

## BENZIE FRIENDS DROP-IN CENTER September 2023

| Sun | Mon  | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday   |
|-----|--|---|--|---|--|--|
| 27  | 28<br>Liz Catlett<br>Celebration<br>of Life<br>10-2pm<br>(sign up) | 29<br>10AM Craft w/ Joanne<br>12pm Fitness/Lunch<br>Peer & Primary MI Talk<br>Circle 1-2pm<br>Womens Group 2-4pm          | 30 Food Pantry<br>GUIDED MEDITATION<br>Music Therapy W/ Carla<br>11:00pm<br>Dance Fitness 12:15pm<br>Spiritual Support 1pm | 31<br>Staff Training Day  | 1<br>Bingo 11am<br>Frankfort Pier Walk<br>& Ice Cream    | 2<br>Store CLOSED for<br>Holiday                                   |
| 3   | 4<br>Phone<br>Support<br>Available<br>10-2                         | 5<br>11:30 Am Fitness/Lunch<br>Gamers Club – 1-3pm<br>Hearing Voices Support<br>Group w/STAPLETONS<br>pizza dinner 4-6PM  | 6 Food Pantry<br>GUIDED MEDITATION<br>Music Therapy W/ Carla<br>11:00pm<br>Dance Fitness 12:15pm<br>Spiritual Support 1pm  | 7<br>Day of Recovery –<br>Gaylord overnight<br>(sign up)                      | 8<br>Day of Recovery –<br>Gaylord overnight<br>(sign up) | 9<br>Member<br>Shopping Day<br>Phone Support<br>Available<br>10-4  |
| 10  | 11<br>Phone<br>Support<br>Available<br>10-2                        | 12<br>10AM Craft w/ Joanne<br>12pm Fitness/Lunch<br>Peer & Primary MI Talk<br>Circle 1-2pm<br>Womens Group 2-4pm          | 13 Food Pantry<br>GUIDED MEDITATION<br>Music Therapy W/ Carla<br>11:00pm<br>Dance Fitness 12:15pm<br>Spiritual Support 1pm | 14<br>Hot Lunch<br>Adult Coloring 10:30<br>Bingo 11:30am                      | 15<br>Grand Traverse Mall<br>and Lunch                   | 16<br>Pizza Saturday<br>12-2<br>Phone Support<br>Available<br>10-4 |
| 17  | 18<br>Phone<br>Support<br>Available<br>10-2                        | 19<br>11:30 Am Fitness/Lunch<br>Gamers Club – 1-3pm<br>Hearing Voices Support<br>Group w/STAPLETONS<br>pizza dinner 4-6PM | 20 Food Pantry<br>GUIDED MEDITATION<br>Music Therapy W/ Carla<br>11:00pm<br>Dance Fitness 12:15pm<br>Spiritual Support 1pm | 21<br>Hot Lunch<br>Adult Coloring 10:30<br>Bingo 11:30am<br>Staff Meeting 1pm | 22<br>Game Day & Gift Card<br>BINGO - Lunch              | 23<br>Member<br>Shopping Day<br>Phone Support<br>Available<br>10-4 |
| 24  | 25<br>Phone<br>Support<br>Available<br>10-2                        | 26<br>Fall Trip TBA!!   | 27<br>Fall Trip TBA!!  | 28<br>Fall Trip TBA!!   | 29<br>Cookout and Ping Pong<br>Tournament                | 30<br>Pizza Saturday<br>12-2<br>Phone Support<br>Available<br>10-4 |

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

**231-383-4300**

