

Grace's Spring Fling Dance!!

April 20th

5 p.m. - 7 p.m.

\$2.00 admission



HALF DAY WEDNESDAYS 9 - 1:30pm

Recreation Supervisor: Morace McKay

DISCRIMINATION & ADA POLICY

It is the City of San Jose's policy to afford all persons equal opportunity by prohibiting discrimination or harassment on the basis of race, color, religion, sex, national origin, ancestry, physical or mental disability, age, sexual orientation, gender identity, marital status, medical condition (cancer related, AIDS, HIV) or other non-merit factors. It is also the City's policy to afford people with disabilities access to City services, programs and facilities.

Serving Santa Clara County's Mental Health Community Since 1971



april 2018

GRACE

Art & Wellness Program

HOURS: M, T, TH, F: 9:00 AM - 4:00 PM

W: 9:00 AM - 1:30 PM

SAT: 10:00 AM - 2:00 PM

LOCATION: 488 N. 6th Street. San Jose, CA 95112
408-293-0422

VISIT OUR WEBSITE AT: <http://www.sanjoseca.gov/prns>



Weekly Therapeutic Recreation

Mondays – 9:00 a.m. – 4:00 p.m.

- 9:30 - 10:00 - Community Meeting (Front Room - Therapeutic Specialist)
- 10:00 - 10:30 - Volunteer Orientation (Tech Corner– Lisa)
- 10:00 - 10:30 - Relaxation Class (Art Room - Volunteer) **NEW!!!!**
- 10:30 - 11:30 - Anger Management (Art Room - Pat)
- 10:30 - 11:30 - Creative Writing (Sewing Room - Gloria)
- 11:45 - Lunch - (Front Room - Debbie V.)
- 12:30 - 1:30 - Vision Boarding for Positivity (Sewing Room - Autumn)
- 1:30 - 2:30 - Women’s Tea Circle (Gloria - Art Room)
- 2:00 - 3:00 - Men’s Group (Sewing Room - Don)
- 2:30 - 3:30 - Wire Jewelry Treasures (Art Room - Alejandra) **NEW!!!!**
- 3:00 SHARP! - New Member Orientation (Front Room - Lisa & Autumn)

Tuesdays – 9:00 a.m. – 4:00 p.m.

- 9:30 - 10:00 - Community Meeting (Front Room - Therapeutic Specialist)
- 10:00 - 10:45 - Sittercise (MPR - Lisa)
- 10:30 - 11:30 - Boundaries (Sewing Room - Gloria)
- 10:30 - 11:45 - Beading (Art Room - Lindsay)
- 10:30 - 11:30 - Band Jam (Patio - Staff TBD)
- 10:30 - 11:30 - Dancin Wit Bikes (Community Room - Don) **April 10th, 17th, 24th**
- 11:45 - Lunch - (Front Room - Debbie V.)
- 12:30 - 3:00 - Sewing, Knitting & Crochet (Sewing Room - Harriet & Pat)
- 1:30 - 2:30 - Wii Time (Front Room - Qualified Staff)
- 1:30 - 2:30 - Voices & Delusions (Community Room - Laura) **April 10th, 17th, 24th**
- 2:00 - 3:00 - G90x / Pickleball (Patio- Don)
- 2:00 - 4:00 - Clothes Closet (Family Justice Center Courthouse, 201 N. 1st Street 2nd Floor)

Wednesdays – 9:00 a.m. – 1:30 p.m.

- 9:30 - 10:00 - Community Meeting (Front Room - Therapeutic Specialist)
- 10:00 - 10:30 - Relaxation Class (Art Room - Laura)
- 10:30 - 12:00 - Basketball, Golf, & Fitness (TBD - Don)
- 10:30 - 11:30 - Leisure Education (Sewing- Lisa)
- 10:45 - 11:30 - Mind Over Munch (Art Room - Daisy)
- 11:45 - Lunch - (Front Room - Debbie V.)
- 12:15 - 1:15 - Arts & Crafts (Art Room - Alejandra)

Thursdays – 9:00 a.m. – 4:00 p.m.

- 9:30 - 10:00 - Community Meeting (Front Room - Therapeutic Specialist)
- 10:00 - 10:45 - Relaxation Class (Art Room - Autumn)
- 10:45 - 11:30 - Maturity With Attitude (Sewing Room / Patio - Pat & Don)
- 11:30 - 3:30 - Leisure Walk (Various Locations - Gloria)
- 11:45 - Lunch - (Front Room - Debbie V.)
- 12:30 - 2:30 - Knitting & Crochet Circle (Art & Sewing Room - Lisa)
- 1:45 - 3:00 - The Entertainer (Front Room - Don)
- 2:00 - 3:00 - Resource Hour (Tech Corner - Lindsay)

Fridays – 9:00 am. – 4:00 p.m.

- 9:30 - 10:00 - Community Meeting (Front Room - Therapeutic Specialist)
- 10:00 - 10:45 - Yoga (MPR - Gloria)
- 10:30 - 12:30 - New You Hair Salon (MPR - Volunteer)
- 10:30 - 11:30 - Art Therapy (Art Room - Pat)
- 10:30 - 11:30 - Brain Fit (Sewing Room - Alejandra & Lisa)
- 11:45 - Lunch - (Front Room - Debbie V.)
- 12:30 - 2:00 - T.O.’s Nail Salon (MPR - Daisy)
- 12:30 - 1:30 - T.O.’s Beauty Salon (MPR - Alejandra) **NEW!!!!**
- 12:30 - 2:00 - Movie Matinee (MPR - Don)
- 1:00pm - Birthday Celebration!! (Front Room) April 27th!**
- 1:00 - 3:00 - Open Art Studio (Art & Sewing Room - Pat)
- 2:15 - 3:00 - Say Sumtin’ (MPR - Don)
- 3:00 SHARP! - New Member Orientation (Front Room - Lisa & Autumn)
- 3:00 - 4:00 - Artist Business Meeting (Sewing Room - Pat) **April 6th!**

Saturdays – 10:00 a.m. – 2:00 p.m.

- 10:00 - 11:00 - Furry Friends - **April 14th!**
- 10:30 - 11:30 - Art Class (Front Room - Staff)
- 12:00 - 1:00 - Lunch - (MPR - Staff)
- 12:45 - 1:30 - Bingo (Front Room - Staff)
- 1:30 - 2:00 - Exercise Time (MPR - Staff)

***All groups are subject to change on a moments notice. Please check schedule upon arriving.**