

*Join Grace Art & Wellness Program's*

**OPEN HOUSE/MEMBER ART**

**EXHIBIT**

*September 14th during open hours!*



**VIVA CALLES!**

**SEPTEMBER 23RD FROM 10AM—3PM**

**WALK, SKATE, BIKE, AND PLAY FOR FREE!**

*Event opens six miles of streets for the  
community to come out and play for the day*

**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) **NEW!!!!!!**
- 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 - 11:45 - 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)
- 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) **NEW!!!!!!**
- 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)
- 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 - 11:30 - 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 - 1:45 - Mindfulness Thinking (Art Room - Alejandra) **NEW!!!!!!**
- 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 - 10:45 - 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) **New!!!!!!**
- 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) September 28th**
- 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) **September 7th**

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

- 10:00 - 12:00 - Music & Aerobics (MPR - Staff)
- 10:00 - 11:00 - Furry Friends - **September 8th**
- 11:00 - 12:00 - Drawing Class (Art Room - Emilio) **September 15th, 22nd, 29th**
- 12:00 - 1:00 - Lunch - (MPR - Staff)