

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
<b>9-10</b> Self-Help Leisure Skills Practice	<b>9-10</b> Self-Help Leisure Skills Practice	<b>9-10</b> Self-Help Leisure Skills Practice	<b>9-10</b> Self-Help Leisure Skills Practice
<b>9:30-10</b> Caring for House Plants (client self-run)	<b>9:30-10</b> Group Activities Expression Thru Art (Janine Ortman, Sr. Rec. Therapist)	<b>9:30-10</b> Group Games & Activities	<b>9:30-10</b> Group Activities  <b>9:30-10:30</b> Interpersonal skills(Janine O. SRT)
<b>10-10:30</b> Exercise	<b>10-10:30</b> Exercise	<b>10-10:30</b> Exercise	<b>10-10:30</b> Exercise
<b>10:30-11</b> Community Meeting	<b>10:30-11</b> Community Meeting	<b>10:30-11</b> Community Meeting <b>10:00-11:00</b> Staying Well (Joanne)	<b>10:30-11</b> Community Meeting
<b>11:00-</b> (Kathy Wick, SW II) Coping skills and support  11:00 Stress Management (Joanne Lee LMSWII) 11:00- Community Group- Tom N.  11:00 Aging Well Denise D CMHN	<b>11:00</b> Cognitive Skills Building Smoking Cessation (Janine) Problem Solving (Kathy)	<b>11:00</b> Community Awareness <b>11:00-12:00</b> Cognitive Skill Building (Joanne)	<b>11:00</b> Healthy Living (Janine) Women’s Group (WSM) (Lori)  11:00 Smoking Cessation-Peer run
<b>12:00 LUNCH/BINGO</b>	<b>12:00 LUNCH</b>	<b>12:00 LUNCH</b>	<b>12:00 LUNCH/CHORUS</b>
<b>12:30-1:30</b> Bounce Back Joanne L. LMSWII	<b>12-12:45</b> Self-Help Anxiety Group <b>12:45-1:30</b> Med Mgmt (Denise D’Angelo, CMHN) <b>12:30-1:30</b> Coping & Crisis Management- (Janine)		<b>12:30-1:30</b> <b>1:00-1:45</b> Spirituality Group (Self-help)-Peer Run <b>1:00-2:00</b> Leisure Education (Janine)

Del-Nor Revised Schedule, 03/22/10