

# HALI - Community Wellness & Recovery Center - 159 Brightside Avenue, Central Islip, NY 11722 # 631-234-1925

Revised 8/28/17: CLASS SCHEDULE for SEPTEMBER 2017

CLASS TIMES	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
9:30-10:00	(O) Coffee Talk with David <b>Music Area</b> ----- (CI) Garden Club/HALI Harvest with CWRC Staff <b>Outside</b>	(PC) Coffee Talk with David and Cherie in <b>Music Area</b> ----- (CI) Garden Club-HALI Harvest with CWRC Staff <b>Outside</b>	(PC) Coffee Talk/Stress Management <b>9:30 - 11</b> With Tara & Yvonne in <b>Zen Room</b> ----- (CI) Garden Club-HALI Harvest with CWRC Staff <b>Outside</b>	(PC) Coffee Talk/Stress Relief <b>9:30-11</b> with Donna and Cherie in <b>Music Area</b> ----- (CI) Garden Club-HALI Harvest with CWRC Staff <b>Outside</b>	(PC) Coffee Talk/Stress Relief <b>9:30-11</b> With Donna and David in <b>Music Area</b> ----- CI-Garden Club-HALI Harvest with CWRC Staff outside
10:00-10:45	(ET) Self-Esteem Building with David in <b>TV Room</b> ----- (CI) Walking Club With Yvonne ----- (ET) Spanish as a 2nd language in <b>Zen Room</b> ----- La Plaza Hispana with Reinaldo in <b>Great Room</b>	(PC) Friendship Club with David and Cherie in <b>Music Area</b> ----- (CI) Garden Club With Jon in <b>The Community</b>	(CI) Walking Club With Jon ----- (W) Holistic Wellness David in <b>Zen Room</b> ----- (ET) Academy of Peer Services with Kathy in <b>Conference Room</b> ----- La Plaza Hispana with Reinaldo in <b>Great Room</b>	(W) Music Making with Ralph in <b>Great Room</b> ----- (ET) Anger Management with Yvonne in <b>TV Room</b>	<b>OPEN TIME</b>  CWRC STAFF MEETING IN <b>CONFERENCE ROOM</b>
11:00-11:45	(ET) Peer to Peer with David in <b>TV Room</b> ----- (ET) GED/TASK <b>11-12:30</b> in <b>Zen Room</b>	Open AA Group in <b>Zen Room</b> ----- (ET) Computer Basics in <b>Conference Room</b> ----- (CI) <b>Recuperando El Mañana</b> – with Yvonne in <b>Great Room</b>	(ET) Academy of Peer Services Practical Class with Kathy in <b>Conference Room</b> ----- (CI) Feeding a Friend -Cooking Tips with Yvonne in <b>Great Room</b>	(CI) <b>10:30</b> Mood Disorder Group Peer to Peer Closed Group <b>Conference Room</b>	(HO) Soup Kitchen at HALI's Café in <b>Great Room</b>
12:00-12:45	(CI) Nutritional Explorations with Yvonne in <b>Great Room</b> ----- (ET) Let's Talk about work with Jon in <b>TV Room</b> ----- (ET) <b>12:30</b> English as a 2nd Language in <b>Zen Room</b>	(PC) Music Appreciation with Cherie and David in <b>Conference Room</b>	<b>PRESENTATIONS</b>	(ET) Employment and Education with Jon in <b>Great Room</b>	(HO) Fun Fridays at the Movies with Yvonne In <b>Conference Room</b> ----- (CI) <b>Mañana</b> – Open Spanish Discussion with Hector in <b>Great Room</b>
<b>1:00</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>	<b>SNACK</b>
1:00 - 1:45	(ET) Academy of Peer Services with Kathy in <b>Conference Room</b> ----- (ET) Spanish as a 2nd language in <b>Zen Room (1:30-2:30)</b>	(W) Healthier You with David in <b>Great Room</b> ----- (CI) Basic Spanish with Yvonne in <b>Conference Room</b>	(ET) Peer to Peer with David in <b>TV Room</b> ----- (PC) Arts & Crafts With Cherie in <b>Music Area</b>	(CI) <b>La Musica Del Mañana</b> – with Yvonne in <b>Conference Room</b>	(ET) Peer to Peer with David in <b>TV Room</b>
<b>2:00</b>	<b>MEAL</b>	<b>MEAL</b>	<b>MEAL</b>	<b>MEAL</b>	<b>MEAL</b>
2:00 - 2:45	Music Jamming With Peers <b>Great Room</b>	Open Discussion with Peers <b>Great Room</b>	Music Jamming with Peers <b>Great Room</b>	Music Jamming with Peers <b>Great Room</b>	Music Jamming with Peers <b>Great Room</b>

