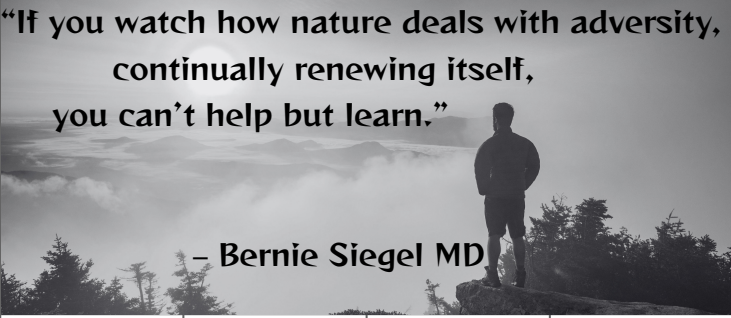
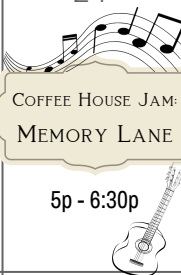


2026 JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
"If you watch how nature deals with adversity, continually renewing itself, you can't help but learn." — Bernie Siegel MD 				1  CLOSED	2 AM Mtg 10a Lunch 12:30p PM Mtg 1:15p	3
4	5 AM Mtg 10a Lunch 12:30p Membership Task Force 1p PM Mtg 1:15p C4W: Mantras 1:30p	6 AM Mtg 10a Newsletter 11a Lunch 12:30p HOUSE MEETING 1P PM Mtg 1:15p	7 AM Mtg 10a Lunch 12:30p PM Mtg 1:15p Janssen Neuroscience 2p	8 AM Mtg 10a Moving Task Force 11a Lunch 12:30p PM Mtg 1:15p Sunshine & Shadows 2p	9 AM Mtg 10a Hoops @ JFS 11a Lunch 12:30p PM Mtg 1:15p	10
11	12 AM Mtg 10a Lunch 12:30p Membership Task Force 1p PM Mtg 1:15p C4W: Bucket List 1:30p	13 AM Mtg 10a Lunch 12:30p HOUSE MEETING 1P PM Mtg 1:15p	14 AM Mtg 10a Pin-Hunt: Mountain View 10:30a Lunch 12:30p PM Mtg 1:15p	15 AM Mtg 10a Lunch 12:30p PM Mtg 1:15p Advocacy 2p	16 AM Mtg 10a Lunch 12:30p PM Mtg 1:15p	17
18	19 AM Mtg 10a Lunch 12:30p Membership Task Force 1p PM Mtg 1:15p C4W: Empowerment 1:30p	20 AM Mtg 10a Lunch 12:30p HOUSE MEETING 1P PM Mtg 1:15p	21 PLANning Day 2026 	22 AM Mtg 10a Moving Task Force 11a Lunch 12:30p PM Mtg 1:15p	23 AM Mtg 10a Hoops @ JFS 11a Lunch 12:30p PM Mtg 1:15p	24  COFFEE HOUSE JAM: MEMORY LANE 5p - 6:30p
25	26 AM Mtg 10a Lunch 12:30p Membership Task Force 1p PM Mtg 1:15p C4W: Curiosity 1:30p	27 AM Mtg 10a Birthday Bash 12:30p HOUSE MEETING 1P PM Mtg 1:15p	28 AM Mtg 10a Lunch 12:30p PM Mtg 1:15p	29 AM Mtg 10a Lunch 12:30p PM Mtg 1:15p Advocacy 2p	30 AM Mtg 10a Lunch 12:30p PM Mtg 1:15p	31  Supper Club 5p Chipotle 14715 S Coit Rd

PLAN @ 1121 ROCK

Arapaho Gardens

1121 Rockingham Dr.

Richardson, TX 75080

972-379-9904

JANUARY 2026

HAPPY BIRTHDAY

PLAN @ 1121 ROCK

People Living Active Now

CONTACT LIST

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

Katie S. - 1/1
Ethan C. - 1/2
Robin K. - 1/2
Kim M. - 1/14
Mercedez - 1/21
David A. - 1/26

PLAN CONNECTIONS

People Living Active Now

Interested in Peer Support or
case Management Services?

Contact 1121 Rock at
972-379-9904

CASE MANAGEMENT

DANI.....469-589-9909

PEER SUPPORT

DAVID.....469-589-9905

LISA.....469-589-9906

UPCOMING EVENTS

Weekly House Meeting

1pm - 1/6, 1/13, 1/20, 1/27

Janssen Neuroscience - 1/7 @ 2p

Hoops @ JFS - 1/9, 1/23 @ 11a

Dallas College Pin-Hunt: Mountain View - 1/14 @ 10:30a

PLANning Day 2026 - 1/21

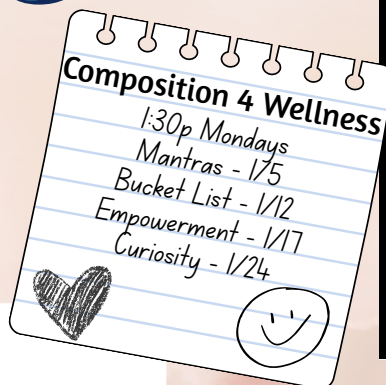
Coffee House Jam: Memory Lane - 1/24 @ 5p

Birthday Dash - 1/27 @ 12:30p

Supper Club: Chipotle - 1/31 @ 5p

PLAN is closed on New Year's Day

Bring in 2026 in your own way!



JANUARY MEETINGS

Newsletter Committee

Tuesday, 1/6 @ 11a

Sunshine & Shadows Committee

Thursday, 1/8 @ 2p

Advocacy Committee

Thursdays, 1/15, 1/29 @ 2p

Membership Task Force

Mondays @ 1p (1/5, 1/12, 1/19, 1/26)

Moving Task Force

Thursday, 1/8, 1/22 @ 11a