



JANUARY 2020

Skill-Building Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 Wild Lights @ Detroit Zoo 6:30-9pm	4
5	6 Bowling @ Astro Lanes 6-9pm	7 MyHEALTH Program KICK-OFF 5:30-6:30 pm Troy Public Library Info Session 6-7:30 pm	8 Member Council 5:30-6:30 pm Book Club 6:30-7:30 pm	9 HEALTHFUL EATING 6:30-8:00 pm www.ecprogram.org	10	11
12	13 Bowling @ Astro Lanes 6-9pm	14 MyHEALTH Program 4:30-5:30 pm EXERCISE: Move & Groove Dance 5:30-6:30 pm	15 Understanding Bills 6:00-7:00 pm Check Writing 7:00-8:00 pm	16 Lunch & Learn 12:00-1:00 pm Drop-In TECH HELP 2:00-4:00 pm HOME SAFETY 6:00-7:00 pm	17	18
19. Member Celebration @ Petruzellos 11:30-2:00 pm	20 Bowling @ Astro Lanes 6-9pm	21 Townhall Meeting 5:30-6:30 pm	22	23 Peer Support 3-4pm Conversation, Coloring, & Cocoa 6:00-7:30 pm	24	25 Volunteer Opportunity @ Forgotten Harvest 12:30-4:30pm
26	27 Bowling @ Astro Lanes 6-9pm	28 MyHEALTH Program 4:30-5:30 pm EXERCISE: Circuit Training 5:30-6:30 pm	29 HEALTH CARE 101 Part I 6:00-7:30 pm	30 HEALTH CARE 101 Part II 6:00-7:30 pm	31	



FEBRUARY 2020

Skill-Building Program

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Stahls Automotive Museum 1:30-4:00 pm
2 <i>Superbowl Sunday</i>	3 Bowling @ Astro Lanes 6-9pm	4	5 RESUME WRITING 5:30-7:00 pm	6	7. Sander's Factory Tour 12:00-3:00 pm <i>(Lunch @ OMO)</i> SHINE ON PROM 4:30-9:30 pm	8
9	10 Bowling @ Astro Lanes 6-9pm	11 MyHEALTH Program 4:30-5:30 pm EXERCISE: Move & Groove Dance 5:30-6:30 pm	12 Member Council 5:30-6:30 pm Book Club 6:30-7:30 pm	13 ORAL HEALTH 6:00-7:00 pm GERM BUSTERS 7:00-8:00 pm	14 <i>Valentine's Day</i> Movie Night @ OMO office 6:00-8:00 pm <i>(Snacks provided)</i>	15
16	17 Bowling @ Astro Lanes 6-9pm	18 Night at Troy Community Center (open swim, basketball, gym) 5:30-8:30 pm	19 EMPLOYMENT SKILLS 5:30-7:00 pm	20 Lunch & Learn 12:00-1:00 pm Calculating Tax, Tips, and Sales Prices 6:00-7:00 pm	21	22
23 Sundaes Social & Sing Open Mic/ Karaoke with Ice Cream Bar 6:00-8:00 pm	24 Bowling @ Astro Lanes 6-9pm	25 MyHEALTH Program 4:30-5:30 pm EXERCISE: Circuit Training 5:30-6:30 pm	26	27 Peer Support 3:00-4:00 pm Conversation Skills 6:00 -7:00 pm	28	29

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT-
1 Charlie and the Chocolate Factory Musical @ Detroit Opera Theatre 5:30-10:00 pm <i>Showtime at 6:30</i>	2 Bowling @ Astro Lanes 6-9pm	3	4 SHARE Program <i>(Sexual Risk Avoidance and developing Healthy Relationships)</i> 6:00-8:00 pm <i>www.shareforyou.org</i>	5 UNO Tournament @ OMO 5:00-6:30 pm PHONE/TEXTING ETTIQUTTE 7:00-8:00 pm	6	7
8	9 Bowling @ Astro Lanes 6-9pm	10 MyHEALTH Program 4:30-5:30 pm EXERCISE: Move & Groove Dance 5:30-6:30 pm	11 Member Council 5:30-6:30 pm Book Club 6:30-7:30 pm	12 HOW TO READ A LEASE AGREEMENT 6:00-7:00 pm	13 ST. PATRICK'S DAY PARTY 5:30-7:30 pm	14
15	16 Bowling @ Astro Lanes 6-9pm	17	18	19 MEAL PLANNING & PREPARATION 6:00-7:30 pm	20 Build a Robot @ ROBOT GARAGE 3:30-5:30 pm	21
22	23 Bowling @ Astro Lanes 6-9pm	24 MyHEALTH Program 4:30-5:30 pm EXERCISE: Circuit Training 5:30-6:30 pm	25 SELF CARE 6:00-7:30 pm	26 Lunch & Learn 12:00-1:00 pm PEER SUPPORT 3-4pm	27	28
29	30 Bowling @ Astro Lanes 6-9pm	31 Cooking Class @ Beaumont Wellness Center 4:00-6:00 pm & 5:30-7:30 pm				