

## OH ROCS Recovery Center Monthly Calendar May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Please be advised Individual Coaching Session take place Monday thru Thursday 4:30 p.m. – 7:00p.m. Resumes assistance and NARCAN training available upon request		Coaching Sessions 4:30 p.m. – 7:00p.m.	Women's Group 1:00 p.m. – 2:00 p.m. Anger Management 2:00 p.m. – 3:00 p.m. Movies & Board Games 2:00 p.m. – 4:30 p.m.	2 Men's Group 1:00 p.m. – 2:00 p.m. Movies & Board Games 2:00 p.m. – 4:30 p.m	3 Arts & Crafts PENDING LGBTQIA 1:00 p.m. – 2:00 p.m. Movies & Board Games 2:00 p.m. – 4:30 p.m. OHROCS Peer Support 6:00 p.m. – 7:00 p.m.	4 Computer Class 12:00 p.m. – 2:00 p.m. Family & Me 4:00 p.m. – 5:00 p.m. ZUMBA 5:00 p.m. – 5:45 p.m. OH ROCS Peer Support 6:00 p.m. – 7:00 p.m.
5 Follow-up Phone Calls	6 Women's Group 1:00 p.m. – 2:00 p.m. Movies & Board Games 2:00 p.m. – 4:30 p.m.	7 Men's Group 1:00 p.m. – 2:00 p.m. Bi-lingual Support Group 1:00 p.m. – 2:00 p.m. Movies & Board Games 2:00 p.m. – 4:30 p.m. OH ROCS Fitness Walk 3:00 p.m. – 4:00 p.m.	8 Women's Group 1:00 p.m. – 2:00 p.m. Anger Management 2:00 p.m. – 3:00 p.m. Movies & Board Games 2:00 p.m. – 4:30 p.m.	9 Men's Group 1:00 p.m. – 2:00 p.m. Movies & Board Games 2:00 p.m. – 4:30 p.m.	Arts & Crafts PENDING LGBTQIA 1:00 p.m. – 2:00 p.m. Movies & Board Games 2:00 p.m. – 4:30 p.m. OHROCS Peer Support 6:00 p.m. – 7:00 p.m.	11 Computer Class 12:00 p.m. – 2:00 p.m. Family & Me 4:00 p.m. – 5:00 p.m. ZUMBA 5:00 p.m. – 5:45 p.m. OH ROCS Peer Support 6:00 p.m. – 7:00 p.m.
12 Follow-up Phone Calls	13  Women's Group 1:00 p.m. – 2:00 p.m.  Movies & Board Games 2:00 p.m. – 4:30 p.m.  Yoga (BIWEEKLY) 2:00 p.m. – 3:00 p.m.	Men's Group 1:00 p.m. – 2:00 p.m. Bi-lingual Support Group 1:00 p.m. – 2:00 p.m. Movies & Board Games 2:00 p.m. – 4:30 p.m. OH ROCS Fitness Walk 3:00 p.m. – 4:00 p.m.	Women's Group 1:00 p.m. – 2:00 p.m. Anger Management 2:00 p.m. – 3:00 p.m. Movies & Board Games 2:00 p.m. – 4:30 p.m.	16 Men's Group 1:00 p.m. – 2:00 p.m. Movies & Board Games 2:00 p.m. – 4:30 p.m.	Arts & Crafts PENDING LGBTQIA 1:00 p.m. – 2:00 p.m. Movies & Board Games 2:00 p.m. – 4:30 p.m. OHROCS Peer Support 6:00 p.m. – 7:00 p.m.	18 Computer Class 12:00 p.m 2:00 p.m. Family & Me 4:00 p.m 5:00 p.m. ZUMBA 5:00 p.m 5:45 p.m. OH ROCS Peer Support Pot Luck 6:00 p.m 7:00 p.m.
19 Follow-up Phone Calls	Women's Group 1:00 p.m. – 2:00 p.m. Movies & Board Games 2:00 p.m. – 4:30 p.m.	Men's Group 1:00 p.m. – 2:00 p.m. Bi-lingual Support Group 1:00 p.m. – 2:00 p.m. Movies & Board Games 2:00 p.m. – 4:30 p.m. OH ROCS Fitness Walk 3:00 p.m. – 4:00 p.m	22 Women's Group 11:00 a.m. – 4:00 p.m. Anger Management 2:00 p.m. – 3:00 p.m. Movies & Board Games 2:00 p.m. – 4:30 p.m.	23 Men's Group 1:00 p.m. – 2:00 p.m. Movies & Board Games 2:00 p.m. – 4:30 p.m.	24 Arts & Crafts PENDING LGBTQIA 1:00 p.m. – 2:00 p.m. Movies & Board Games 2:00 p.m. – 4:30 p.m. OHROCS Peer Support 6:00 p.m. – 7:00 p.m.	25 Computer Class 12:00 p.m. – 2:00 p.m. Family & Me 4:00 p.m. – 5:00 p.m. ZUMBA 5:00 p.m. – 5:45 p.m. OH ROCS Peer Support Birthday Celebration 6:00 p.m. – 7:00 p.m.
26 Follow-up Phone Calls	27 Memorial Day  The center will be closed	28 Men's Group 1:00 p.m 2:00 p.m. Bi-lingual Support Group 1:00 p.m 2:00 p.m. Movies & Board Games 2:00 p.m 4:30 p.m. OH ROCS Fitness Walk 3:00 p.m. 4:00 pm	29 Women's Group 1:00 p.m. – 2:00 p.m. Anger Management 2:00 p.m. – 3:00 p.m. Movies & Board Games 2:00 p.m. – 4:30 p.m.	30 Men's Group 1:00 p.m. – 2:00 p.m. Movies & Board Games 2:00 p.m. – 4:30 p.m.	31 Arts & Crafts PENDING LGBTQIA 1:00 p.m 2:00 p.m. Movies & Board Games 2:00 p.m 4:30 p.m. OHROCS Peer Support 6:00 p.m 7:00 p.m.	