

JAK's Place a Program of Lakeshore CAP, Inc.  
 1623 Rhode Island Street  
 Sturgeon Bay, WI 54235  
 920-818-0525

**RED NOTES ARE ALL SPECIAL HOLIDAY ACTIVITIES THIS MONTH**

**December 2018**

| Sun | Mon   | Tue   | Wed  | Thu   | Fri  | Sat |
|-----|---|---|--|---|--|-----|
|     |   |   |  |   |  | 1   |
| 2   | 3<br>2:30 – Monday HOLIDAY Movie Day                                  | 4<br>11:30-12:30 – Depression & Anxiety Support Group<br>12:30-1:30 – Breath Work Group<br>2:30-3:30 - Art Group<br>5:00 – 6:00 Dinner at JAK's   | 5<br>1:30-3:00 Games Day<br>3:00-4:00 Christmas Tree Decorating, Coco and Cookies<br>NO DRUMMING | 6<br>2:10-3:00 Tai Chi<br>3:00-3:30 Meditation<br>3:30 – 4:00 Therapeutic Writing<br>4:00-5:00 Women's Cancer Support Group   | 7<br>1:00-2:00 Casual Men's Coffee Group   | 8   |
| 9   | 10<br>2:00 – Monday HOLIDAY Movie Day<br>6:00-7:00 Open Support Group | 11<br>11:30-12:30 – Depression & Anxiety Support Group<br>12:30-1:30 – Breath Work Group<br>2:30-3:30 - Art Group<br>5:00 – 6:00 Dinner at JAK's  | 12<br>1:30-3:00 Games Day  | 13<br>2:10-3:00 Tai Chi<br>3:00-3:30 Meditation<br>3:30 – 4:00 Therapeutic Writing<br>4:00-5:00 Women's Cancer Support Group  | 14<br>1:00-2:00 Casual Men's Coffee Group  | 15  |
| 16  | 17<br>2:00 – Monday HOLIDAY Movie Day                                 | 18<br>11:30-12:30 – Depression & Anxiety Support Group<br>12:30-1:30 – Breath Work Group<br>2:30-3:30 - Art Group<br>5:00 – 6:00 SPECIAL HOLIDAY DINNER at JAK's  | 19<br>CSP Christmas Party at HOPE Church – 11:00am – 2:30pm<br>NO DRUMMING                       | 20<br>2:10-3:00 Tai Chi<br>3:00-3:30 Meditation<br>3:30 – 4:00 Therapeutic Writing<br>4:00-5:00 Women's Cancer Support Group<br><br>PICK UP HOLIDAY PARTY PICTURES AT JAK's | 21<br>1:00-2:00 Casual Men's Coffee Group<br><br>PICK UP HOLIDAY PARTY PICTURES AT JAK's | 22  |
| 23  | 24<br>JAK's Closed for Christmas Eve                                  | 25<br>JAK's Closed for Christmas Day  | 26<br>1:30-3:00 Games Day  | 27<br>2:10-3:00 Tai Chi<br>3:00-3:30 Meditation<br>3:30 – 4:00 Therapeutic Writing<br>4:00-5:00 Women's Cancer Support Group  | 28<br>1:00-2:00 Casual Men's Coffee Group  | 29  |
| 30  | 31<br>JAK's Closed for New Years Eve                                  | <b>HAPPY HOLIDAYS from the staff at JAK's Place. We are so grateful for our community collaborative relationships and sincerely appreciate your continued support. Wishing you peace and good health in the new year!</b> |  |   |  |     |