




# December 2017 Group Calendar

Discovery Resource Center 1609 East Palmdale Blvd.  
Suite G Palmdale, CA 93550 Phone: 661-947-1595

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 - 10:00 AM Social Outing	2
3	4 - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 12:00 PM Poetry Club	5 - 10:00 AM Healthy Choices W/ Jessica (PR) - 11:00 AM Ups & Downs / Anxiety (PR) - 12:00 PM Don't Sweat the Small Stuff (PR) - 1:00 PM Communication Skills	6 - 10:00 AM Bingo - 11:00 AM Spiritual Support - 1:00 PM Invent a New You (PR)	7 - 10:30 AM Arts and Crafts - 12:00 PM Coping Skills - 1:00 PM Karaoke	<b><i>The Center will be closed.</i></b>	
10	11 - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 12:00 PM Poetry Club - 1:00 PM Food for Thought (cooking group)	12 - 10:00 AM Healthy Choices W/ Jessica (PR) - 11:00 AM Ups & Downs / Anxiety (PR) - 12:00 PM Don't Sweat the Small Stuff (PR) - 1:00 PM Communication Skills	13 - 10:00 AM Food for Thought (cooking group) - 1:00 PM Invent a New You (PR)	14 - 10:30 AM Arts and Crafts - 12:00 PM Coping Skills - 1:00 PM Karaoke	<b>Holiday Pot Luck 11:00 am to 2:00 pm</b>	
17	18 - 10:00 AM Tools for Recovery - 11:00 AM Woman's Group / Men's Group - 12:00 PM Poetry Club	19 - 10:00 AM Healthy Choices W/ Jessica (PR) - 11:00 AM Ups & Downs / Anxiety (PR) - 12:00 PM Don't Sweat the Small Stuff (PR) - 1:00 PM Communication Skills	20 - 10:00 AM Bingo - 11:00 AM Spiritual Support - 1:00 PM Invent a New You (PR)	21 - 10:30 AM Arts and Crafts - 12:00 PM Coping Skills - 1:00 PM Karaoke	22 - 10:30 AM Salvation army Outing	23
24	<b>The Center will be closed.</b>  <b>Happy holidays!</b>	26 - 10:00 AM Healthy Choices W/ Jessica (PR) - 11:00 AM Ups & Downs / Anxiety (PR) - 12:00 PM Don't Sweat the Small Stuff (PR) - 1:00 PM Communication Skills	27 - 10:00 AM Food for Thought (cooking group) - 1:00 PM Invent a New You (PR)  <b>The Center will be closing at 1:30 pm for all staff meeting.</b>	28 - 10:30 AM Arts and Crafts - 12:00 PM Coping Skills - 1:00 PM Karaoke	29 - 10:00 AM Social Outing  	30
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