



**JAK's Place May 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.**

**May 2026 (All Groups Free to the Public)**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> Coffee Group Noon - 1:30p  Tai Chi- 2:10p - 3p	<b>2</b>
<b>3</b>	<b>4</b> Nutrition- Noon- 1:30  Understanding the Misunderstood-1:45- 2:45p  S.O.S. Group- 6 – 7:30p	<b>5</b> Art Group- 2:30 - 3:30p  Knitting Group- 2:30 – 3:30  Dinner- 5p - 6p	<b>6</b> Social Wellbeing–12- 1p  GAMES- 1:30 – 2:30 pm	<b>7</b> Lunch Pick-up- 12:45p  Mindfulness & Meditation-12:30p- 1:30p  Kindness of the Mind- 2:45 - 4:15	<b>8</b> Coffee Group Noon - 1:30p  Tai Chi- 2:10p - 3p	<b>9</b>
<b>10</b>	<b>11</b> Nutrition- Noon- 1:30  Understanding the Misunderstood-1:45- 2:45p Music- 3 – 4p  Open Support- 5 – 6p	<b>12</b> Art Group- 2:30 - 3:30p  Knitting Group- 2:30 – 3:30  Nurturing Group- 3:45- 4:45p  Dinner- 5p - 6p	<b>13</b> Social Wellbeing–12- 1p  Bingo- 1:30 – 2:30	<b>14</b> Lunch Pick-up- 12:45p  Mindfulness & Meditation-12:30p- 1:30p  Kindness of the Mind- 2:45 - 4:15 Depression & Anxiety 4:45- 6:00	<b>15</b>  <p style="text-align: center;"><b>NO Groups Today</b></p>	<b>16</b>
<b>17</b>	<b>18</b> Nutrition- Noon- 1:30  Understanding the Misunderstood-1:45- 2:45p	<b>19</b> Art Group- 2:30 - 3:30p  Knitting Group- 2:30 – 3:30  Dinner- 5p - 6p	<b>20</b> Social Wellbeing–12- 1p  <p style="text-align: center;"><b>Closed after 1:00</b></p>	<b>21</b> Lunch Pick-up- 12:45p  Mindfulness & Meditation-12:30p- 1:30p  Kindness of the Mind- 2:45 - 4:15	<b>22</b> Coffee Group Noon - 1:30p  Tai Chi- 2:10p - 3p	<b>23</b>
<b>24</b>	<b>25</b>  <p style="text-align: center;"><b>CLOSED for Memorial Day</b></p>	<b>26</b> Art Group- 2:30 - 3:30p  Knitting Group- 2:30 – 3:30  Nurturing Group- 3:45- 4:45p  Dinner- 5p - 6p	<b>27</b> Social Wellbeing–12- 1p  Bingo- 1:30 – 2:30	<b>28</b> Lunch Pick-up- 12:45p  Mindfulness & Meditation-12:30p- 1:30p  Kindness of the Mind- 2:45 - 4:15 Depression & Anxiety 4:45- 6:00	<b>29</b> Coffee Group Noon - 1:30p  Tai Chi- 2:10p - 3p	<b>30</b>

**Meal Reservations Required. Please call 920-818-0525 or message our Facebook page by Sunday night.**

<b>Open Support Group List</b>	<b>Name</b>	<b>Position</b>	<b>Description</b>
<b>Open Visits/ Open Support</b>	Magda, Mark, Seth, Mike	JAK's Place Staff	Open Monday – Friday for drop in/ one on one visit with staff. 9 – 5p.
<b>Open Support Group</b>	Roy J.	Volunteer Leader	Volunteer Led Open Support Group – Open Conversation. 2 <sup>nd</sup> and 4 <sup>th</sup> Mondays of the Month, 5 – 6:00p.
<b>Survivors of Suicide Group (S.O.S)</b>	April G.	Volunteer Leader	Open Peer Support Group with facilitated discussion for grief and coping related to suicide loss. 1 <sup>st</sup> Monday of the month, 6- 7:30p.
<b>Art Group</b>	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.
<b>Music Group</b>	Mike K	JAK's Place Staff	Reduce stress and anxiety, boost confidence, mindfulness and social bonding. 2 <sup>nd</sup> & 4 <sup>th</sup> Mondays of the month, 3-4:00p.
<b>Tuesday Dinner &amp; Thursday Lunch</b>	Magda G.	JAK's Place Staff	<b>Tuesday</b> - Free Weekly Meal. Family style sit down and mingle. Reservations Required by Sunday nights (920) 818-0525. Donations are encouraged and always appreciated. <b>Thursday</b> - Take out Lunch - Pick up at 12:45p. Reservations by Tuesday nights.
<b>Nurturing Group</b>	Elizabeth G.	Peer Volunteer Leader	Open Group - discussion around self-care for others. 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday of the month. 3:45- 4:45.
<b>Knitting Group</b>	Marie M.	Peer Volunteer Leader	Enjoy knitting? Come join us every Tuesday from 2:30- 3:30. Peer led group all skill levels welcomed!
<b>Social Wellbeing</b>	Mike K	JAK's Place Staff	Form and maintain meaningful, supportive relationships with others. Sense of belonging, purpose and positive interactions. Wednesdays from noon – 1:00p
<b>Wednesday Games Day</b>	Staff & Volunteers	JAK's Place Staff	Relaxing and Fun Games Group - EVERY Wednesday. 1:30- 2:30p. <b>1<sup>st</sup>, 3<sup>rd</sup> &amp; 5<sup>th</sup> Wed.</b> - BINGO (3 <sup>rd</sup> Wed w/ refreshments) <b>2<sup>nd</sup> &amp; 4<sup>th</sup> Wed</b> - CHESS, King's Corner, UNO and more.
<b>Kindness of the Mind</b>	Melissa W.	Peer Volunteer Leader	Open Poetry and Writing group. All are welcome. Every Thursday, 2:45- 4:15.
<b>Depression &amp; Anxiety</b>	Dave W Mark P	Professional JAK's Staff	Group led by local Professional Counselor. 2 <sup>ND</sup> & 4 <sup>th</sup> Thursday of the month, 4:45- 6:00pm.
<b>Coffee Group</b>	Seth W.	Certified Peer Specialist/ Staff	Open Peer Support Discussion Group. Every Friday, Noon- 1:30p.
<b>Tai Chi</b>	Seth W.	Staff	Peer Led by trained instructor. Every Friday, 2:10- 3p.
<b>Understanding the Misunderstood</b>	Briana A.	Certified Social Worker	Diagnosis and Symptom Recognition. Coping Strategies. Group led by local Certified Social Worker. Every Monday, 1:45- 2:45p.
<b>Mindfulness &amp; Meditation Group</b>	Megan S.	Certified Social Worker	Group led by Certified Social Worker. Every Thursday, 12:30- 1:30p.
<b>Nutrition Group</b>	Marie M.	Peer Volunteer Leader	Weight loss support and nutrition. Open discussion. Every Monday, Noon- 1:30.