

CHEEERS Center Groups and Activities Schedule for February 2012

1950 W. HEATHERBRAE DR. SUITE. 5 PHOENIX, ARIZONA 85015 Local: 602. 246. 7607 or Toll Free: 877.905.3456

DAY	AM GROUPS	TIME	ROOM	PM GROUPS	TIME	ROOM	ACTIVITIES	TIME
MONDAY SPORTS MONDAY 1:00P-3:00P	BREAKFAST/SOCIALIZATION ROUNDTABLE MUSIC APPRECIATION ANGER MANAGEMENT PREP YOUR "WISE MIND" (DBT)	7:30A- 9:00A 9:15A- 10:15A 9:15A- 10:15A 10:30A- 12:00P 10:30A- 12:00P	DINING RM 1 2 1 2	LUNCH/SOCIALIZATION CREATIVE COPING SKILLS SPORTS MONDAY INDEPENDENT LIVING SKILLS SNACK	12:00P-1:00P 1:00P-2:30P 1:00P-3:00P 2:00P-3:00P 2:30P-3:30P	DINING RM 1 TBA 2 DINING RM	BILLIARDS/PING PONG COMPUTER LAB STE. 5 BINGO (RM 1) VOLUNTEER	7:30A-4:00P 7:30A-3:30P 2:30P-4:00P 7:30A-4:00P
TUESDAY	BREAKFAST/SOCIALIZATION ROUNDTABLE OUT N' ABOUT EVENTS: 2/07, 2/14, 2/28 WOMEN'S BOUNDARIES MEN'S BOUNDARIES	7:30A- 9:00A 9:15A- 10:15A 9:30A- 2:30P 10:30A- 11:30A 10:30A- 11:30A	DINING RM 1 OFF-SITE 1 2	LUNCH/SOCIALIZATION ART & CREATIVITY HEALTH & WELLNESS PREP SNACK	12:00P-1:00P 1:00P-2:30P 1:00P-2:30P 2:30P-3:30P	DINING RM 4 1 DINING RM	BILLIARDS/PING PONG COMPUTER LAB STE. 5 VOLUNTEER	7:30A-4:00P 7:30A-3:30P 7:30A-4:00P
WEDNESDAY	BREAKFAST/SOCIALIZATION ROUNDTABLE EXPLORING DIVERSITY KICKIN' THE HABIT PREP ART & CREATIVITY	7:30A- 9:00A 9:15A-10:15A 9:15A-10:15A 10:30A-12:00P 10:30A-12:00P	DINING RM 1 2 1 4	LUNCH/SOCIALIZATION FILM SNACK *CHEEERS CLOSSES AT 1:00PM THE LAST WED OF THE MONTH	12:00P- 1:00P 1:30P- 3:30P 2:30P- 3:30P	DINING RM DINING RM DINING RM DINING RM	BILLIARDS/PING PONG COMPUTER LAB STE. 5 VOLUNTEER	7:30A- 4:00P 7:30A- 3:30P 7:30A- 4:00P
THURSDAY	BREAKFAST/SOCIALIZATION ROUNDTABLE MUSIC APPRECIATION OUT N' ABOUT EVENT: 2/23 ROLLER COASTER RIDERS ANGER MANAGEMENT PREP	7:30A- 9:00A 9:15A- 10:15A 9:15A- 10:15A 9:30A- 2:30P 10:30A- 12:00P 10:30A- 12:00P	DINING RM 1 2 OFF-SITE 2 1	LUNCH/SOCIALIZATION CREATIVE COPING SKILLS HEALTH & WELLNESS PREP PARTICIPANTS/ADVISORY MTG SNACK THURSDAY NITE LIVE : COMEDY, KARAOKE, DINNER, FILM & FUN DINNER/SOCIALIZATION	12:00P-1:00P 1:00P-2:30P 1:00P-2:30P 2:30P-3:30P 2:30P-3:30P 4:00P-7:00P 5:00P-6:00P	DINING RM 2 1 DINING RM DINING RM DINING RM	BILLIARDS/PING PONG COMPUTER LAB STE. 5 VOLUNTEER *1ST & 3RD THURSDAYS ADVISORY MEETING **2ND THURSDAY MONTHLY MEETING	7:30A- 7:00P 7:30A- 6:30P 7:30A -7:00P
FRIDAY	BREAKFAST/SOCIALIZATION ROUNDTABLE RECOVERY PRINCIPLES YOUR "WISE MIND" (DBT) KICKIN' THE HABIT PREP	7:30A- 9:00A 9:15A-10:15A 9:15A-10:15A 10:30A-12:00P 10:30A-12:00P	DINING RM 1 2 2 1	LUNCH/SOCIALIZATION OUT N' ABOUT-BOWLING ART & CREATIVITY SNACK BIRTHDAY CELEBRATION* LAST FRIDAY 2/24	12:00P- 1:00P 12:15P-2:30P 1:00P- 2:30P 2:30P -3:30P 2:30P-3:30P	DINING RM OFF-SITE DINING RM DINING RM DINING RM	BILLIARDS/PING PONG COMPUTER LAB STE. 5 BINGO (RM 1) VOLUNTEER	7:30A-4:00P 7:30A-3:30P 2:30P-4:00P 7:30A-4:00P
SATURDAY	BREAKFAST/SOCIALIZATION ROUNDTABLE SEW WHAT?? ANGER MANAGEMENT	7:30A- 9:00A 9:15A-10:15A 10:30A-12:00P 10:30A-12:00P	DINING RM 1 4 2	LUNCH/SOCIALIZATION POOL TOURNAMENT SNACK	12:00P-1:00P 1:00P-2:30P 2:30P-3:30P	DINING RM POOL RM DINING RM	BILLIARDS/PING PONG BINGO (RM 1) COMPUTER LAB STE. 5 VOLUNTEER	7:30A -4:00P 2:00P- 3:30P 7:30A- 3:30P 7:30A- 4:00P
SUNDAY	BREAKFAST/SOCIALIZATION ROUNDTABLE KICKIN' THE HABIT PREP	7:30A- 9:00A 9:15A- 10:15A 10:30A-12:00P	DINING RM 1 2	LUNCH/SOCIALIZATION SEW WHAT?? CREATIVE COPING SKILLS SNACK	12:00P-1:00P 1:00P-2:30P 1:30P-2:30P 2:30P-3:30P	DINING RM 4 2 DINING RM	BILLIARDS/PING PONG BINGO (RM 1) COMPUTER LAB STE. 5 VOLUNTEER	7:30A- 4:00P 2:00P- 3:30P 7:30A- 3:30P 7:30A -4:00P

CHEEERS LIFE SKILLS CENTER

SCHEDULE FOR February 2012

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DAY	PRE-GED	TIME	DAY	EMPLOYMENT PREP	TIME
MON	READING WRITING MATH	8:00A- 9:00A 9:15A- 10:15A 10:30A-11:30A	MON	BASIC TYPING BUSINESS WRITING	1:15P-2:15P 2:30P-3:30P
TUE	READING WRITING MATH	8:00A- 9:00A 9:15A -10:15A 10:30A-11:30A	TUE	NET CONNECT MISSING LINKS	1:15P-2:15P 2:30P-3:30P
WED	READING WRITING MATH	8:00A- 9:00A 9:15A- 10:15A 10:30A-11:30P	WED	NO EMPLOYMENT PREP CLASSES ON WEDNESDAYS	
THU	READING WRITING MATH	8:00A- 9:00A 9:15A- 10:15A 10:30A- 11:30P	THU	NET CONNECT MISSING LINKS	1:15P-2:15P 2:30P-3:30P
FRI	READING WRITING MATH	8:00A- 9:00A 9:15A- 10:15A 10:30A- 11:30P	FRI	BASIC TYPING BUSINESS WRITING	1:15P-2:15P 2:30P-3:30P

(SUITE 3) COMPUTER LAB IS OPEN 8:00AM TO 3:30PM MONDAY THROUGH FRIDAY

CHEEERS VOLUNTEERS: Positions are now available in the Red Door Clothes Store, the CHEEERS Food Mart, our kitchen, general maintenance, and ("Meet & Greet") in the reception area. Schedules are flexible. Earn CHEEERS "Recovery Dollars". Spend them on food, clothing, and weekly Out N'About off-site events. Volunteering is a great way to be of service, gain experience, develop positive relationships, and references.

FOOD HANDLER TRAINING TUES 2/07 & THURS 2/09

Suite 3 - 1:00PM-2:30PM

FOOD HANDLER TEST ON MON 2/13 9:30AM-11:00AM

ASK **BRIAN** OR **FRED** FOR MORE INFORMATION

OUT N'ABOUT

- ✚ COMMORATIVE AIRCRAFT MUSEUM TUE 2/07
- ✚ AZ MUSEUM OF NATURAL HISTORY TUE 2/14
- ✚ PHOENIX ART MUSEUM THU 2/23
- ✚ HARKINS THEATER (BIG MIRACLE) TUE 2/28

BOWLING

12:15PM-2:30PM GLEN FAIR LANES

FRIDAYS 2/3, 2/10, 2/17, 2/24

SUPER BOWL SUNDAY SUN 2/05
7:30AM-8:30PM

VALENTINE'S DAY CELEBRATION SAT 2/11
12:00PM-3:30PM

SPORTS MONDAY MON 2/06, 2/13, 2/20, 2/27
1:00PM-3:30PM

BISCUITS & GRAV Y BREAKFAST SAT 2/04, 2/11, 2/18, 2/25
7:30AM-9:00AM

PANCAKE BREAKFAST SUN 2/05, 2/12, 2/19, 2/26
7:30AM-9:00AM

THURSDAY NITE LIVE THU 2/02, 2/09, 2/16, 2/23
4:00PM-7:00PM COMEDY, KARAOKE, DINNER, FILM & FUN

MEN'S & WOMEN'S HAIRCUTS TUE 2/21
8:00AM-12:00PM. NO CHARGE

FEBRUARY BIRTHDAY CELEBRATION FRI 2/24
2:00PM-3:30PM

SUPER BOWL SUNDAY FEBRUARY 5TH SPECIAL HOURS

OPEN 7:30AM TO 8:30PM

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