



Odyssey House
Where recovery gets real

OH ROCS Recovery Center Monthly Calendar December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Please be advised Individual coaching sessions take place Monday thru Thursday 8:00am – 1:00pm & 4:30 pm – 7:00pm	2 Women's Group 1:00 p.m. – 2:00 p.m. Movies & Board Games 2:00 p.m. – 4:30 p.m.	3 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.	4 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.	5 Men's Group 1:00 p.m. – 2:00 p.m. Movies & Board Games 2:00 p.m. – 4:30 p.m.	6 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.	7 Computer Class 12:00 p.m. – 2:00 p.m. Family & Me 4:00 p.m. – 5:00 p.m. Aerobic Activities 5:00 p.m. – 5:45 p.m. OH ROCS Peer Support 6:00 pm-7:00 pm
8 Follow-up Phone Calls	9 Women's Group 1:00 p.m. – 2:00 p.m. Movies & Board Games 2:00 p.m. – 4:30 p.m.	10 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.	11 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.	12 Men's Group 1:00 p.m. – 2:00 p.m. Movies & Board Games 2:00 p.m. – 4:30 p.m.	13 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.	14 Computer Class 12:00 p.m. – 2:00 p.m. Family & Me 4:00 p.m. – 5:00 p.m. Aerobic Activities 5:00 p.m. – 5:45 p.m. OH ROCS Peer Support 6:00 pm-7:00 pm
15 Resume Assistance and Overdose Prevention Training available upon request Follow-up Phone Calls	16 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.	17 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.	18 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.	19 Men's Group 1:00 p.m. – 2:00 p.m. Movies & Board Games 2:00 p.m. – 4:30 p.m.	20 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.	21 Computer Class 12:00 p.m. – 2:00 p.m. Family & Me 4:00 p.m. – 5:00 p.m. Aerobic Activities 5:00 p.m. – 5:45 p.m. OH ROCS Peer Support 6:00 pm-7:00 pm
22 Follow-up Phone Calls	23 Women's Group 1:00 p.m. – 2:00 p.m. Movies & Board Games 2:00 p.m. – 4:30 p.m.	24 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.	25 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.	26 Men's Group 1:00 p.m. – 2:00 p.m. Movies & Board Games 2:00 p.m. – 4:30 p.m.	27 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.	28 Computer Class 12:00 p.m. – 2:00 p.m. Family & Me 4:00 p.m. – 5:00 p.m. Aerobic Activities 5:00 p.m. – 5:45 p.m. OH ROCS Peer Support 6:00 pm-7:00 pm
29 Follow-up Phone Calls	30 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.	31 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 3:00pm-4:00pm				