

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

Revised 12/27/17: CLASS SCHEDULE for JANUARY 2018

CLASS TIMES	MONDAYS Greeter: Kathy	TUESDAYS Greeter: Heletha/David	WEDNESDAYS Greeter: Amanda/Kathy	THURSDAYS Greeter: Heletha/Donna	FRIDAYS Greeter: Yvonne/Jon
9:00	(ET) Morning Meditation	(ET) Morning Meditation	(ET) Morning Meditation	(ET) Morning Meditation	(ET) Morning Meditation
9:30-10:00	(CI) Coffee Talk with David Music Area	(CI) Coffee Talk with David and Cherie in Music Area	(CI) Coffee Talk with David in Great Room	(CI) Coffee Talk/Stress Relief 9:30-11 with Donna and Cherie in Music Area	(CI) Coffee Talk/Stress Relief 9:30-11 Donna & David - Music Area
10:00-10:45	(ET) Self-Esteem Building with David in Music Area	(CI) A Healthier You with David in Conference Room	ET) Wellness (in English) with Kathy (CI) Healthy Relationships with Amanda & David in TV Room	(ET) Wellness (in Spanish) with Yvonne	OPEN TIME CWRC STAFF MEETING IN CONFERENCE ROOM
	(ET) Wellness (in English) with Amanda	ET) Wellness (in English) with Heletha			
	(ET) Wellness (in Spanish) with Yvonne	(ET) Wellness (in Spanish) with Yvonne			
11:00-11:45	(ET) Playing It Safe with Amanda in TV Room	(ET) The Language of Letting Go with Donna in Zen Room	(CI) Surprise Physical Activity with Staff	Physical Activity with Donna	(HO) Soup Kitchen at HALI's Café in Great Room
	(CI) Surprise Physical Activity with Staff	(CI) Surprise Physical Activity with Staff	(ET) Wellness (in Spanish) with Yvonne in Conference Room		
12:15-12:45	(ET) Let's Talk with Amanda in Conference Room	(CI) Music Appreciation with Cherie and David in Conference Room (ET) Academy of Peer Services with Kathy in Computer Room	SPECIAL PRESENTATIONS OR COMMUNITY EXPLORATION	ET) Wellness (in English) with Jon	(CI) Fun Fridays at the Movies with Vincent/Yvonne In Conference Room
	(ET) Stress Relief with Mediation with Tara/Yvonne in Zen Room				
1:00	SNACK	SNACK	SNACK	SNACK	SNACK
1:00 - 1:45	(ET) Peer to Peer with David in TV Room	(ET) Basic Spanish with Yvonne in Conference Room	(ET) Peer to Peer with David in Conference Room	(ET) Anger Management with Yvonne in the Conference Room	(ET) Anxiety and Depression Group with David in TV Room
			(CI) Arts & Crafts With Cherie in Great Room		
2:00	MEAL	MEAL	MEAL	MEAL	MEAL
2:00 - 2:45	Music Jamming With Peers Great Room	Open Discussion with Peers Great Room	Music Jamming with Peers Great Room	Music Jamming with Peers Great Room	Music Jamming with Peers Great Room