

Darkness cannot drive out darkness;
only light can do that. Hate cannot drive out hate;
Only love can do that
- Martin Luther



HALF DAY WEDNESDAYS 9 - 1:30pm

Recreation Supervisor: Morace McKay

DISCRIMINATION & ADA POLICY

It is the City of San Jose's policy to afford all persons equal opportunity by prohibiting discrimination or harassment on the basis of race, color, religion, sex, national origin, ancestry, physical or mental disability, age, sexual orientation, gender identity, marital status, medical condition (cancer related, AIDS, HIV) or other non-merit factors. It is also the City's policy to afford people with disabilities access to City services, pro-

Serving Santa Clara County's Mental Health Community Since 1971



GRACE

HOURS: M, T, TH, F: 9:00 AM - 4:00 PM

W: 9:00 AM - 1:30 PM

SAT: 10:00 AM - 2:00 PM

LOCATION: 488 N. 6th Street. San Jose, CA 95112

408-293-0422

VISIT OUR WEBSITE AT: <http://www.sanjoseca.gov/prns>



Weekly Therapeutic Recreation

Mondays – 9:00 a.m. – 4:00 p.m.

- 9:30 - 10:00 - Community Meeting (Front Room - Therapeutic Specialist)
- 9:55 - 10:00 - Plank Time! (Everywhere & Anywhere – Gloria)
- 10:00 - 10:30 - Volunteer Orientation (Tech Corner– Jonathan & Charmaine)
- 10:30 - 11:30 - Anger Management (Art Room - Pat)
- 10:30 - 11:30 - Creative Writing/Journaling (Sewing Room - Gloria)
- 11:45 - Lunch - (Front Room - Debbie V.)
- 12:30 - 1:30 - T.O's Nail Salon (Sewing Room - Daisy)
- 1:00 - 2:00 - Women's Tea Circle (Art Room - Gloria & Ariel)
- 2:00 - 3:00 - Men's Group (Sewing Room - Don)
- 2:30 - 3:30 - Wire Jewelry (Art Room –Daisy)
- 3:00 SHARP! - New Member Orientation (Front Room - Charmaine & Jonathan)

Tuesdays – 9:00 a.m. – 4:00 p.m.

- 9:30 - 10:00 - Community Meeting (Front Room - Therapeutic Specialist)
- 9:55 - 10:00 - Plank Time! (Everywhere & Anywhere – Gloria)
- 10:00 - 10:30 - Sittercise (MPR - Don)
- 10:30 - 11:30 - Boundaries (Sewing Room - Gloria)
- 10:30 - 11:30 - Beading (Art Room - Jonathan, Charmaine & Rocio)
- 10:30 - 11:30 - Dancin' Wit Bikes (Community Room - Don)
- 11:45 - Lunch - (Front Room - Debbie V.)
- 12:30 - 3:00 - Sewing, Knitting & Crochet (Sewing Room - Harriet & Pat)
- 12:30 - 1:30 - O.T Group (Art Room)
- 1:00 - 2:00 - Voices & Delusions (Community Room- Gloria & Daisy)
- 1:30 - 2:30 - Wii Time (Front Room - Qualified Staff)

Wednesdays – 9:00 a.m. – 1:30 p.m.

- 9:30 - 10:00 - Community Meeting (Front Room - Therapeutic Specialist)
- 9:55 - 10:00 - Plank Time! (Everywhere & Anywhere – Gloria)
- 10:00 - 10:30 - Relaxation Class (Art Room - Qualified Staff)
- 10:00 - 10:30 - Chair Yoga (MPR - Gloria)
- 10:30 - 12:00 - Basketball, Golf, & Fitness (TBD - Don)
- 10:45 - 11:30 - Mind Over Munch (Art Room - Daisy)
- 11:45 - Lunch - (Front Room - Debbie V.)
- 12:15- 1:15- Arts and Crafts (Art Room—Ariel)
- 1:30 - CLOSED

Thursdays – 9:00 a.m. – 4:00 p.m.

- 9:30 - 10:00 - Community Meeting (Front Room - Therapeutic Specialist)
- 10:00 - 11:00 –**St Patrick's Day Celebration** (Front room) March 14th
- 9:55 - 10:00 - Plank Time! (Everywhere & Anywhere – Gloria)
- 10:00 - 10:45 - Relaxation Class (Art Room - Qualified Staff)
- 10:45 - 11:30 - Maturity With Attitude (Sewing Room - Pat & Don)
- 11:00 - 12:30 - Band Jam (Patio - Jonathan)
- 11:45 - Lunch - (Front Room - Debbie V.)
- 12:00 - 4:00 - Leisure Walk (Various Locations - Gloria)
- 12:30– 2:00 - Knitting & Crochet Circle (Sewing Room - Rocio)
- 1:00– 2:00 - Cinema Club (Art Room - Daisy)
- 1:45 - 3:00 - The Entertainer (Front Room - Don)

Fridays – 9:00 am. – 4:00 p.m.

- 9:00 - 11:00 - Dignity on Wheels Shower Program (Staff Parking Lot)
- 9:30 - 10:00 - Community Meeting (Front Room - Therapeutic Specialist)
- 9:55 - 10:00 - Plank Time! (Everywhere & Anywhere – Gloria)
- 10:00 - 10:30 - Flapjack Friday (MPR - Sal) March 1st
- 10:00 - 10:45 - Yoga (MPR - Gloria)
- 10:30 - 12:30 - New You Hair Salon (MPR - Volunteer)
- 10:30 - 11:30 - Art with Pat (Art Room - Pat)
- 11:00 –11:45 –Get your groove on (MPR-Don)
- 10:45 - 11:45 - Brain Fit (Sewing Room - Jonathan)
- 11:45 - Lunch - (Front Room - Debbie V.)
- 12:00 - 2:00 - Clothes Closet (MPR)
- 12:30 - 1:30 –O.T Group (Community Room)
- 12:30 - 2:30 - International Kitchen - (Kitchen - Daisy)
- 12:30 - 2:00 - Movie Matinee (MPR - Don)
- 1:00pm - Birthday Celebration!! (Front Room) March 29th**
- 1:00 - 3:00 - Open Art Studio (Art & Sewing Room - Pat)
- 2:15 - 3:00 - Say Sumtin' (MPR - Don)
- 3:00 SHARP! - New Member Orientation (Front Room - Daisy)
- 3:00 - 4:00 - Artist Business Meeting (Sewing Room - Pat) March 1st

Saturdays – 10:00 a.m. – 2:00 p.m.

- 10:00 - 12:00 - Music & Aerobics (MPR - Staff)
- 10:00 –12:00–Art (Front Room –Staff)
- 11:00 –12:00 –Barbershop Café (Room 1 –Don)
- 10:00 - 11:00 - Furry Friends - March 9th
- 12:00 - 1:00 - Lunch - (MPR - Staff)
- 12:45 - 1:30 - Bingo (MPR - Staff)