

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



**PLAN @
1121 ROCK**
People Living Active Now



August Birthdays:
T.J. T. 8/2, Helen F. 8/8, Wes M. 8/10,
Liz O. 8/11, Michelle C. 8/13, Travis A. 8/21,
Jade M. 8/28, Sheila C. 8/28, Scott E. 8/28

~ August 2025 ~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Service - "Getting Outside Ourselves"					1 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p Culinary Planning - 1p	2
3 	4 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p Book Discussion 2p	5 Morning Mtg 10a Newsletter 11a Lunch 12:30p Ruth's Going Away Party 1pm	6 Morning Mtg 10a Lunch 12:30p Wellness Wednesday Afternoon Unit Mtgs 1:15p Janssen Neuroscience 2p	7 Morning Mtg 10a Media Arts 11a Lunch 12:30p Afternoon Unit Mtgs 1:15p Sunshine & Shadows 2p	8 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p Culinary Planning - 1p Events Committee 2p	9
10 	11 Morning Mtg 10a Career & Dev Comm 11a Lunch 12:30p Afternoon Unit Mtgs 1:15p Book Discussion 2p	12 Morning Mtg 10a Newsletter 11a Lunch 12:30p HOUSE MEETING 1p Afternoon Meeting 1:45p Goal-Setting Comm 2p	13 Morning Mtg 10a Lunch 12:30p Wellness Wednesday Afternoon Unit Mtgs 1:15p	14 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p Employment Training 2p	15 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p Culinary Planning - 1p	16 Coffee House Karaoke: Disney Edition 5p
17 	18 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p Book Discussion 2p	19 Morning Mtg 10a Lunch 12:30p HOUSE MEETING 1p Afternoon Meeting 1:45p	20 Morning Mtg 10a New Member Comm 11a Lunch 12:30p Wellness Wednesday Afternoon Unit Mtgs 1:15p	21 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p Advocacy Comm 2p Video Game Night 4p	22 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p Culinary Planning - 1p	23 Supper Club - 5p Noodle Wave 1490 W Spring Valley Rd
24 	25 Morning Mtg 10a Career & Dev Comm 11a Lunch 12:30p Afternoon Unit Mtgs 1:15p Book Discussion 2p	26 Morning Mtg 10a Birthday Bash 12:30p HOUSE MEETING 1p Afternoon Meeting 1:45p	27 Morning Mtg 10a Lunch 12:30p Wellness Wednesday Afternoon Unit Mtgs 1:15p Clubhouse Hour 2p	28 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p Advocacy Comm 2p	29 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:15p Culinary Planning - 1p	30
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Special Events

8/4, 8/11, 8/18, 8/25: Book Discussion 2p
8/6, 8/13, 8/20, 8/27: Wellness Wednesdays - Meditation w/ T.J. @ 1pm
8/6: Janssen Neuroscience Presentation @ 2p
8/14: Clubhouse Employment Training @ 2p
8/16: Coffee House Karaoke: Disney Edition @ 5p

8/21: Video Game Night @ 4p
8/23: Supper Club @ 5p - Noodle Wave (1490 W Spring Valley Rd)
8/26: Birthday Bash @ 12:30p
8/27: Clubhouse Hour @ 2p

8/5: Ruth's Going Away Party @ 1pm

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