

2025

FEBRUARY

937-508-4383

Recovery

Zone of Urbana

9:30am-3:30pm Tues-Fri

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1
Community Clean-up 10am-?	10am Self-Care/Journal 12pm Lunch 1pm Chair Yoga	10am Self-Care 12pm Lunch 1pm Music with Friends	10am Mindfulness 12pm Lunch 1pm Shopping	10am Mental Health 11am Chair Yoga 12 pm Lunch 1pm BINGO	10am Community Service Must call Friday
3	4	5	6	7	8
Community Clean-up 10am-?	10am Self-Care/Journal 12pm Lunch 1pm Chair Yoga	10am Self-Care Video 12pm Lunch 1pm Music with Friends	10am Mindfulness 12pm Lunch 1pm Shopping	10am Mental Health 11am Chair Yoga 12 pm Lunch 1pm BINGO	10am Community Service Must call Friday
10	11	12	13	Valentine's Day 14	15
Community Clean-up 10am-?	10am Self-Care/Journal 12pm Lunch 1pm Chair Yoga	10am Self-Care Video 12pm Lunch 1pm Music with Friends	10am Mindfulness 12pm Lunch 1pm Shopping	10am Mental Health 11am Chair Yoga 12 pm Lunch 1pm BINGO	10am Community Service Must call Friday
17	18	19	20	21	22
Community Clean-up 10am-?	10am Self-Care/Journal 12pm Lunch 1pm Chair Yoga	10am Self-Care Video 12pm Lunch 1pm Music with Friends	10am Mindfulness 12pm Lunch 1pm Shopping	10am Mental Health 11am Chair Yoga 12 pm Lunch 1pm BINGO	10am Community Service Must call Friday
24	25	26	27	28	1
Community Clean-up 10am-?	10am Self-Care/Journal 12pm Lunch 1pm Chair Yoga 1:30 QPR Suicide Prevention	10am Self-Care Video 12pm Lunch 1pm Music with Friends	10am Mindfulness 12pm Lunch 1pm Shopping Truck M.burg	Food TP Lanes Bowling Leave at 10:15am	
Monday AA Noon: Attitude adjustment meeting closed until further notice			Short walks in the afternoons when weather permits!		Sunday's at 6:30 AA 12&12

10, 8, 15, 22 and 29

— 3 — 10 — 17

