

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

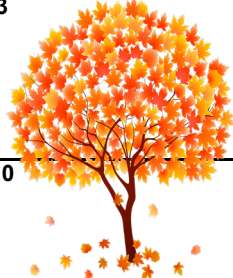

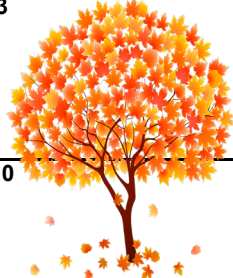


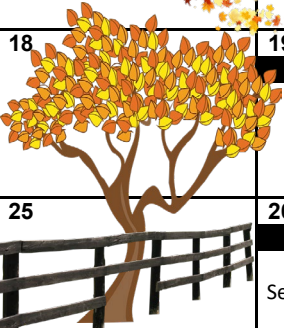




# PLAN @ 1121 ROCK

People Living Active Now



September Birthdays: James S. 9/1, Lisa W. 9/3, Carolyn E. 9/3, Glenn R. 9/21, Charlene W. 9/21, Nick M. 9/22, Gerald V. 9/26, Mark H. 9/28, Gloria D. 9/29, Chris P. 9/30

~ September 2022 ~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Thinking about the importance of boundaries...				1 Morning Mtg 10a Newsletter Committee 11a Lunch 12:30p Afternoon Meeting 1:45p Look & Learn Art Presentation 2:30-3:30	2 Morning Mtg 10a Events Committee 11a Lunch 12:30p Wellness Activity 1:15p DBSA Support Group 2-3:30p @ 1121	3 
4 	5 CLUBHOUSE CLOSED Labor Day Lunch @ 12n Chili's (Coit and Campbell)	6 Morning Mtg 10a Lunch 12:30p HOUSE CALL 1:15p* I'm Not Sick Book Club 2:30p	7 Morning Mtg 10a A/V Committee 11a Lunch 12:30p Wellness Activity 1:15p Afternoon Meeting 1:45p	8 Free Lunch! CLEANING DAY 10-4p High Holidays Zoom @ 12p	9 Free Lunch! CLEANING DAY 10-4p	10 
11 	12 CLUBHOUSE CLOSED Staff Development Day	13 Morning Mtg 10a Newsletter Committee 11a Lunch 12:30p HOUSE CALL 1:15p* I'm Not Sick Book Club 2:30p	14 Morning Mtg 10a Advocacy Committee 11a Lunch 12:30p Afternoon Meeting 1:45p Look & Learn Art Presentation 2:30-3:30	15 CLUBHOUSE CLOSED JFS Staff Retreat	16 Morning Mtg 10a Events Committee 11a Lunch 12:30p Wellness Activity 1:15p DBSA Support Group 2-3:30p @ 1121	17 
18 	19 CLUBHOUSE CLOSED	20 Morning Mtg 10a Lunch 12:30p HOUSE CALL 1:15p* Speical guest Rabbi Wolk I'm Not Sick Book Club 2:30p	21 Morning Mtg 10a A/V Committee 11a Lunch 12:30p Wellness Activity 1:15p Afternoon Meeting 1:45p Dental Diligence 2p	22 Morning Mtg 10a New Member Committee 11a Lunch 12:30p Look & Learn Art Presentation 2:30-3:30 Art Night 4:30-6:30p	23 Morning Mtg 10a Gardening Committee 11a Lunch 12:30p Wellness Activity 1:15p Afternoon Meeting 1:45p Playing the Dating Game 2p	24 Supper Club at Cindy's - 6p Coit and Campbell
25 	26 CLUBHOUSE CLOSED Set up for ATTA Art Show!	27 Morning Mtg 10a Birthday Bash 12:30p ~pizza!~ HOUSE CALL 1:15p* I'm Not Sick Book 2:30p	28 Morning Mtg 10a Advocacy Committee 11a Lunch 12:30p Wellness Activity 1:15p Afternoon Meeting 1:45p Dental Diligence 2p	29 Morning Mtg 10a FIELD TRIP: DMA Visit 10:30a-2:30p Lunch 12:30p Normal Day for those not attending DMA	30 Morning Mtg 10a Events Committee 11a Lunch 12:30p Wellness Activity 1:15p DBSA Support Group 2-3:30p @ 1121	

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

Sign up to join us on 9/17 from 11a-3p for the  
**BIG TEXAS RALLY FOR RECOVERY**

The Sound at Cypress Waters  
 3111 Olympus Blvd, Coppell, TX 75019

For the whole family! Includes entertainment, guest speakers, food trucks,  
 lakeside restaurants, children's activities and catch and release fishing!

[www.bigtexasrallyforrecovery.org](http://www.bigtexasrallyforrecovery.org)

Daring to set boundaries is about having the  
 courage to love ourselves, even when we  
 risk disappointing others.

- Brene Brown