

# CHEEERS Center Groups and Activities Program for March 2011

1950 W. HEATHERBRAE DR. SUITE. 5 PHOENIX, ARIZONA 85015 602. 246. 7607 OR 877.905.3456

DAY	AM GROUPS	TIME	ROOM	PM GROUPS	TIME	ROOM	ACTIVITIES	TIME
<b>MONDAY</b>	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 INDEPENDENT LIVING SKILLS SNACK	12:00P-1:00P 1:00P-2:00P 2:00P-3:00P 2:30P-3:30P	DINING RM 1 2 DINING RM	BILLIARDS/PING PONG COMPUTER LAB STE. 5 BINGO (RM 1) VOLUNTEERING	7:30A-4:00P 7:30A-3:30P 2:30P-4:00P 7:30A-4:00P
<b>TUESDAY</b>	BREAKFAST/SOCIALIZATION ROUNDTABLE OUT N' ABOUT/EVENT 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 VOLUNTEERING	7:30A-4:00P 7:30A-3:30P 7:30A-4:00P
<b>WEDNESDAY</b>	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 APPRECIATION SNACK  *CHEEERS CLOSES 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	BILLIARDS/PING PONG COMPUTER LAB STE. 5 VOLUNTEERING	7:30A- 4:00P 7:30A- 3:30P 7:30A- 4:00P
<b>THURSDAY</b>	BREAKFAST/SOCIALIZATION ROUNDTABLE MUSIC APPRECIATION ROLLER COASTER RIDERS ANGER MANAGEMENT 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 CREATIVE COPING SKILLS HEALTH & WELLNESS PREP ADVISORY */MEMBER** MTG SNACK DINNER FILM APPRECIATION	12:00P-1:00P 1:00P-2:30P 1:00P-2:30P 2:30P-3:30P 2:30P-3:30P 5:00P-6:00P 5:00P-7:00P	DINING RM 2 1 DINING RM DINING RM DINING RM	BILLIARDS/PING PONG COMPUTER LAB STE. 5 KARAOKE (RM 1) VOLUNTEERING  *1 <sup>ST</sup> & 3 <sup>RD</sup> THURS. (ADV) **2 <sup>ND</sup> THURS. (MEM)	7:30A- 7:00P 7:30A- 6:30P 4:30P- 7:00P 7:30A -7:00P
<b>FRIDAY</b>	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 OF MONTH	12:00P- 1:00P 12:15P-2:30P 1:00P- 2:30P 2:30P -3:30P  2:30P-3:30P	DINING RM OFF-SITE 4 DINING RM DINING RM	BILLIARDS/PING PONG COMPUTER LAB STE. 5 VOLUNTEERING BINGO (RM 1)	7:30A-4:00P 7:30A-3:30P 7:30A-4:00P 2:30P-4:00P
<b>SATURDAY</b>	BREAKFAST/SOCIALIZATION ROUNDTABLE ART & CREATIVITY	7:30A- 9:00A 9:15A-10:15A 10:30A-12:00P	DINING RM 1 4	LUNCH/SOCIALIZATION ANGER MANAGEMENT PREP SNACK	12:00P-1:00P 1:00P-2:30P 2:30P-3:30P	DINING RM 2 DINING RM	BILLIARDS/PING PONG BINGO (RM 1) COMPUTER LAB STE. 5 VOLUNTEERING	7:30A-4:00P 1:00P-2:30P 7:30A- 3:30P 7:30A- 4:00P
<b>SUNDAY</b>	BREAKFAST/SOCIALIZATION ROUNDTABLE KICKIN' THE HABIT DISCUSS	7:30A- 9:00A 9:15A- 10:15A 10:30A-11:30A	DINING RM 1 2	LUNCH/SOCIALIZATION CREATIVE COPING SKILLS SNACK	12:00P-1:00P 1:30P-2:30P 2:30P-3:30P	DINING RM 2 DINING RM	BILLIARDS/PING PONG BINGO (RM 1) COMPUTER LAB STE. 5 VOLUNTEERING	7:30A- 4:00P 2:30P- 4:00P 7:30A- 3:30P 7:30A-4:00P

# **CHEEERS GED and Life Skills Center Program for March 2011**

1950 W. HEATHERBRAE DRIVE, SUITE 3, PHOENIX, ARIZONA 85015

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DAY	A.M GROUPS	TIME	P.M GROUPS	TIME
<b>MONDAY</b>	GED Writing I GED Reading I	8:00a- 9:30a 10:00a- 11:30a	Net Connect GED Study Group Vocabulary/Spelling	1:00p-2:00p 1:00p-2:00p 1:00p-2:00p
	Computer Lab 3*	8:00a- 3:30p		
<b>TUESDAY</b>	GED Social Studies GED Science Basic Typing	8:00a- 9:30a 10:00a-11:30a 9:00a-10:00a	GED Study Group Remedial Writing	1:00p-2:00p 1:00p-2:00p
	Computer Lab 3*	8:00a- 3:30p		
<b>WEDNESDAY</b>	GED Mathematics Remedial Math Creative Writing	8:00a- 9:30a 8:00a- 9:00a 9:00a- 10:30a	Net Connect GED Study Group Remedial Reading	1:00p-2:00p 1:00p-2:00p 1:00p-2:00p
	Computer Lab 3*	8:00a- 1:30p		
<b>THURSDAY</b>	GED Social Studies Basic Typing GED Science	8:00a- 9:30a 9:00a-10:00a 10:00a-11:30a	GED Study Group Remedial Reading	1:00p-2:00p 1:00p-2:00p
	Computer Lab 3*	8:00a- 3:30p		
<b>FRIDAY</b>	GED Mathematics Remedial Math Creative Writing	8:00a- 9:30a 8:00a- 9:00a 9:00a-10:30a	Net Connect GED Study Group Remedial Writing	1:00p-2:00p 1:00p-2:00p 1:00p-2:00p
	Computer Lab 3*	8:00a- 3:30p		

## **OUT N'ABOUT**

March Tuesdays 9:30p-2:30p

North Mountain Park 3/01

Krispy Kreme & Chocolate  
Factory Tour 3/08

Japanese Gardens 2/15

Imax Theatre 3/22

Goldfield Ghost Town 3/29

## **BOWLING**

March Fridays 12:15p-2:00p

Glen Fair Lanes

3/4, 3/11, 3/18, 3/25

## **PLUS**

St. Patrick's Day Social 3/17  
2:30p-4:00p

March Birthday Celebration 3/25  
2:30p-4:00p

WWW.**CHEEERS**.ORG

\*COMPUTER LAB3 MAY ONLY BE USED BY THOSE PARTICIPATING IN THE GED AND LIFE SKILLS PROGRAM.