

# Recovery Center of Hamilton County

## Break Week Schedule

February 3rd - 7th

	<b>Monday February 3rd</b>	<b>Tuesday February 4th</b>	<b>Wednesday February 5th</b>	<b>Thursday February 6th</b>	<b>Friday February 7th</b>
<b>10:30</b>	<b>Class Sign-Ups</b> Angela's Room	<b>Class Sign-Ups</b> Angela's Room	<b>Class Sign-Ups</b> Angela's Room	<b>Class Sign-Ups</b> Angela's Room	<b>Class Sign-ups</b> Angela's Room
<b>10:30</b>	<b>Weight Training</b> Johnny/ Gym	<b>Mind to Muscle</b> Johnny/Gym	<b>Health &amp; Wellness</b> Nursing Students / MPR	<b>Abstract Art</b> Kaitlyn/Overflow	<b>Health &amp; Wellness</b> Nursing Students / MPR
<b>11:45</b>	<b>Meditate &amp; Relax</b> Amanda/Overflow	<b>Gaming for Mental Health</b> Julie/Overflow	<b>Health &amp; Wellness</b> Nursing Students / MPR	<b>Making Personal Affirmations</b> Mary / Overflow	<b>Health &amp; Wellness</b> Nursing Students / Overflow
	<b>Movement is Good</b> Pam/MPR	<b>Chair Boxing</b> Sheila / MPR	<b>Button/3D Print Scrap Art</b> Christine/ Overflow	<b>Front Desk Volunteer Meeting</b>	<b>Self Care BINGO</b> Christine/MPR
<b>12:45</b>	Lunch	Lunch	<b>Lunch/Pizza Party</b> Jan and Feb B-Days	Lunch	Lunch
<b>1:30</b>	<b>Class Sign-Ups</b> Angela's Rm.	<b>Class Sign-Ups</b> Angela's Room	<b>Class Sign-Ups</b> Angela's Room	<b>Class Sign-Ups</b> MPR	<b>CLOSED EARLY</b> <b>Staff Mtg.</b>
<b>1:30</b>	<b>Sports, Shorts, &amp; More</b> Bill / Overflow	<b>True Defense</b> Master K	<b>Table Tennis</b> Bill / GYM	<b>Movie:</b> <b>Ferngully, The Last Rainforest</b> Overflow Room	
			<b>Veteran Mental Health Panel</b> Multipurpose Room		
<b>1:30</b>	<b>Boundaries 101</b> Amanda/MPR		<b>Watercolor</b> Jerry / MPR	<b>Bipolar Depression Support Group</b> Andrea / Angela's	

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