

AWARD CEREMONY

Celebrate the excitement of Grace winning the 2018
Community Resource Award through SARC with
yummy treats

Thursday, November 8th @ 11am

THANKSGIVING DINNER

Join Grace's Thanksgiving Dinner

Friday, November 16th

5pm - 8:30pm \$4

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, programs and facilities.

Serving Santa Clara County's Mental Health Community Since 1971

NOVEMBER 2018

Give Thanks



GRACE

Art & Wellness Program

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>



Closed: November 12th, 22nd, & 23rd

Weekly Therapeutic Recreation

Mondays – 9:00 a.m. – 4:00 p.m.

- 9:30 - 10:00 - Community Meeting (Front Room - Therapeutic Specialist)
- 10:00 - 10:30 - Volunteer Orientation (Tech Corner– Lisa)
- 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 - 2:00 - T.O.'s Nail Salon (Sewing Room)
- 1:00 - 2:00 - Women's Tea Circle (Art Room - Gloria)
- 2:00 - 3:00 - Men's Group (Sewing Room - Don)
- 2:30 - 3:30 - Wire Jewelry Treasures (Art Room - Alejandra)
- 3:00 SHARP! - New Member Orientation (Front Room - Lisa & Autumn)

Tuesdays – 9:00 a.m. – 4:00 p.m.

- 9:30 - 10:00 - Community Meeting (Front Room - Therapeutic Specialist)
- 10:00 - 10:30 - Sittercise (MPR - Lisa)
- 10:30 - 11:30 - Boundaries (Sewing Room - Gloria)
- 10:30 - 11:30 - Beading (Art Room - Alejandra & 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 - Voices & Delusions (Community Room - Staff)
- 1:30 - 2:30 - Wii Time (Front Room - Qualified Staff)
- 1:30 - 2:30 - Zen Memorial Garden (Patio - SJSU Occupational Therapy students) **New!!!!!!**

Wednesdays – 9:00 a.m. – 1:30 p.m.

- 9:30 - 10:00 - Community Meeting (Front Room - Therapeutic Specialist)
- 10:00 - 10:30 - Relaxation Class (Art Room - Alejandra)
- 10:00 - 10:30 - Chair Yoga (MPR / Patio - Gloria)
- 10:30 - 12:00 - Basketball, Golf, & Fitness (TBD - Don)
- 10:30 - 11:30 - Show Me Some Moves (Sewing Room– Pricilla) **New!!!!!!**
- 10:45 - 11:30 - Mind Over Munch (Art Room - Daisy)
- 11:45 - Lunch - (Front Room - Debbie V.)
- 12:15 - 1:15 - Arts & Crafts (Art Room - Alejandra)
- 1:30 - CLOSED

Thursdays – 9:00 a.m. – 4:00 p.m.

- 9:30 - 10:00 - Community Meeting (Front Room - Therapeutic Specialist)
- 10:00 - 10:45 - Relaxation Class (Art Room - Autumn)
- 10:45 - 11:45 - Self Defense (Art Room/ Sewing Room—Pricilla) **New!!!!!!**
- 10:45 - 11:30 - Maturity With Attitude (Art Room/ Sewing Room - Pat & Don)
- 11:30 - 12:30 - Band Jam (Patio - Staff TBD)
- 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 - Lisa)
- 1:00 - 1:30 - Mindfulness Thinking (Art Room - Alejandra)
- 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)
- 10:00 - 10:30 - Flapjack Friday (MPR - Sal) **New!!!!!! November 2nd**
- 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)
- 10:45 - 11:45 - Brain Fit (Sewing Room - Alejandra & Lisa)
- 11:45 - Lunch - (Front Room - Debbie V.)
- 12:30 - 2:30 - International Kitchen - (Kitchen - Daisy)
- 12:30 - 2:00 - Movie Matinee (MPR - Don)
- 1:00pm - Birthday Celebration!! (Front Room) November 30th**
- 1:00 - 3:00 - Open Art Studio (Art & Sewing Room - Pat)
- 1:30 - 2:30 - T.O.'s Beauty Salon (MPR - Alejandra)
- 2:15 - 3:00 - Say Sumtin' (MPR - Don)
- 3:00 SHARP! - New Member Orientation (Front Room - Lisa & Autumn)
- 3:00 - 4:00 - Artist Business Meeting (Sewing Room - Pat) **November 2nd**

Saturdays – 10:00 a.m. – 2:00 p.m.

- 10:00 - 12:00 - Music & Aerobics (MPR - Staff)
- 10:00 - 11:00 - Furry Friends - **November 10th**
- 11:00 - 12:00 - Drawing Class (Art Room - Emilio) **November 3rd, 17th**
- 12:00 - 1:00 - Lunch - (MPR - Staff)
- 12:45 - 1:30 - Bingo (MPR - Staff)