Mental Health Wellness Group 2:30PM – 3:30PM	30)	
				JFJ: 3/05/2020