



JAK's Place 2025 January 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.

JANUARY 2025 (All Groups Free to the Public)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 JAK's Place Closed for the Holidays	2 Lunch Pick-up- 12:45p Mindfulness & Meditation Group- 1p- 2p Poetry Jam Group- 2:45 – 4:15	3 Coffee Group Noon - 1:30p Tai Chi- 2:10p - 3p	4
5	6 Nutrition Group- Noon- 1:30 Understanding the Misunderstood-1:45- 2:45p S.O.S. Group – 6- 7:30	7 Art Group- 2:30 - 3:30p Dinner- 5p - 6p	8 Beyond Recovery- 12p - 1p GAMES 1:30 – 3pm	9 Lunch Pick-up- 12:45p Mindfulness & Meditation Group- 1p- 2p Woman 2 Woman- 1:00- 2:15p Poetry Jam Group- 2:45 – 4:15	10 Coffee Group Noon - 1:30p Tai Chi- 2:10p - 3p	11
12	13 Nutrition Group- Noon- 1:30 Understanding the Misunderstood-1:45- 2:45p Open Support Group- 5p - 6p	14 Art Group- 2:30 - 3:30p Nurturing Group- 3:45-4:45p Dinner- 5p - 6p	15 Beyond Recovery- 12p - 1p BINGO 1:30p - 3p With Refreshments	16 Lunch Pick-up- 12:45p Mindfulness & Meditation Group- 1p- 2p Poetry Jam Group- 2:45 – 4:15 Depression & Anxiety – 5p- 6p	17 Coffee Group Noon - 1:30p Tai Chi- 2:10p - 3p	18
19	20 Nutrition Group- Noon- 1:30 Understanding the Misunderstood-1:45- 2:45p	21 Art Group- 2:30 - 3:30p Dinner- 5p - 6p	22 Beyond Recovery- 12p - 1p GAMES 1:30 – 3pm	23 Lunch Pick-up- 12:45p Mindfulness & Meditation Group- 1p- 2p Woman 2 Woman- 1:00- 2:15p Poetry Jam Group- 2:45 – 4:15	24 Coffee Group Noon - 1:30p Tai Chi- 2:10p - 3p	25
26	27 Nutrition Group- Noon- 1:30 Understanding the Misunderstood-1:45- 2:45p Open Support Group- 5p - 6p	28 Art Group- 2:30 - 3:30p Nurturing Group- 3:45-4:45p Dinner- 5p - 6p	29 Beyond Recovery- 12p - 1p BINGO 1:30p - 3p	30 Lunch Pick-up- 12:45p Mindfulness & Meditation Group- 1p- 2p Poetry Jam Group- 2:45 – 4:15	31 Coffee Group Noon - 1:30p Tai Chi- 2:10p - 3p	
Meal Reservations Required. Please call 920-818-0525 or message our Facebook page by Sunday night.						