

2025

MARCH

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 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 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 | 15 | 15 |
| Community Clean-up 10am-? | 10am Self-Care/Journal 12pm Lunch Chair Yoga | 10am Self-Care Video 12pm Lunch 1pm Music with Friends | 10am Mindfulness 12pm Lunch 1pm Shopping | St. Patrick's Day Party 10:am Mental Health 11am Chair Yoga 12pm Irish 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 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 | 10am Self-Care Video 12pm Lunch 1pm Music with Friends | 10am Mindfulness 12pm Lunch 1pm Shopping Truck M.burg | Springfield Museum of Art Field Trip | |
| 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 |

