

Recovery Center of Hamilton County

Break Week Schedule

July 7th - July 11th, 2025

	Monday Jul 7, 2025	Tuesday July 8, 2025	Wednesday July 9, 2025	Thursday July 10, 2025	Friday July 11, 2025
10:30 AM	Class Sign-Ups Angela's Room	Class Sign-Ups Angela's Room	Class Sign-Ups Angela's Room	Class Sign-Ups Angela's Room	Class Sign-Ups Angela's Room
	Weight Training Johnny / Gym	Mind to Muscle Johnny / Gym	Art Collage Pamela/Overflow	The Times of Harvey Milk Watch & Discussion Andrew / Overflow	Walking Group Johnny / Outside!
	Mandala Art Clay & Maddie / MPR	Abstract Art Kaitlyn / Overflow	Healthy Snack Tutorial: Avocado Toast Clay & Maddie / MPR	Find Your Calm Through Writing Amanda / MPR	Find Your Zen Yoga UC Students / MPR
11:45 AM	Class Sign-Ups Angela's Room	Class Sign-Ups Angela's Room	Class Sign-Ups Angela's Room	Class Sign-Ups MPR	Class Sign-Ups Angela's Room
	Gaming for Mental Health Paula / Overflow	OCD/Anxiety Support Group Julie / Overflow Room	Dance Party Andrea/MPR	Harvey Milk Movie & Discussion continued..	Pillow Sewing/Making! Remeka / MPR
	Cornhole Competition Clay & Maddie / MPR	Self-Care Bingo Christine / MPR	Health/Wellness Bingo Clay & Maddie / Overflow	Music Trivia Amanda & Brian / MPR	Focus Group & Fun UC Students / Overflow
					Front Desk Volunteer Meeting
12:45PM	L U N C H				
1:30 PM	Class Sign-Ups Angela's Room	Class Sign-Ups Angela's Room	Class Sign-Ups Angela's Room	Class Sign-Ups MPR	CLOSED EARLY FOR STAFF MEETING
	Sports Shorts & More Bill / MPR	Creative Writing Brian / MPR	Pickleball Bill/ Outside	Bipolar & Depression Support Group Andrea / Angela's	
	Movie: The Sandlot Amanda / Overflow	Movie: E.T Jeannie / Overflow	Watercolor Jerry / MPR		

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