

October



MOSAIC CSP

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 11:15-Lunch 12-2-Bingo 12:30-2:30-Rise	2 11:15-Lunch 12-1-Peer Support Group 1-2-Exercise Group	3 11:30-3-MOVIE THEATER OUTING!	4
5	6 11:15-Lunch 12-1-Stress Management 1-3-ART THERAPY	7 11:15-Lunch 12-1-MUSIC THERAPY 1-2-MEMBER MEETING	8 11:15-Lunch 12-2-Stress Management Group 12:30-2:30-Rise	9 11:15-Lunch 12-1-Peer Support Group 1-2-Exercise Group	10 11:15-Lunch 12-1-Self Care Group 1-2-Journaling	11 11:15-LUNCH 12:00-2:00pm-OPEN ACTIVITIES
12	13 11:15-Lunch 12-1-Stress Management 1-3-ART THERAPY	14 11:15-Lunch 12-1-MUSIC THERAPY 1-2Arts&craft	15 11:15-Lunch 12-2-Stress Management Group 12:30-2:30-Rise	16 11:15-Lunch 12-1-Peer Support Group 1-2-Exercise Group	17 11:15-Lunch 12-1-Self Affirmations 1-2-MEDITATION	18
19	20 11:15-Lunch 12-1-Stress Management 1-3-ART THERAPY	21 11:15-Lunch 12-1-MUSIC THERAPY 3-4-Arts&Crafts	22 11:15-Lunch 12-2-Stress management Group 12:30-2:30-Rise	23 11:15-Lunch 12-1-Peer Support Group 1-2-Exercise Group	24 11:15-Lunch 12-1-Self Care Group 1-3-Movie in Community Room	25
26	27 11:15-Lunch 12-1-Stress Management 1-3-ART THERAPY	28 11:15-Lunch 12-1-MUSIC THERAPY 1-2-GratitudeJars	29 11:15-Lunch 12-2-Stress Management Group 12:30-2:30-Rise	30 11:15-lunch 12-1-Peer Support Group 1-2-Exercise Group	31 11:15-Lunch 12-1-SELF CARE 1-2-KAROKÉ	


NOW OPEN EVERY SECOND SATURDAY OF EACH MONTH, 10:00am to 2:00pm!

November



MOSAIC CSP

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 11:15-LUNCH 12-1-CREATIVE WRITING 1-3-ART THERAPY	4 11:15-LUNCH 12-1-MUSIC THERAPY 1-2-MEMBER MEETING	5 11:15-LUNCH 12-1-BINGO 12:30-2:30-RISE	6 11:15-LUNCH 12-1-PEER SUPPORT GROUP 1-2-EXERCISE	7 11:15-LUNCH 12-1-SELF CARE GROUP 1-2-WRITING GROUP	8 11:15-LUNCH 12:00-2:00pm-OPEN ACTIVITIES
9	10 11:15-LUNCH 12-1-STRESS MANAGEMENT 1-3-ART THERAPY	11 11:15-LUNCH 12-1-MUSIC THERAPY 1-2-EXERCISE GROUP	12 11:15-LUNCH 12-1-ARTS & CRAFT 12:30-RISE	13 11:15-LUNCH 12-1-PEER SUPPORT GROUP 1-EXERCISE	14 11:15-LUNCH 12-1-SELF CARE GROUP 1-2-WRITING GROUP	15
16	17 11:15-LUNCH 12-1-STRESS MANAGEMENT 1-3-ART THERAPY	18 11:15-LUNCH 12-1-MUSIC THERAPY 1-2-EXERCISE GROUP	19 11:15-LUNCH 12-1-ARTS & CRAFT 12:30-RISE	20 11:15-LUNCH 12-1-PEER SUPPORT GROUP 1-EXERCISE	21 11:15-LUNCH 12-1- HUMANE SOCIETY OUTING! 1-2-WRITING GROUP	22
23	24 11:15-LUNCH 12-1-STRESS MANAGEMENT 1-3-ART THERAPY	25 11:15-LUNCH 12-1-MUSIC THERAPY 1-2-EXERCISE GROUP	26 11:15-LUNCH 12-1-ARTS & CRAFT 12:30-RISE	27 	28 11:15-LUNCH MOVIE DAY	29
30						

NOW OPEN EVERY SECOND SATURDAY OF EACH MONTH, 10:00am to 2:00pm!

CLOSED 11/27-Happy Thanksgiving!