JAK's Place November 2026 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 12PM to 5PM & Friday 11:30AM to 3PM.

November 2026 (All Groups Free to the Public)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	**2** Nutrition- Noon- 1:30 **U**nderstanding the Misunderstood-1:45-2:45p S.O.S. Group 6-7:30 p	**3** Beyond Recovery- 12-1p Art Group- 2:30 - 3:30p Knitting Group- 2:30 – 3:30 Dinner- 5p - 6p	**4** Social Wellbeing–12- 1p GAMES- 1:30 – 2:30 pm	**5** Lunch Pick-up- 12:45p Mindfulness & Meditation-1 - 2p Kindness of the Mind- 2:45 - 4:15	**6** Coffee Group Noon - 1:30p Tai Chi- 2:10p - 3p	**7**
8	**9** Nutrition- Noon- 1:30 **U**nderstanding the Misunderstood-1:45-2:45p Music- 3 – 4p Open Support- 5 – 6p	10 Beyond Recovery- 12-1p Art Group- 2:30 - 3:30p Knitting Group- 2:30 – 3:30 Nurturing Group- 3:45-4:45 Dinner- 5p - 6p	**11** Social Wellbeing–12- 1p GAMES- 1:30 – 2:30 pm	**12** Lunch Pick-up- 12:45p Mindfulness & Meditation-1 - 2p Kindness of the Mind- 2:45 - 4:15 Depression & Anxiety 4:45- 6:00	**13** Coffee Group Noon - 1:30p Tai Chi- 2:10p - 3p	**14**
15	**16** Nutrition- Noon- 1:30 **U**nderstanding the Misunderstood-1:45-2:45p	**17** Beyond Recovery- 12-1p Art Group- 2:30 - 3:30p Knitting Group- 2:30 – 3:30 **Thanksgiving Dinner** 5 – 6p	**18** Social Wellbeing–12- 1p GAMES- 1:30 – 2:30 pm	**19** Lunch Pick-up- 12:45p Mindfulness & Meditation-1 - 2p Kindness of the Mind- 2:45 - 4:15	**20** Coffee Group Noon - 1:30p Tai Chi- 2:10p - 3p	**21**
22	**23** Nutrition- Noon- 1:30 Music- 3 – 4p Open Support- 5 – 6p	**24** Beyond Recovery- 12-1p Art Group- 2:30 - 3:30p Knitting Group- 2:30 – 3:30 Nurturing Group- 3:45-4:45 Dinner- 5p - 6p	**25** Social Wellbeing–12- 1p GAMES- 1:30 – 2:30 pm	**26** **CLOSED FOR THANKSGIVING** 	**27** **CLOSED FOR THANKSGIVING**	**28**
29	**30** Nutrition- Noon- 1:30 **U**nderstanding the Misunderstood-1:45-2:**45p**					**31**
	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	Mark, Seth, Jennie	JAK's Place Staff	Open Monday – Friday for drop in/ one on one visit with staff. 9 – 5p.
Open Support Group	Roy J.	Volunteer Leader	Volunteer Led Open Support Group – Open Conversation. 2nd and 4th 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. 1st 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.
Music Group	JAK's Staff	JAK's Place Staff	Reduce stress and anxiety, boost confidence, mindfulness and social bonding. 2nd & 4th Mondays of the month, 3-4:00p.
Tuesday Dinner & Thursday Lunch	JAK's Staff	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. 2nd and 4th Tuesday of the month. 3:45- 4:45.
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!
Social Wellbeing	Jennie S.	Certified Peer Specialist/ Staff	Form and maintain meaningful, supportive relationships with others. Sense of belonging, purpose and positive interactions. Wednesdays from noon – 1:00p
Wednesday Games Day	Staff & Volunteers	JAK's Place Staff	Relaxing and Fun Games Group - EVERY Wednesday. 1:30- 2:30p. CHESS, King's Corner, UNO and more.
Kindness of the Mind	Melissa W.	Peer Volunteer Leader	Open Poetry and Writing group. All are welcome. Every Thursday, 2:45- 4:15.
Depression & Anxiety	Dave W Mark P	Professional JAK's Staff	Group led by local Professional Counselor. 2ND & 4th Thursday of the month, 4:45- 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 - 2p.
Nutrition Group	Marie M.	Peer Volunteer Leader	Weight loss support and nutrition. Open discussion. Every Monday, Noon- 1:30.
Beyond Recovery	Jennie S.	Certified Peer Specialist	Overall health & wellness beyond substance use recovery Every Tuesday, Noon- 1:00.