

JAK's Place  
 1623 Rhode Island Street, Sturgeon Bay  
 920-818-0525

~ March 2019 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> 1:00-2:00 Casual Men's Coffee Group	<b>2</b>
<b>3</b>	<b>4</b> 1-5pm Open Visits 3-4pm Cooking with Magda -Tea Time	<b>5</b> 11:30-12:30 – Depression & Anxiety Support Group 12:30-1:30 – Breath Work Group 2:30-3:30 - Art Group 5:00 – 6:00 Dinner at Jak's	<b>6</b> 1:30-3:00 Games Day	<b>7</b> 2:10-3:00 Tai Chi 3:00-3:30 Meditation 3:30 – 4:00 Therapeutic Writing 4:00-5:00 Women's Cancer Support Group	<b>8</b> 1:00-2:00 Casual Men's Coffee Group	<b>9</b>
<b>10</b>	<b>11</b> 1-5pm Open Visits <b>3-4pm Cooking with Magda -Tea Time</b> 6-7pm Open Support Group	<b>12</b> 11:30-12:30 – Depression & Anxiety Support Group 12:30-1:30 – Breath Work Group 2:30-3:30 - Art Group 5:00 – 6:00 Dinner at Jak's	<b>13</b> 1:30-3:00 Games Day 5:00-6:30 Drumming Circle	<b>14</b> 2:10-3:00 Tai Chi 3:00-3:30 Meditation 3:30 – 4:00 Therapeutic Writing 4:00-5:00 Women's Cancer Support Group	<b>15</b> 1:00-2:00 Casual Men's Coffee Group	<b>16</b>
<b>17</b>  ST. PATRICKS DAY	<b>18</b> 1-5pm Open Visits <b>3-4pm Cooking with Magda -Tea Time</b>	<b>19</b> 11:30-12:30 – Depression & Anxiety Support Group 12:30-1:30 – Breath Work Group 2:30-3:30 - Art Group 5:00 – 6:00 Dinner at Jak's	<b>20</b> <b>HAPPY SPRING – 1:30 Pizza lunch provided by CSP</b> 1:30-3:00 Games Day	<b>21</b> 2:10-3:00 Tai Chi 3:00-3:30 Meditation 3:30 – 4:00 Therapeutic Writing 4:00-5:00 Women's Cancer Support Group	<b>22</b> 1:00-2:00 Casual Men's Coffee Group	<b>23</b>
<b>24</b>	<b>25</b> 1-5pm Open Visits <b>3-4pm – Cooking Class Tea</b> 6-7pm Open Support Group	<b>26</b> 11:30-12:30 – Depression & Anxiety Support Group 12:30-1:30 – Breath Work Group 2:30-3:30 - Art Group 5:00 – 6:00 Dinner at Jak's	<b>27</b> 1:30-3:00 Games Day 5:00-6:30 Drumming Circle	<b>28</b> 2:10-3:00 Tai Chi 3:00-3:30 Meditation 3:30 – 4:00 Therapeutic Writing 4:00-5:00 Women's Cancer Support Group	<b>29</b> 1:00-2:00 Casual Men's Coffee Group	<b>30</b>
<b>31</b>	<b>Notes:</b> Be sure to like JAK's Place on Facebook. You will find information about all of our special events. <b>HAPPY ST. PATRICK'S DAY!</b>					