




# MAY

## 2023 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 8:30a Coffee + Recovery  12:30p All Recovery Meeting	2 12p <b>Volunteer Orientation</b> 6p SMART Recovery 6-7:30p Relax + Reset Yoga	3 12p MARA (Medication-Assisted Recovery Anonymous)	4 12p Lunch + Learn* 1-3p <b>Free STI Testing</b> 6p SMART Recovery	5 6p Crochet Class 7p Freedom Train (AA) 7p Courage to Change (Al-Anon)	6 <b>CLOSED</b>
7 <b>CLOSED</b>  9:30a Raw + Real (NA) *In the gym	8 8:30a Coffee + Recovery  12:30p All Recovery Meeting	9 12-1:30p <b>NEW! Still Life Painting Class</b> 6p SMART Recovery 6-7:30p Relax + Reset Yoga	10 <b>CLOSED for Staff Training</b>  12p MARA (Medication-Assisted Recovery Anonymous) *Across the hall	11 12p Lunch + Learn* 1-3p <b>Free STI Testing</b> 6p SMART Recovery	12 6p Crochet Class 7p Freedom Train (AA) 7p Courage to Change (Al-Anon)	13 <b>CLOSED</b>
14 <b>CLOSED</b>  9:30a Raw + Real (NA) *In the gym	15 8:30a Coffee + Recovery  12:30p All Recovery Meeting	16 11a <b>NEW! 'Good Grief' Support Group</b> 6p SMART Recovery 6-7:30p Relax + Reset Yoga	17 12p MARA (Medication-Assisted Recovery Anonymous)	18 12p Lunch + Learn*  6p SMART Recovery	19 5p <b>Volunteer Orientation</b> 6p Crochet Class 7p Freedom Train (AA) 7p Courage to Change (Al-Anon)	20 6p <b>Steps of Hope Overdose Awareness Walk!</b> at the DMACC Ankeny trail
21 <b>CLOSED</b>  9:30a Raw + Real (NA) *In the gym	22 8:30a Coffee + Recovery 12:30p All Recovery Meeting 2p <b>Planning Committee</b>	23 6p SMART Recovery 6-7:30p Relax + Reset Yoga	24 12p MARA (Medication-Assisted Recovery Anonymous)	25 12p Lunch + Learn*  6p SMART Recovery	26 12p <b>Book Club</b> 6p Crochet Class 7p Freedom Train (AA) 7p Courage to Change (Al-Anon)	27 <b>CLOSED</b>
28 <b>CLOSED</b>  9:30a Raw + Real (NA) *In the gym	29 <b>CLOSED Memorial Day</b>	30 6p SMART Recovery 6-7:30p Relax + Reset Yoga	31 12p MARA (Medication-Assisted Recovery Anonymous)	VIEW OUR CALENDAR ONLINE: 		
<b>WALK-IN HOURS:</b> Monday: 8am-4pm Tuesday: 12pm-8pm Wednesday: 8am-4pm Thursday: 12pm-8pm Friday: 12pm-8pm			<b>*LUNCH + LEARN TOPICS:</b> 5/4: Medication Assisted Treatment (MAT) 101 (Shanna, UCS Healthcare) 5/11: Steps of Hope: Overdose Awareness (Ann, Steps of Hope) 5/18: Find Your Path to a New Career (Joseph, Change Course) 5/25: Empowering People with Disabilities (CICIL: Central Iowa Center for Independent Living)			