

BENZIE FRIENDS DROP-IN CENTER July 2024

Sun	Mon	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Dance Fitness Studio Art w/JESS 11AM Bingo - 1-2 Lunch Served	3 Food Pantry GUIDED MEDITATION Music Therapy W/ Carla 11:00am Spiritual Support 1pm	4 CLOSED	5 CLOSED	6 Member Shopping Day Phone Support Available 10-4
7	8	9 Dance Fitness w/Arysa Studio Art w/JESS 11AM Women's Group 2-4pm Lunch Served	10 Food Pantry GUIDED MEDITATION Music Therapy W/ Carla 11:00am Spiritual Support 1pm	11 PATHWAYS to Recovery 10:45AM GYM 12-1PM LGBTQ+ TALK CIRCLE 1-2pm	12 Haircuts @ TC Beauty School and Mall Walk	13 Pizza Saturday 12-2 & BINGO Phone Support Available 10-4
14	15 Hearing Voices Facilitator Training 12-4pm Monday & Tuesday	16 Roscommon Zoo 10-5pm	17 Food Pantry GUIDED MEDITATION Music Therapy W/ Carla 11:00am Spiritual Support 1pm	18 PATHWAYS to Recovery 10:45AM YOUNG ADULTS GROUP 1-2pm Lunch Served Music in the Park 6-8pm	19 Hearing Voices Group 4pm-6pm	20 Member Shopping Day Phone Support Available 10-4
21	22 Hearing Voices Facilitator Training 12-4pm Monday & Tuesday	23 Dance Fitness w/Arysa Studio Art w/JESS 11AM Women's Group 2-4pm Lunch Served	24 Food Pantry GUIDED MEDITATION Music Therapy W/ Carla 11:00am Spiritual Support 1pm	25 PATHWAYS to Recovery 10:45AM GYM 12-1PM LGBTQ+ TALK CIRCLE 1-2pm	26 Swim Party and Picnic	27 Pizza Saturday 12-2 & BINGO Phone Support Available 10-4
28	29 Hearing Voices Facilitator Training 12-4pm Monday & Tuesday	30 Dance Fitness Studio Art w/JESS 11AM * staff meeting	31 Food Pantry GUIDED MEDITATION Music Therapy W/ Carla 11:00am Spiritual Support 1pm	August 1 PATHWAYS to Recovery 10:45AM YOUNG ADULTS GROUP 1-2pm Lunch Served Music in the Park 6-8pm	2 Hearing Voices Group -4pm-6pm	3 Member Shopping Day 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