

# Be Merry & Bright

at *Grace Art & Wellness Program's*  
*Annual*

## Holiday Dinner & Dance

December 15, 2017

5:00pm—8:00pm

\$4.00 admission

(adults only please)

\*\*Center will only be open

9am - 2pm on the

day of this event\*\*



HALF DAY WEDNESDAYS 9 - 1:30pm

Director: 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*



## GRACE

*Art & Wellness Program*

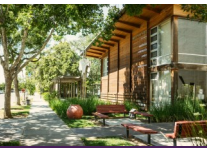
**HOURS: M, T, TH, F:** 9:00 AM - 4:00 PM

**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>



CLOSED December 23rd, 25th, 26th & 30th & January 1st & 2nd

**Weekly Therapeutic Recreation**

MODIFIED HOURS - DECEMBER 27TH, 28TH & 29TH: 9AM - 1PM

**Mondays – 9:00 a.m. – 4:00 p.m.**

- 9:30 - 10:00 - Community Meeting (Front Room - Therapeutic Specialist)
- 10:10 - 10:30 - Volunteer Orientation (Tech Corner- Lisa)
- 10:30 - 11:30 - Anger Management (Sewing Room - Pat)
- 10:30 - 11:30 - Boundaries ( Art Room - Gloria) **Begins Dec. 11th!**
- 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) **Begins Dec. 11th!**
- 2:00 - 3:00 - Men's Group (Sewing Room - Don)
- 3:00 SHARP! - New Member Orientation (Front Room - Lisa & Autumn)

**Tuesdays – 9:00 a.m. – 4:00 p.m. DECEMBER 19th: CLOSING at 2pm!**

- 9:30 - 10:00 - Community Meeting (Front Room - Therapeutic Specialist)
- 9:45 - 10:15 - Sittercise (MPR - Lisa)
- 10:30 - 11:45 - Beading (Art & Sewing Room - Lindsay & Autumn)
- 10:30 - 11:30 - Creative Writing ( Gloria - Art Room ) **Begins Dec. 11th!**
- 10:30 - 11:30 - Band Jam (Patio - Staff TBD)
- 10:30 - 11:30 - Dance Party!!! (Community Room - Don) **Dec. 12th & 19th**
- 11:45 - Lunch - (Front Room - Debbie V.)
- 12:30 - 3:00 - Sewing, Knitting & Crochet (Sewing Room - Harriet & Pat)
- 2:00 - 3:00 - G90x (Patio- Don)
- 1:30 - 2:30 - Wii Time (Front Room - Qualified Staff)
- 1:30 - 2:30 - Voices & Delusions (Community Room - Laura) **Dec 12th & 19th**
- 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)
- 10:45 - 11:30 - Mind Over Munch ( Sewing Room - Daisy) **Dec 13th, 20th, & 27th**
- 10:30 - 12:00 - Basketball (TBD - Don)
- 11:45 - Lunch - (Front Room - Debbie V.)
- 12:15 - 1:15 - Arts & Crafts (Art Room - Alejandra)
- 1:30 - CLOSED

**Thursdays – 9:00 a.m. – 4:00 p.m.**

- 9:30 - 10:00 - Community Meeting (Front Room - Therapeutic Specialist)
- 10:15 - 10:45 - Relaxation Class ( Art Room - Autumn)
- 10:45 - 11:30 - Maturity With Attitude (Sewing Room / Patio - Pat & Don)
- 11:45 - Lunch - (Front Room - Debbie V.)
- 12:30 - 2:30 - Knitting & Crochet Circle (Art & Sewing Room - Lisa)
- 1:00pm - Birthday Celebration!! (Front Room) December 21st!**
- 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)
- 10:30 - 11:30 - Art Therapy (Art & Sewing Room - Pat)
- 10:30 - 11:30 - Creative Expressions (MPR - Alejandra & Lisa)
- 11:45 - Lunch - (Front Room - Debbie V.)
- 12:30 - 1:30 - Leisure Education (Community Room- Lisa)
- 12:30 - 2:00 - T.O.'s Nail & Beauty Salon (MPR - Daisy)
- 12:30 - 2:00 - Movie Matinee (MPR - Don)
- 1:00 - 3:00 - Open Art Studio (Art & Sewing Room - Pat & Autumn)
- 2:15 - 3:00 - Say Sumtin' (MPR - Don)
- 3:00 SHARP! - New Member Orientation (Front Room - Lindsay & Autumn)
- 3:00 - 4:00 - Artist Business Meeting (Sewing Room - Pat & Autumn) **December 1st!**

**Saturdays – 10:00 a.m. – 2:00 p.m.**

- 10:00 - 11:00 - Furry Friends - **December 9th!**
- 10:15 - 10:30 - Relaxation Time (MPR - Staff)
- 10:30 - 11:30 - Art Class (MPR - 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.**