

NRCIL

Independent Living Program

Watertown Office Calendar of Events

Month: March

Year: 2020

M	T	W	Th	F
2)	3)	4) Stop In Center Creative Writing Round Table 9:00AM – 11:00AM **** Mental Health Wellness Group 2:30PM – 3:30PM	5)	6) 14 Week Program to a Healthier You Program 10:00AM – 11:00AM Breathing Exercises Breakfast
9) Affected by Suicide Peer Group 2:30PM – 3:30PM	10) Anger Management 3:00PM – 4:00PM Pre-Registration required	11) Stop In Center Game Day Wi & board games 9:00AM – 11:00AM **** Systems Advocacy Consumer Meeting 11:00AM – 12:00PM **** Mental Health Wellness Group 2:30PM – 3:30PM	12)	13) 14 Week Program to a Healthier You Program 10:00AM – 11:00AM Aerobic Activity Portion Control
16) Affected by Suicide Peer Group 2:30PM – 3:30PM	17) Anger Management 3:00PM – 4:00PM Pre-Registration required	18) Stop In Center Winter Gardening Seed starting discussion 9:00AM – 11:00AM **** Mental Health Wellness Group 2:30PM – 3:30PM	19)	20) 14 Week Program to a Healthier You Program 10:00AM – 11:00AM Upper-body Strengthening Rainbow of Fruits
23) Affected by Suicide Peer Group 2:30PM – 3:30PM	24) Anger Management 3:00PM – 4:00PM Pre-Registration required	25) Stop In Center Garden Seed Starting 9:00AM – 11:00AM **** Mental Health Wellness Group 2:30PM – 3:30PM ████████████████████	26)	27) 14 Week Program to a Healthier You Program 10:00AM – 11:00AM Lower-body Strength Vegetables
30) Affected by Suicide Peer Group 2:30PM – 3:30PM	31) Anger Management 3:00PM – 4:00PM Pre-Registration Required **** Alzheimer's Assoc. Caregivers Support Group 4:40PM – 6:00PM			
				JFJ: 3/05/2020