

## *Disability Awareness Day*

October 4th Main Festival from 11–2 pm

Located outside San Jose City Hall

Enjoy Live Music, Food Trucks,  
Movie Screenings, Resource Fair  
& much more!



## *Abilities Expo*

San Mateo County Event Center

October 26 - 28th

Access to community experts,  
tools for seniors, latest products  
and services, and more!

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*



# 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)
- 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 - 2:00 - T.O's Nail Salon ( Sewing Room) **October 1st, 15th, 22nd, 29th**
- 1:00 - 2:00 - Women's Tea Circle (Art Room - Gloria)
- 2:00 - 3:00 - Men's Group (Sewing Room - Don)
- 2:30 - 3:30 - Wire Jewelry Treasures (Art Room - Alejandra)
- 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 - 10:30 - Sittercise (MPR - Lisa)
- 10:30 - 11:30 - Boundaries ( Sewing Room - Gloria)
- 10:30 - 11:30 - Beading (Art Room - Lindsay)
- 10:30 - 11:30 - Dancin Wit Bikes (Community Room - Don)
- 11:45 - Lunch - (Front Room - Debbie V.)
- 12:30 - 3:00 - Sewing, Knitting & Crochet (Sewing Room - Harriet & Pat)
- 12:30 - 1:30 - Voices & Delusions (Community Room - Lindsay)
- 1:30 - 2:30 - Wii Time (Front Room - Qualified Staff)
- 1:30 - 2:30 - Zen Memorial Garden (Patio - SJSU Occupational Therapy students) **New!!!!!!**
- 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 - Alejandra)
- 10:00 - 10:30 - Chair Yoga ( MPR / Patio - Gloria)
- 10:30 - 12:00 - Basketball, Golf, & Fitness (TBD - Don)
- 10:30 - 11:30 - Show Me Your Moves (Sewing Room– Pricilla) **New!!!!!!**
- 10:45 - 11:30 - Mind Over Munch ( Art Room - Daisy) **October 3rd, 17th, 24th, 31th**
- 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)
- 10:00 - 10:45 - Relaxation Class ( Art Room - Autumn)
- 10:45 - 11:45 - Self Defense (Art Room—Pricilla) **New!!!!!!**
- 10:45 - 11:30 - Maturity With Attitude (Sewing Room / Patio - Pat & Don)
- 11:30 - 12:30 - Band Jam (Patio - Staff TBD)
- 11:45 - Lunch - (Front Room - Debbie V.)
- 12:00 - 4:00 - Leisure Walk (Various Locations - Gloria)
- 12:30 - 2:00 - Knitting & Crochet Circle (Sewing Room - Lisa)
- 12:45 - 1:30 - Mindfulness Thinking (Art Room - Alejandra)
- 1:45 - 3:00 - The Entertainer (Front Room - Don)

### Fridays – 9:00 am. – 4:00 p.m.

- 9:00 - 11:00 - Dignity on Wheels Shower Program (Staff Parking Lot) **New!!!!!!**
- 9:30 - 10:00 - Community Meeting (Front Room - Therapeutic Specialist)
- 10:00 - 10:30 - Flapjack Friday (MPR - Sal) **New!!!!!! October 5th**
- 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)
- 10:45 - 11:45 - Brain Fit (Sewing Room - Alejandra & Lisa)
- 11:45 - Lunch - (Front Room - Debbie V.)
- 12:30 - 2:30 - International Kitchen - (Kitchen - Lisa & Daisy)
- 12:30 - 1:30 - T.O.'s Beauty Salon (MPR - Alejandra)
- 12:30 - 2:00 - Movie Matinee (MPR - Don)
- 1:00pm - Birthday Celebration!! (Front Room) October 26th**
- 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) **October 4th**

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

- 10:00 - 12:00 - Music & Aerobics (MPR - Staff)
- 10:00 - 11:00 - Furry Friends - **October 13th**
- 11:00 - 12:00 - Drawing Class (Art Room - Emilio) **October 6th, 13th, 20th**
- 12:00 - 1:00 - Lunch - (MPR - Staff)