

If you live with a mental health condition, please join us for support, encouragement, activities, and to share coping strategies. You are welcome here!

A BETTER WAY CLUBHOUSE



LUNCH AND ACTIVITY CALENDAR

JANUARY 2019

Lunch \$2.00
Includes Entrée, Veggie & Drink

Menu & Activities
Subject to Change

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	OPEN 10:00 AM – 2:00 PM MONDAY -- FRIDAY	1 ABW CLOSED For Holiday HAPPY NEW YEAR!	2 ABW CLOSED For STAFFING (1st Wed of the month)	3 10:00 Peer Support 11:00 House Meeting 11:15 Prep/Lunch 12:00 Grilled Cheese Sand. & Tomato Soup 12:40 Art/Craft/ Social	4 10:00 Peer Support 11:00 House Meeting/Standards 11:15 Prep/Lunch 12:00 Buffet \$1 12:40 Relationships	5			
6	7 10:00 Peer Support 11:00 House Meeting 11:15 Prep/Lunch 12:00 Pizza 12:40 Maintaining Mental Health	8 10:00 Peer Support 11:00 House Meeting 11:15 Prep/Lunch 12:00 Fried Chicken mashed potato/gravy 12:40 Emotions	9 10:00 Peer Support 11:00 House Meeting 11:15 Prep/Lunch 12:00 Brat/Hot Dog on a Bun/Chips 12:40 W.R.A.P. Group Just what is Recovery?	10 10:00 Peer Support 11:00 House Meeting 11:15 Prep/Lunch 12:00 Chili Soup 12:40 Art/Craft/ Social	11 10:00 Peer Support 11:00 House Meeting/ Standards 11:30 Lunch Prep 12:00 Buffet \$1 12:40 Relationships	12			
13	14 10:00 Peer Support 11:00 House Meeting 11:15 Prep/Lunch 12:00 Pizza COOKING GRP 12:40 Plan for Mtg. NAMI SUPPORT GRP 6:15pm-8:00pm	15 10:00 Peer Support 11:00 House Meeting 11:15 Prep/Lunch 12:00 Goulash 12:40 Emotions ADVISORY BOARD MEETING—at ABW	16 10:00 Peer Support 11:00 House Meeting 11:15 Prep/Lunch 12:00 BBQ's & FF 12:40 W.R.A.P. Group Just what is Recovery	17 10:00 Peer Support 11:00 House Meeting 11:15 Prep/Lunch 12:00 Au Gratin Potatoes & Ham 12:40 Art/Craft/Social	18 10:00 Peer Support 11:00 House Meeting /Standards 11:30 Lunch Prep 12:00 Buffet \$1 12:40 Relationships	19			
20	21 10:00 Peer Support 11:00 House Meeting 11:15 Prep/Lunch 12:00 Pizza 12:40 Maintaining Mental Health	22 10:00 Peer Support 11:00 House Meeting 11:15 Prep/Lunch 12:00 Chili Soup 12:40 Emotions	23 10:00 Peer Support 11:00 House Meeting 11:15 Prep/Lunch 12:00 Cream of Broccoli Soup 12:40 W.R.A.P. Group Just what is Recovery	24 10:00 Peer Support 11:00 House Meeting 11:15 Prep/Lunch 12:00 Pigs in a Blanket 12:40 Art/Craft/Social	25 10:00 Peer Support 11:00 House Meeting/ Standards 11:15 Prep/Lunch 12:00 Buffet \$1 12:40 Relationships	26			
27	28 10:00 Peer Support 11:00 House Meeting 11:15 Prep/Lunch 12:00 Pizza 12:40 Maintaining Mental Health	29 10:00 Peer Support 11:00 House Meeting 11:15 Prep/Lunch 12:00 Home-Made Chicken Soup 12:40 Emotions	30 10:00 Peer Support 11:00 House Meeting 11:15 Prep/Lunch 12:00 BBQ's & FF 12:40 W.R.A.P. Group Just what is Recovery? CELEBRATE JANUARY Birthdays	31 10:00 Peer Support 11:00 House Meeting 11:15 Prep/Lunch 12:00 Tuna Melts 12:40 Art/Craft/Social COMMUNITY EVENT: Dinner/Program 5:15p Program 6:00- 7:30p (Call for Details)					

**IF YOU ARE NEW TO THE CLUBHOUSE, PLEASE CALL TO MEET WITH STAFF
FOR A SHORT TOUR AND ORIENTATION. MEMBERSHIP IS FREE.**

A BETTER WAY CLUBHOUSE-- 205 S. Cherry Ave., Marshfield, Wi 54449 (715) 207-6622

You are welcome here at any time during open hours, regardless if you wish to participate in the scheduled activity!

Funding Provided by Wood County Human Services & Ministry St. Joseph's Hospital