

## Quincy RCC, November 2018

1458 Hancock Street, Quincy, MA 02169

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RCC Hours: Monday-Friday, 8:30-3p

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			11/1	11/2
			10-11 Peer Support 12:30-1:30 Wellness-Emotional 1-2 Current Events-Local/National	10-11 DRA 11:30-12:30 Music and Song 1-3 Afternoon at the Movies
11/5	11/6	11/7	11/8	11/9
10-11 DRA 11:30-12:30 Wellness-Physical Health 1-2 Peer Support	10-11 Recovery 101 12-1 Discovery Recovery 1-2 Journaling	10-11 DRA 11:30-12:30 Wellness-Spiritual 1-2 Community Dialogue	10-11 Peer Support 12:30-1:30 Nature 1:30-2:30 Peer Support	10-11 DRA 11:30-12 Music and Song 1-3 Afternoon at the Movies
11/12	11/13	11/14	11/15	11/16
10-11 DRA 11:30-12:30 Wellness-Physical Health 1-2 Peer Support	10-11 Recovery 101 12-1 Peer Support 1-2 Wellness-Open Forum	10-11 DRA 11:30-12:30 Journaling 1-2 Peer Support	10-11 Peer Support 12:30-1:30 Wellness-Varied Topics 1-2 Current Events-World	10-11 DRA 11:30-12:30 Music and Song 1-3 Afternoon at the Movies
11/19	11/20	11/21	11/22	11/23
10-11 DRA 11:30-12:30 Wellness-Meal Preparation 1-2 Peer Support	10-11 Recovery 101 12-1 Journaling 1-2 Peer Support	10-11 DRA 11:30-12:30 Wellness-Financial 1-2 Community Dialogue	<b>Closed for Thanksgiving Day</b>	<b>RCC is Closed for the Thanksgiving Day Weekend</b>
11/26	11/27	11/28	11/29	11/30
10-11 DRA 11:30-12:30 Wellness-Environment 1-2 Peer Support	10-11 Recovery 101 12-1 Peer Support 1-2 <b>Art Group</b>	10-11 DRA 11:30-12:30 Wellness-Occupational 1-2 Community Dialogue	10-11 Elements of WRAP 12:30-1:30 Nature 1:30-2:30 Peer Support	10-11 DRA 11:30-12 Music and Song 1-3 Afternoon at the Movies

**Note:** Liz will have a painting group on Tuesday, November 27<sup>th</sup> from 1-2pm.

**Note:** The RCC is closed both November 22<sup>nd</sup> & 23<sup>rd</sup> for Thanksgiving Day Weekend.

Calendars created by Liz D'Uva. Calendars can be viewed on our website @ [www.southeastrlc.org](http://www.southeastrlc.org)