

# BENZIE FRIENDS DROP-IN CENTER January 2026

Sun	Mon	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30 CHRISTMAS BREAK	31 CHRISTMAS BREAK	1 CHRISTMAS BREAK	2 Game Day & Lunch LGBTQ+ support group 1-2pm	3 Pizza Saturday 12-2 & GAMES Phone Support Available 10-4
4	5 Phone Support Available 10-2	6 GYM 10:30AM INDEPENDENT LIVING SKILLS W/ DYLAN 12:30PM Hearing Voices Group 2pm-4pm	7 Food Pantry  MUSIC W/CARLA @ 10:30AM ART THERAPY W/JES 11:45 Spiritual Support 1pm	8 Dimensions of Wellness w/Carolyn 11-12pm DBT Skills – Carolyn Pifer 1-2pm GAMING CLUB 2-4PM	9 Traverse City Beauty School & GT Mall (WEATHER PERMITTING)	10 Pizza Saturday & GAMES 12-2 & Phone Support Available 10-4
11	12 Phone Support Available 10-2	13 GYM 10:30PM INDEPENDENT LIVING SKILLS W/ DYLAN 12:30PM	14 Food Pantry  MUSIC W/CARLA @ 10:30AM ART THERAPY W/JES 11:45 Spiritual Support 1pm	15 Dimensions of Wellness w/Carolyn 11-12pm DBT Skills – Carolyn Pifer 1-2pm GAMING CLUB 2-4PM	16 STAFF TRAINING DAY	17 LOCAL RESALE SHOPPING ETC 12PM Phone Support Available 10-4
18	19 Phone Support Available 10-2	20 GYM 10:30PM INDEPENDENT LIVING SKILLS W/ DYLAN 12:30PM Hearing Voices Group 2pm-4pm	21 Food Pantry  MUSIC W/CARLA @ 10:30AM ART THERAPY W/JES 11:45 Spiritual Support 1pm	22 MEMBER MEETING – LUNCH & RAFFLE 11- 1PM  GAMING CLUB 2-4PM	23 MANISTEE – China Buffet & Meijers Shopping Trip (WEATHER PERMITTING)	24 Pizza Saturday & GAMES 12-2 Phone Support Available 10-4
25	26	27 GYM 10:30PM INDEPENDENT LIVING SKILLS W/ DYLAN 12:30PM	28 Food Pantry  OUTING TO COGNITION – VISIT W/ ANIMALS & PLANETARIUM 12-3PM	29 Dimensions of Wellness w/Carolyn 11-12pm DBT Skills – Carolyn Pifer 1-2pm GAMING CLUB 2-4PM	30 GAMES & PIZZA – FUN DAY! LGBTQ+ support group 2-3pm	31 MEMBER SHOPPING DAY - \$20 GIFT CERTIFICATE Phone Support Available 10-4

Staff available by phone 9:30am – 4:30pm Tuesday – Saturday, Monday 10-2pm Call ahead for your food box!

231-383-4300 LUNCH AT THE DROP IN – TUESDAYS AND THURSDAYS

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