

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

may

PLAN @ 1121 ROCK
 People Living Active Now



May Birthdays: Pam C. 5/5, Devon C. 5/11, Beraki M. 5/11, Ginger H. 5/17, Donald B. 5/30, Melinda B. 5/30

~ May 2022 ~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Morning Mtg 10a Lunch 12:30p Afternoon Mtg 1:15p <i>A/V Committee 2:30p</i>	3 Morning Mtg 10a Lunch 12:30p Afternoon Mtg 1:15p <i>Planning & Free Writing 2:30p</i>	4 STAR WARS DAY MAY THE 4TH BE WITH YOU Morning Mtg 10a Birthdays Bash 12:30p HOUSE CALL* 1:15p Afternoon Mtg 2p Gardening 2:30p	5 CONCO DE MATO Morning Mtg 10a Lunch 12:30p Afternoon Mtg 1:15p <i>Whodunnit Practice 2p</i>	6 Morning Mtg 10a Lunch 12:30p Afternoon Mtg 1:15p	7
8	9 Morning Mtg 10a Lunch 12:30p Afternoon Mtg 1:15p Event Planning 2:30p	10 Morning Mtg 10a Lunch 12:30p Afternoon Mtg 1:15p <i>Planning & Free Writing 2:30p</i>	11 Morning Mtg 10a Lunch 12:30p HOUSE CALL* 1:15p Afternoon Mtg 2p Newsletter 2:30p	12 Morning Mtg 10a Lunch 12:30p Afternoon Mtg 1:15p <i>Whodunnit Practice 2:00p</i>	13 Morning Mtg 10a Lunch 12:30p Afternoon Meeting 1:15p	14
15	16 Morning Mtg 10a Lunch 12:30p Afternoon Mtg 1:15p <i>A/V Committee 2:30p</i>	17 Morning Mtg 10a Lunch 12:30p Afternoon Mtg 1:15p Composition 4 Wellness Begins 2:30p	18 Morning Mtg 10a Lunch 12:30p HOUSE CALL* 1:15p Afternoon Mtg 2p Gardening 2:30p	19 Morning Mtg 10a Lunch 12:30p Afternoon Mtg 1:15p <i>Whodunnit Practice 2:00p</i>	20 Morning Mtg 10a Lunch 12:30p Afternoon Meeting 1:15p	21 Sign Up! PLAN Family Reunion POTLUCK! 4p at the Garden
22	23 Clubhouse Closed RECOVERY DAY Review your WRAP! <i>(Wellness Recovery Action Plan)</i>	24 Morning Mtg 10a Lunch 12:30p HOUSE CALL* 1:15p Composition 4 Wellness 2:30p	25 Clubhouse Closed JFS Staff Out <i>(Woman to Woman Lunch)</i>	26 Morning Mtg 10a Lunch 12:30p Afternoon Mtg 1:15p 5p – 7p PLAN Whodunnit: The Cosmopolitan Café Camcorder Confession	27 Morning Mtg 10a Lunch 12:30p Afternoon Meeting 1:15p	28 Supper Club 6p Asian Mint 300 W. Campbell
29	30 Clubhouse Closed 	31 Morning Mtg 10a Lunch 12:30p HOUSE CALL* 1:15p Composition 4 Wellness 2:30p	1 JUNE CLUBHOUSE GIVING DAY! Birthdays Bash (June) Lunch 12:30p Afternoon Mtg 1:15p Gardening 2:30p	<div data-bbox="1186 1136 1953 1421" data-label="Complex-Block"> <p>A return, after Covid, to time together! And the WHOLE FAMILY is invited! It's a Potluck! Bring desserts or sides!</p> <p>Saturday, May 21st at 4p PLAN @ 1121 ROCK GARDEN 1121 Rockingham Rd, Richardson TX 75080</p> <p>Come sing along with our beloved Coffee House Jam Volunteer Musicians and hear inspirational Member Stories in honor of Mental Health Month.</p> </div>		

*Activities have Conference Call access.

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

"It's exhausting to fight a war in your head every day.
 Even though today was hard,
 I'm still choosing to be here tomorrow."