


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



May Birthdays: Pam C. 5/5, Eddy S. 5/7, Devon C. 5/11, Berecki M. 5/11, Ginger H. 5/17, Cathryn B. 5/26, Donald B. 5/30

~ May 2023 ~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Morning Mtg 10a Lunch 12:30p <i>Afternoon Unit Mtgs 1:30p</i> <b>Composition 4</b> <b>Wellness</b>	<b>2 NO W-O-D</b> <b>NAMI Capitol Day 2023 in Austin</b> All-day event 	<b>3</b> Morning Mtg 10a Lunch 12:30p <i>Afternoon Unit Mtgs 1:30p</i> <b>Advocacy Comm. 2:30-3p</b>	<b>4</b> Morning Mtg 10a <b>Media Arts Comm. 11a</b> Lunch 12:30p <i>Afternoon Unit Mtgs 1:30p</i> <b>New Member Comm. 2-3p</b>	<b>5</b> Morning Mtg 10a Lunch 12:30p <i>Afternoon Unit Mtgs 1:30p</i> <b>Events Comm. 2-3p</b>	<b>6</b>  <b>NAMI Walk</b> Riders Field, Frisco 9a-12p
<b>7</b> <b>NJHSA CLUBHOUSE TOURS</b> 9A - 11A	<b>8</b> Morning Mtg 10a Lunch 12:30p <i>Afternoon Unit Mtgs 1:30p</i> <b>Composition 4</b> <b>Wellness</b>	<b>9</b> Morning Mtg 10a Lunch 12:30p <b>HOUSE CALL 1p*</b> <i>Afternoon Meeting 1:45p</i>	<b>10</b> Morning Mtg 10a Lunch 12:30p <i>Afternoon Unit Mtgs 1:30p</i> <b>Sunshine &amp; Shadows</b> <b>Comm. 2-3p</b>	<b>11</b> Morning Mtg 10a <b>Media Arts Comm. 11a</b> Lunch 12:30p <i>Afternoon Unit Mtgs 1:30p</i> <b>Newsletter Comm. 2-3p</b>	<b>12</b> Morning Mtg 10a Lunch 12:30p <i>Afternoon Unit Mtgs 1:30p</i> <b>Gardening Comm. 2-3p</b>	<b>13</b>
<b>14</b>	<b>15</b> Morning Mtg 10a Lunch 12:30p <i>Afternoon Unit Mtgs 1:30p</i> <b>Composition 4</b> <b>Wellness</b>	<b>16</b> Morning Mtg 10a Lunch 12:30p <b>HOUSE CALL 1p*</b> <i>Afternoon Meeting 1:45p</i>	<b>17</b> Morning Mtg 10a Lunch 12:30p <i>Afternoon Unit Mtgs 1:30p</i> <b>Advocacy Comm. 2-3p</b>	<b>18</b> Morning Mtg 10a <b>Media Arts Comm. 11a</b> Lunch 12:30p <i>Afternoon Unit Mtgs 1:30p</i> <b>Newsletter Comm. 2-3p &amp; New Member Comm. 2-3p</b>	<b>19</b> Morning Mtg 10a Lunch 12:30p <i>Afternoon Unit Mtgs 1:30p</i> <b>Events Comm. 2-3p</b>	<b>20</b> <b>Coffee House Jam</b> 5p-6:30 
<b>21</b>	<b>22</b> Morning Mtg 10a Lunch 12:30p <i>Afternoon Unit Mtgs 1:30p</i> <b>Composition 4</b> <b>Wellness</b>	<b>23</b> Morning Mtg 10a Lunch 12:30p <b>HOUSE CALL 1p*</b> <i>Afternoon Unit Mtgs 1:45p</i>	<b>24</b> Morning Mtg 10a Lunch 12:30p <i>Afternoon Unit Mtgs 1:30p</i> <b>Sunshine &amp; Shadows</b> <b>Comm. 2-3p</b>	<b>25</b> Morning Mtg 10a <b>Media Arts Comm. 11a</b> Lunch 12:30p <i>Afternoon Unit Mtgs 1:30p</i> <b>Newsletter Comm. 2-3p</b>	<b>26</b> Morning Mtg 10a Lunch 12:30p <i>Afternoon Unit Mtgs 1:30p</i> <b>Gardening Comm. 2-3p</b>	<b>27</b> <b>Supper Club @ Lunch</b> <b>Cindi's</b> 7522 Campbell Rd. 12p 
<b>28</b>	<b>29</b> <b>Memorial Day</b> <b>Clubhouse Closed</b> 	<b>30</b> Morning Mtg 10a <b>BIRTHDAY BASH 12:30p</b> <b>HOUSE CALL 1p*</b> <i>Afternoon Unit Mtgs 1:45p</i>	<b>31 NO W-O-D</b> <b>Clubhouse Texas</b> <b>Celebration in Austin</b> All-day event	<i>"Sometimes you climb out of bed in the morning and you think, I'm not going to make it, but you laugh inside - remembering all the times you've felt that way."</i> - Charles Bukowski		

**Special Events for May**

- 5/2 – NAMI Capitol Day (Meet at 5am at 1121)
- 5/6 - NAMI Walk – Riders Field in Frisco from 9a-12n  
 Go to NAMIwalks.org to register.  
 Team: Jewish Family Service / PLAN  
 Dogs allowed.

**\*PLAN @ 1121 ROCK**  
**Conference Call Access**  
**214-380-0303 code 1234**

- 5/20 – Coffee House Jam – 5p -6:30p
- 5/27 – Supper Club AT LUNCH!  
 CINDI'S on Campbell at 12n!
- 5/29 - Memorial Day/Clubhouse Closed.
- 5/31 – Clubhouse Texas Coalition Celebration at Austin Clubhouse. Meet at 1121 at 6:30a.  
 No Work Ordered Day.