



St Patrick's Day Party!

March 16th

12:30pm - 3:30pm

**Join us in the
Multi-Purpose Room
for games, snacks, and
fun!**

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



March 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)
- 10:30 - 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)
- 2:30 - 3:30 - Wire Jewelry Treasures (Art Room - Alejandra) **NEW!!!!**
- 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.

- 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 & Autumn)
- 10:30 - 11:30 - Band Jam (Patio - Staff TBD)
- 10:30 - 11:30 - Dancin Wit Bikes (Community Room - Don) **March 13th, 20th, & 27th**
- 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) **March 13th, 20th, & 27th**
- 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)
- 10:45 - 11:30 - Mind Over Munch (Art Room - Daisy)
- 10:30 - 12:00 - Basketball (TBD - Don)
- 10:30 - 11:30 - Leisure Education (Sewing- Lisa)
- 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 - Creative Expressions (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) March 30th!**
- 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) **March 2nd!**

Saturdays – 10:00 a.m. – 2:00 p.m.

- 10:00 - 11:00 - Furry Friends - **March 10th!**
- 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.**