

BENZIE FRIENDS DROP-IN CENTER August 2023

| Sun | Mon | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----|------------------------------------|---|---|---|---|---|
| | 31 Phone Support Available 10-2 | 1 Cleaning Day SIGN UP to Volunteer | 2 Food Pantry Cleaning Day SIGN UP to Volunteer | 3 Hot Lunch Adult Coloring 10:30 Bingo 11:30am Housing Meeting 1-3 | 4 Putt Putt Art Studio -1:30 - 4 | 5 Pizza Saturday 12-2 Phone Support Available 10-4 |
| 6 | 7 Phone Support Available 10-2 | 8 11:30 Am Fitness/Lunch Gamers Club – 1-3pm Hearing Voices Support Group w/STAPLETONS pizza dinner 4-6PM | 9 Food Pantry GUIDED MEDITATION Music Therapy W/ Carla 11:00pm Dance Fitness 12:15pm Spiritual Support 1pm | 10 Hot Lunch Adult Coloring 10:30 Bingo 11:30am Housing Meeting 2-3 | 11 Northwest Michigan Fair | 12 Member Shopping Day Phone Support Available 10-4 |
| 13 | 14 Phone Support Available 10-2 | 15 10AM Craft w/ Joanne 12pm Fitness/Lunch Peer & Primary MI Talk Circle 1-2pm Womens Group 2-4pm | 16 Food Pantry GUIDED MEDITATION Music Therapy W/ Carla 11:00pm Dance Fitness 12:15pm Spiritual Support 1pm | 17 Hot Lunch Adult Coloring 10:30 Bingo 11:30am Staff Meeting - 1pm | 18 Buckley Old Engine Show | 19 Pizza Saturday 12-2 Phone Support Available 10-4 |
| 20 | 21 Phone Support Available 10-2 | 22 11:30 Am Fitness/Lunch Gamers Club – 1-3pm Hearing Voices Support Group w/STAPLETONS pizza dinner 4-6PM | 23 Food Pantry GUIDED MEDITATION Dance Fitness 12:15pm Spiritual Support 1pm | 24 Nauti-Cat | 25 Bingo 11am Cook Out and Corn Hole! Art Studio -1:30 - 4 | 26 Member Shopping Day Phone Support Available 10-4 |
| 27 | 28 Phone Support Available 10-2 | 29 10AM Craft w/ Joanne 12pm Fitness/Lunch Peer & Primary MI Talk Circle 1-2pm Womens Group 2-4pm | 30 Food Pantry GUIDED MEDITATION Music Therapy W/ Carla 11:00pm Dance Fitness 12:15pm Spiritual Support 1pm | 31 Late Arrival -11am Memorial Luncheon Liz Catlett 12-2pm | Sept 1 Bingo 11am Frankfort Pier Walk & Ice Cream | 2 Member Shopping Day Phone Support Available 10-4 |

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

231-383-4300