



JAK's Place 2024 November Calendar
 JAK's Place, A program of Lakeshore CAP, INC. 1623 Rhode Island St. Sturgeon Bay, WI
 54235 PH# 920-818-0525
 Office Hours: Monday - Thursday 1PM to 5PM & Friday 11:30AM to 3PM.

NOVEMBER 2024 (All Groups Free to the Public)						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Coffee Group Noon - 1:30p Tai Chi- 2:10p - 3p	2
3	4 Nutrition Group- Noon- 1:30 Understanding the Misunderstood- 1:45- 2:45p S.O.S. Group- 6- 7:30p	5 Art Group- 2:30 - 3:30p Knitting Group- 2:30 - 3 :30p FoodWise 4- 4:45p Dinner- 5p - 6p	6 Beyond Recovery- 12p - 1p BINGO 1:30p - 3p	7 Lunch Pick-up- 12:45p Mindfulness & Meditation Group- 1p- 2p Poetry Jam Group- 2:45 – 4:15	8 Coffee Group Noon - 1:30p Tai Chi- 2:10p - 3p	9
10	11 Nutrition Group- Noon- 1:30 Understanding the Misunderstood- 1:45- 2:45p Open Support Group- 5p - 6p	12 Art Group- 2:30 - 3:30p Knitting Group- 2:30 - 3 :30p Nurturing Group- 3:45-4:45p Dinner- 5p - 6p	13 Beyond Recovery- 12p - 1p GAMES 1:30p - 3p	14 Lunch Pick-up- 12:45p Woman 2 Woman- 1:00- 2:15p Mindfulness & Meditation Group- 1p- 2p Poetry Jam Group- 2:45 – 4:15	15 JAK's is OPEN	16
17	18 Nutrition Group- Noon- 1:30 Understanding the Misunderstood- 1:45- 2:45p	19 Art Group- 2:30 - 3:30p Knitting Group- 2:30p - 3:30p Dinner- 5p – 6p	20 Beyond Recovery- 12p - 1p BINGO with refreshments 1:30p - 3p	21 Lunch Pick-up- 12:45p Mindfulness & Meditation Group- 1p- 2p Poetry Jam Group- 2:45 – 4:15 Depression & Anxiety Group- 5 – 6p	22 Coffee Group Noon -1:30p Tai Chi - 2:10p - 3p	23
24	25 Nutrition Group- Noon- 1:30 Open Support Group- 5p - 6p	26 Art Group- 2:30 - 3:30p Knitting Group- 2:30 - 3 :30p Nurturing Group- 3:45-4:45p Dinner- 5p - 6p	27 Beyond Recovery- 12- 1:00 Games 1:30- 3:00	28 JAK'S IS CLOSED 	29 JAK'S IS CLOSED	30
Meal Reservations Required. Please call 920-818-0525 or message our Facebook page by Sunday night.						

Open Support Group List	Name	Position	Description
Open Visits/ Open Support	Magda, Mark, Seth	JAK's Place Staff	Open Monday – Friday for drop in/ one on one visit with staff.
Open Support Group	Roy J.	Volunteer Leader	Volunteer Led Open Support Group – Open Conversation. 2 nd and 4 th Mondays of the Month, 5 – 6:00p.
Survivors of Suicide Group (S.O.S)	April G.	Volunteer Leader	Open Peer Support Group with facilitated discussion for grief and coping related to suicide loss. 1 st Monday of the month, 6- 7:30p.
Art Group	Nikki O.	Peer Volunteer Leader	Peer led open group - Weekly Art Activities. Open to all. Art supplies provided at no fees. Every Tuesday at 2:30- 3:30.
FoodWise	Jace P.	Educator Leader	Nutrition Education. Monthly
Tuesday Dinner & Thursday Lunch	Magda G.	JAK's Place Staff	Tuesday - Free Weekly Meal. Family style sit down and mingle. Reservations Required by Sunday nights (920) 818-0525. Donations are encouraged and always appreciated. Thursday - Take out Lunch - Pick up at 12:45p. Reservations by Tuesday nights.
Nurturing Group	Elizabeth G.	Peer Volunteer Leader	Open Group - discussion around self-care for others. 2 nd and 4 th Tuesday of the month. 3:45- 4:45.
Woman 2 Woman	Pam	Professional	Professionally Led Woman's Cancer Support Group. Private group for women; Meets 2 nd & 4 th Thursdays. 1:00- 2:15. If you would like to join, contact us at (920) 818-0525.
Knitting Group	Marie M.	Peer Volunteer Leader	Enjoy knitting? Come join us every Tuesday from 2:30- 3:30. Peer led group all skill levels welcomed!
Beyond Recovery	Kris D.	Certified Peer Specialist	This group focuses on over-all health and wellness beyond each individual's recovery from substances. A safe space where peers can come to unwind, learn and heal. Every Wednesday 12- 1:00p.
Wednesday Games Day	Staff & Volunteers	JAK's Place Staff	Relaxing and Fun Games Group - EVERY Wednesday. 1:30- 3:00p. 1st, 3rd & 5th Wed. - BINGO (3 rd Wed w/ refreshments) 2nd & 4th Wed - CHESS, King's Corner, UNO and more.
Poetry Jam	Melissa W.	Peer Volunteer Leader	Open Poetry and Writing group. All are welcome. Every Thursday, 2:45- 4:15.
Depression & Anxiety	Lisa B.	Professional	Group led by local Professional Counselor. Monthly, 5- 6:00pm.
Coffee Group	Seth W.	Certified Peer Specialist/ Staff	Open Peer Support Discussion Group. Every Friday, Noon- 1:30p.
Tai Chi	Seth W.	Staff	Peer Led by trained instructor. Every Friday, 2:10- 3p.
Understanding the Misunderstood	Briana A.	Certified Social Worker	Diagnosis and Symptom Recognition. Coping Strategies. Group led by local Certified Social Worker. Every Monday, 1:45- 2:45p.
Mindfulness & Meditation Group	Megan S.	Certified Social Worker	Group led by Certified Social Worker. Every Thursday, 1- 2:00p.
Nutrition Group	Marie M.	Peer Volunteer Leader	Weight loss support and nutrition. Open discussion. Every Monday, Noon- 1:30.