

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p><i>For information about activities, call Pam Cohen at the PLAN Education Office at 972-792-9603.</i></p> <p><i>Alcohol will not be permitted at any PLAN function.</i></p>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 12 pm Eating Smart 1 pm Lunch at Whole Foods 2 pm Tai Chi 3 pm Social Skills 4 pm Healthy Lifestyles	2 11 am Walking Club 12 pm Career Counseling* Dollar Movie - Time TBA 4 pm Computer Time	3
4 Independence Day 	5 Closed for July 4th Holiday	6 11 am Spanish 12 pm DRA 2 pm Grief Group 3 pm Community Meeting 5 pm Walking Club	7 12 pm Nicotine Anonymous 2 pm Painting 4 pm Musings 5 pm Pot Luck	8 12 pm SummerTree Pool Party	9 11 am Walking Club 12 pm Career Counseling* 1 pm Art of Assertiveness 2 pm Post-CET+ 2 pm Basic Cooking 3 pm Current Events 4 pm Computer Time 5 pm Bill's 4th of July Party	10
11	12 12 pm Depression Workbook 1 pm Family Issues w/Image Making* 2 pm Games 4 pm Lifestories 7 pm Team PLAN	13 11 am Spanish 12 pm DRA 1 pm Movie Time 3 pm Roxanne's Piano Hour 5 pm Walking Club	14 12 pm Nicotine Anonymous 12:45 pm Bowling 1 pm Process Recovery Group 2 pm Art 7 pm Peer to Peer	15 12 pm Eating Smart 1 pm Lunch at Whole Foods 2 pm Tai Chi 3 pm Social Skills 4 pm Healthy Lifestyles 7 pm Team PLAN	16 11 am Walking Club 12 pm Career Counseling* 1 pm Art of Assertiveness 2 pm Post-CET+ 2 pm Basic Cooking 3 pm Current Events 4 pm Computer Time 5 pm Lava Java/Birthday Party	17
18	19 12 pm Depression Workbook 1 pm Family Issues w/Image Making* 2 pm Games 4 pm Lifestories 7 pm Team PLAN	20 11 am Spanish 12 pm DRA 2 pm Grief Group 5 pm Walking Club	21 12 pm Nicotine Anonymous 2 pm Painting 4 pm Musings 5 pm Pot Luck	22 12 pm Eating Smart 1 pm Chess/Checkers 2 pm Tai Chi 3 pm Social Skills 4 pm Healthy Lifestyles 7 pm Team PLAN	23 11 am Walking Club 12 pm Career Counseling* 1 pm Art of Assertiveness 2 pm Post-CET+ 2 pm Basic Cooking 3 pm Current Events 4 pm Computer Time	24
25	26 12 pm Depression Workbook 1 pm Family Issues w/Image Making* 2 pm Games 4 pm Lifestories 7 pm Team PLAN	27 11 am Spanish 12 pm DRA 1 pm Movie Time 3 pm Roxanne's Piano Hour 5 pm Walking Club	28 12 pm Nicotine Anonymous 1 pm Process Recovery Group 2 pm Art 7 pm Peer to Peer	29 12 pm Eating Smart 1 pm Chess/Checkers 2 pm Tai Chi 3 pm Social Skills 4 pm Healthy Lifestyles 7 pm Team PLAN	30 11 am Walking Club 12 pm Career Counseling* 1 pm Art of Assertiveness 2 pm Post-CET+ 2 pm Basic Cooking 3 pm Current Events 4 pm Computer Time	31 5 pm Supper Club

* Fee-based group led by a social worker at PLAN's main office
+ For CET graduates only