

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

**NOVEMBER**

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



November Birthdays: Zach P. 11/2, Carol B. 11/4, Reynaldo T. 11/5, Gigi D. 11/7, Rhonda V. 11/15, Scotty W. 11/16, Jim D. 11/23, Amanda P. 11/25, David R. 11/30

~ November 2022 ~							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		<b>1</b> VIRTUAL ONLY Wake Up Call - 10a* Daily Call - 1:15p* Activity Call 3p*	<b>2</b> VIRTUAL ONLY Wake Up Call - 10a Daily Call - 1:15p Activity Call 3p	<b>3</b> VIRTUAL ONLY Wake Up Call - 10a* Daily Call - 1:15p* Activity Call 3p*	<b>4</b> CLUBHOUSE CLOSED NAMI TEXAS National Convention	<b>5</b> NAMI TEXAS National Convention	
	<b>6</b> 	<b>7</b> Morning Mtg 10a Gardening Committee 11a Lunch 12:30p Wellness Activity 1:15p Afternoon Meeting 1:45p AV	<b>8</b> <b>ELECTION DAY</b> Morning Mtg 10a Lunch 12:30p HOUSE CALL 1:15p* I'm Not Sick Book Club 3:00p	<b>9</b> Morning Mtg 10a Advocacy Committee 11a Lunch 12:30p Wellness Activity 1:15p Afternoon Meeting 1:45p AV	<b>10</b> Morning Mtg 10a Newsletter Committee 11a Lunch 12:30p Wellness Activity 1:15p Afternoon Meeting 1:45p Accreditation Mtgs	<b>11</b> Morning Mtg 10a Lunch 12:30p Wellness Activity 1:15p Playing the Dating Game: Pt 2 - 2p	<b>12</b>  for what's coming!
	<b>13</b>	<b>14</b> Morning Mtg 10a RESOLVE 11a Lunch 12:30p Wellness Activity 1:15p Afternoon Meeting 1:45p AV	<b>15</b> Morning Mtg 10a Lunch 12:30p HOUSE CALL 1:15p* I'm Not Sick Book Club 3:00p	<b>16</b> Morning Mtg 10a Lunch 12:30p Wellness Activity 1:15p Afternoon Meeting 1:45p AV	<b>17</b> Morning Mtg 10a New Member Committee 11a Lunch 12:30p Wellness Activity 1:15p Afternoon Meeting 1:45p Accreditation Mtgs	<b>18</b> Morning Mtg 10a Events Committee 11a Lunch 12:30p Afternoon Meeting 1:15p DBSA Support Group 2-3:30p @ 1121	<b>19</b> Coffee House Chill 5-7pm
	<b>20</b>	<b>21</b> Morning Mtg 10a Newsletter Committee 11a Lunch 12:30p Wellness Activity 1:15p Afternoon Meeting 1:45p AV	<b>22</b> Morning Mtg 10a Lunch 12:30p HOUSE CALL 1:15p* I'm Not Sick Book Club 3:00p	<b>23</b> Morning Mtg 10a Advocacy Committee 11a Lunch 12:30p Wellness Activity 1:15p Afternoon Meeting 1:45p AV	<b>24</b>  Thanksgiving Lunch 12pm	<b>25</b> CLUBHOUSE CLOSED	<b>26</b> Supper Club Velvet Taco Campbell Rd. - 6pm
<b>27</b>	<b>28</b> Morning Mtg 10a Events Committee 11a Lunch 12:30p Wellness Activity 1:15p Afternoon Meeting 1:45p AV	<b>29</b> Morning Mtg 10a <b>BIRTHDAY BASH 12:30p</b> HOUSE CALL 1:15p* I'm Not Sick Book Club 3:00p	<b>30</b> Morning Mtg 10a Lunch 12:30p Wellness Activity 1:15p Afternoon Meeting 1:45p AV	Live with the anticipation that something <b>GREAT</b> could happen anytime!			

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