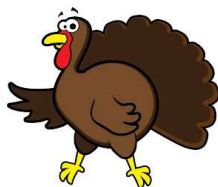


Address:
Arapaho Gardens
1121 Rockingham Dr.
Richardson TX 75080
972-379-9904



PLAN @ 1121 ROCK

People Living Active Now

November Birthdays:

Brian K. 11/2, Carol B. 11/4, Pearce B. 11/4,
Reynaldo T. 11/5, Gigi D. 11/7, Denis J. 11/14, Rhonda V. 11/15,
Scotty W. 11/16, Ian G. 11/21, Jim D. 11/23, Nathan M. 11/23,
Travis T. 11/27, David R. 11/30

~ November 2025 ~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
"I LIKE PEOPLE WHO GET EXCITED ABOUT THE CHANGE OF SEASONS, THE SOUND OF THE OCEAN, WATCHING A SUNSET, THE SMELL OF RAIN, STARRY NIGHTS." - Brooke Hampton						1
2 	3 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p SoundCare - 2p	4 Morning Mtg 10a Newsletter 11a Lunch 12:30p HOUSE MEETING 1p Afternoon Meeting 1:45p	5 Dress-Up: Western Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p Janssen Neuroscience 2p	6 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p Sunshine & Shadows 2p	7 Hoops @ JFS @ 11a Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p	8
9	10 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p SoundCare - 2p	11 Morning Mtg 10a Lunch 12:30p HOUSE MEETING 1p Afternoon Meeting 1:45p	12 JFS Staff Day Clubhouse Closed	13 Morning Mtg 10a Public Speaking Class 11a Lunch 12:30p Afternoon Unit Mtgs 1:15p	14 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p Public Speaking Event 1p	15 Coffee House Jam: Greatest Hits 5p - 6:30p
16	17 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p SoundCare - 2p	18 Morning Mtg 10a Lunch 12:30p UTSW Residents Mini Conference	19 Morning Mtg 10a Pin Hunt: El Centro 11a & Thanksgiving Square Lunch 12:30p Afternoon Unit Mtgs 1:15p	20 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p Advocacy Comm 2p	21 Hoops @ JFS @ 11a Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p	22 Supper Club - 5p Wendy's 3521 Custer Pkwy
23 30	24 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p SoundCare - 2p	25 Morning Mtg 10a Birthday Bash 12:30p HOUSE MEETING 1p Afternoon Meeting 1:45p	26 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p	27 Thanksgiving Day Lunch 11a - 2p 	28 Black Friday Clubhouse Closed	29

HOURS:
Monday - Friday 9a - 4p
972-379-9904





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PLAN @ 1121 ROCK

People Living Active Now

1121 MAIN....972-379-9904
Deanna.....214-542-1482
Daniel.....972-703-2150
Lauren.....972-703-2151
Emily.....972-703-2152
TJ.....469-589-9903

CLUBHOUSE LUNCHES

Monday - Friday

12:30 PM

\$2 Donation

\$3 on Wednesdays for Travis' Specials

*If you are running late, please be sure to call by 12:00p. Meals will not be made available after 12:30pm without a call to reserve. Leftovers can be purchased for \$1 after 1:15p.

HOUSE MEETINGS

Tuesdays @ 1:00pm

Participate in Clubhouse decision-making!

If you can't make it in person, you can join over Zoom. All we need is your email to get you the link!

Committee Meetings

Newsletter Committee

Tuesday 11/4 @ 11a

Sunshine & Shadows Committee

Thursday 11/6 @ 2p

Advocacy Committee

Thursday 11/20 @ 2p

Events This Month

Clubhouse Closures:

Wednesday, 11/12

Black Friday, 11/28

Weekly House Meeting @ 1p

11/4, 11/11, 11/25

Mondays: SoundCare @ 2p

11/3, 11/10, 11/17, 11/24

11/5: Western Dress-Up Day
11/5: Janssen Neuroscience Presentation @ 2p
11/7: Hoops @ JFS @ 11a
11/13: Public Speaking Class @ 11a
11/14: Public Speaking Event @ 1:30p
11/15: Coffee House Jam: Greatest Hits, 5-6:30p
11/18: UTSW Residents Mini Conference
11/19: Pin Hunt: El Centro College Visit Downtown with Thanksgiving Square @ 11a
11/21: Hoops @ JFS @ 11a
11/22: Supper Club – Wendy's @ 5p
11/25: Birthday Bash @ 12:30p
11/27: Thanksgiving Day Lunch – 11a-2p



Join us on Facebook at "PLAN of North Texas"

PLAN CONNECTIONS

People Living Active Now

Interested in Peer Support or Case Management Services? Contact 1121 Rock at 972-379-9904 to find out more.

Case Management

Dani.....469-589-9909

Peer Support

David..... 469-589-9905

Lisa..... 469-589-9906



Thanksgiving Day: Lunch @ 12pm

Turkey provided. Bring sides. Be grateful.

Family Feud to follow.