

SUN-	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 NIGHT @ TCC (open swim, basketball, gym) 5:00-7:00 pm	3	4
5	6 BOWLING @ Astro Lanes 6-9 pm	7 BLUE MAN GROUP @ Fox Theatre Detroit 6:00-10:00 pm <i>Showtime @ 7:30 pm</i>	8 GERM BUSTERS 5:30-6:30 pm BOOK CLUB 6:30-7:30 pm	9 TOWNHALL MEETING 5:30-6:30 pm	10	11
12 <i>Easter</i>	13 BOWLING @ Astro Lanes 6-9 pm	14 EXERCISE: Stretch and Movement 5:30-6:15 pm	15 MyHEALTH Program 4:30-5:30 pm LET'S TALK ABOUT HEALTH! <i>Presentation by Health Care Provider Rob Schultz</i> 6:00-7:30 pm	16 STOMP OUT STIGMA! MENTAL HEALTH ANTI-STIGMA presentation By CNS Healthcare 5:30-6:30 pm	17	18 MARVEL: UNIVERSE OF SUPER HEROES @ Henry Ford Museum 9:00 am-1:00 pm
19	20 BOWLING @ Astro Lanes 6-9 pm MIABLE INFORMATIONAL SESSION @ OMO 6:30-7:30 pm <i>for OMO members & families</i>	21 SOCIAL CONNECTION: Let's Talk Myths! 6:00-8:00 pm	22 EMPLOYMENT SKILLS 5:30-7:00 pm	23 PEER SUPPORT 3:00-4:00 pm	24	25
26	27 BOWLING @ Astro Lanes 6-9 pm	28	29 MyHEALTH Program 4:30-5:30 pm TIME MANAGEMENT 6:00-7:00 pm	30		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT-
					1	2
3	4	5 HOW TO PLAN AN OUTING WITH A FRIEND 5:15-6:00 pm CONVERSATION SKILLS: How to approach an awkward or uncomfortable conversation 6:00-7:00 pm	6	7 SOCIAL CONNECTION: Game Night (video games, board games, etc.) @ OMO office 4:00-5:30 pm	8	9
10 <i>Mother's Day</i>	11 COMMUNITY & INTERNET SAFETY with Officer Julian 5:00-6:00 pm BEST BUDDIES: JOBS PROGRAM Informational Session @ OMO Office 7:00-8:00 pm <i>for OMO members & families</i>	12 MyHEALTH Program 4:30-5:30 pm EXERCISE: Stretch & Movement 5:30-6:15 pm	13 POOL SAFETY 5:30-6:30 pm BOOK CLUB 6:30-7:30 pm	14 How to Read a Nutrition Label 5:00-5:45 pm MEN'S HEALTH 6:00-7:00 pm WOMEN'S HEALTH 6:00-7:00pm BLOOD PRESSURE & CHOLESTEROL 7:00-8:00 pm	15 MOVIE NIGHT @ OMO 5:30-7:30 pm <i>(snacks provided)</i>	16
17	18	19 I'M SICK: Now what? 5:00-5:45pm 4TH WALL IMPROV SESSION 6:00-7:00 pm	20	21 AMP UP! Frozen Meals 4:30-5:00 MEAL IN A MUG 5:15-5:45 pm THE ENVIRONMENT & MODERN AGRICULTURE www.ecprogram.org 6:00-7:30 pm	22	23
24 31 SOCCER GAME: Oakland County Football Club 4:00-7:30 pm <i>(dinner provided)</i>	25 <i>Memorial Day</i>	26 MyHEALTH Program 4:30-5:30 pm	27	28 PEER SUPPORT 3:00-4:00 pm	29 TROY HISTORIC VILLAGE: Guided Tour & Letterpress Printing 1:15-3:15 pm	30



JUNE 2020

Skill-Building Program

SUN-	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 COUPONS & SAVINGS 5:00-6:00 pm POWER-UP Series: POSITIVE THINKING 6:00-7:00 pm	5	6 SELFRIDGE AIR SHOW @ Selfridge Air National Guard Base 9:00 am-1:00 pm
7	8	9 MyHEALTH Program 4:00-4:45 pm EXERCISE: Boogie Down & Dance 5:00-6:00 pm	10 MUSIC IN MOTION Pt. I 4:30-5:30 pm www.far-therapy.org BEACHES, LAKES, & STREAMS 5:30-6:30 pm BOOK CLUB 6:30-7:30 pm	11 SOCIAL CONNECTION: Color & Conversation 4:30-5:45 pm POWER-UP Series: GRATITUDE 6:00-7:00 pm	12 VOLUNTEER OPPORTUNITY Leader Dogs for the Blind 8:00am-2:15 pm (LUNCH PROVIDED)	13
14	15 FUN BOWL @ BOWL ONE LANES 5:30-8:00pm	16 BANKING & BUDGETING with Flagstar Banker 5:00-6:00 pm There's an APP for that! 6:00-7:00 pm	17 Evening @ TROY PUBLIC LIBRARY 4:30-6:00 pm	18 SLEEP 101 5:00-5:45 pm POWER-UP Series: YOGA & SELF-CARE 6:00-7:00 pm	19	20 <i>First Day of Summer</i>
21 <i>Father's Day</i>	22	23 MyHEALTH Program 4:00-4:45 pm	24 MUSIC IN MOTION Pt. II 4:30-5:30 pm www.far-therapy.org	25 PEER SUPPORT 3:00-4:00 pm	26 MOVIE NIGHT @ OMO OFFICE 6:00-8:00 pm <i>(snacks provided)</i>	27
28	29	30				