

# May 2017 MOCA House Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 12:00 Silver Sneakers♥ 1:00 Painting w/Melissa 2:30 NAMI Connection  6-7 pm DBSA Support Group	<b>2</b> <b>MOCA HOUSE OPENS AT 12:00</b> 12:00 DBSA Support Group <b>1:00 Wal-Mart Trip</b> 2:00 Women in Recovery 2:00 Men in Recovery <b>6:30-8 Family Support Group</b>	<b>3</b> 12:00 Nutrition Niblets 1:00 YMCA♥ 3:00 Recovery Work Group	<b>4</b> 12:00 Creative Art w/Connie 1:00 Skill Development 2:00 NAMI Connection 2:30 Sewing with Cherrill	<b>5</b> 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1-3 WRAP Workshop 2:30 House Meeting	<b>6</b>
<b>7</b> 6:00 pm Warriors' Journey Home	<b>8</b> 12:00 Silver Sneakers♥ 1:00 Painting w/Tom 2:30 NAMI Connection  6-7 pm DBSA Support Group	<b>9</b> 12:00 DBSA Support Group 1:00 Sculpting 2:00 Women in Recovery 2:00 Men in Recovery	<b>10</b> <b>AKRON ZOO TRIP</b>  <b>MOCA PROGRAM CLOSED</b>	<b>11</b> 12:00 Creative Art w/Connie 1:00 Skill Development 2:00 NAMI Connection 2:30 Sewing with Cherrill <b>4:00-5:00 SPC Meeting</b> <b>5:30-7:30 Writing for Wellness</b>	<b>12</b> 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1-3 WRAP Workshop 3:00 Weekend Discussion	<b>13</b>
<b>14</b>	<b>15</b> 12:00 Silver Sneakers♥ 1:00 Painting w/Melissa 2:30 NAMI Connection 6-7 pm DBSA Support Group	<b>16</b> 12:00 DBSA Support Group 1:00 Rock Hunting/Painting 2:00 Women in Recovery 2:00 Men in Recovery	<b>17</b> 12:00 Nutrition Niblets♥ 1:00 Wooster Hospital Dietician♥ 3:00 Recovery Work Group	<b>18</b> 11:00 Lunch at Christmas Run 1:00 Skill Development 2:00 NAMI Connection 2:30 Sewing with Cherrill  <b>5:30-7:30 Writing for Wellness</b>	<b>19</b> 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1-3 WRAP Workshop 3:00 Walk Discussion	<b>20</b> <b>WALK for Wellness</b> <b>9:00-11:00 am Secret Arboretum</b>
<b>21</b> 6:00 pm Warriors' Journey Home	<b>22</b> 12:00 Silver Sneakers♥ 1:00 Painting w/Melissa 2:30 NAMI Connection  6-7 pm DBSA Support Group	<b>23</b> 12:00 DBSA Support Group 1:00 Sculpting 2:00 Women in Recovery 2:00 Men in Recovery	<b>24</b> 12:00 Silver Sneakers♥ 1:00 Walking at Secret♥ 3:00 Recovery Work Group	<b>25</b> 12:00 Creative Art w/Connie 1:00 Skill Development 2:00 NAMI Connection 2:30 Sewing with Cherrill <b>6:30-8 NAMI Board Meeting</b>	<b>26 * Birthday Friday *</b> 11:00 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 WRAP Support Group 3:00 Weekend Discussion	<b>27</b>
<b>28</b>	<b>29</b> <b>CLOSED IN OBSERVANCE OF MEMORIAL DAY</b>	<b>30</b> 12:00 DBSA Support Group 1:00 Rock Hunting/Painting 2:00 Women in Recovery 2:00 Men in Recovery <b>5:30-7 PALS Support Group</b>	<b>31</b> 12:00 Silver Sneakers♥ 1:00 Crafts 3:00 Recovery Work Group	<b>Free transportation available. Call the MOCA van at 330-466-4765.</b> <b>Social time, games and crafts are available Monday through Friday, 11:00 a.m. to 4:00 p.m. Everyone is encouraged to participate in the activities.</b> <b>Questions or comments? Call 330-264-1590 or visit our website at <a href="http://www.namiwayneholmes.org">www.namiwayneholmes.org</a></b>		

# June 2017 MOCA House Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DBSA = Depression Bipolar Support Alliance NAMI Connection = Peer support group WRAP = Wellness Recovery Action Plan PALS = People Affected by a Loved one's Suicide ♥ = Health & Wellness Program activities				<b>1</b> 12:30 Walking at Secret♥ 1:00 Skill Development 2:00 NAMI Connection 2:30 Sewing with Cherrill	<b>2</b> 11:30 Cookout/Picnic at MOCA 12:30 Spirituality/Prayer 1:00 WRAP Support Group 1:30 Cornhole, Games, etc.	<b>3</b>
<b>4</b> 6:00 pm Warriors' Journey Home	<b>5</b> 12:00 Silver Sneakers♥ 1:00 Painting 2:30 NAMI Connection  6-7 pm DBSA Support Group	<b>6</b> <b>MOCA House opens at 12:00</b> 12:00 DBSA Support Group 2:00 Women in Recovery 2:00 Men in Recovery <b>6:30-8 Family Support Group</b>	<b>7</b> 12:00 Nutrition Niblets♥ <b>1:00 Wal-Mart Trip</b> 3:00 Recovery Work Group	<b>8</b> <b>12:00 P. Graham Dunn Trip</b> 1:00 Skill Development 2:00 NAMI Connection 2:30 Sewing with Cherrill <b>4:00-5:00 SPC Meeting</b> <b>5:30-7:30 Writing for Wellness</b>	<b>9</b> 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 WRAP Support Group 1:30 BINGO 3:00 Weekend Discussion	<b>10</b>
<b>11</b>	<b>12</b> 12:00 Silver Sneakers♥ 1:00 Painting 2:30 NAMI Connection 6-7 pm DBSA Support Group	<b>13</b> 12:00 DBSA Support Group 2:00 Women in Recovery 2:00 Men in Recovery	<b>14</b> 12:00 Silver Sneakers♥ 1:00 Walking at Secret♥ 3:00 Recovery Work Group	<b>15</b> 12:30 Crafts 1:00 Skill Development 2:00 NAMI Connection 2:30 Sewing with Cherrill	<b>16</b> 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 WRAP Support Group 1:30 Tie-Dye Shirt Making 3:00 Weekend Discussion	<b>17</b>
<b>18</b> 6:00 pm Warriors' Journey Home	<b>19</b> 12:00 Silver Sneakers♥ 1:00 Painting 2:30 NAMI Connection 6-7 pm DBSA Support Group	<b>20</b> 12:00 DBSA Support Group 2:00 Women in Recovery 2:00 Men in Recovery	<b>21</b> 12:00 Nutrition Niblets 1:00 Wooster Hospital Dietician♥ 3:00 Recovery Work Group	<b>22</b> <b>12:00 Mansfield Carousel Trip</b> 1:00 Skill Development 2:00 NAMI Connection 2:30 Sewing with Cherrill <b>6:30-8 NAMI Board Meeting</b>	<b>23</b> 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 WRAP Support Group 3:00 Weekend Discussion	<b>24</b>
<b>25</b>	<b>26</b> 12:00 Christmas Run Park♥ 1:00 Painting 2:30 NAMI Connection 6-7 pm DBSA Support Group	<b>27</b> 12:00 DBSA Support Group 2:00 Women in Recovery 2:00 Men in Recovery  <b>5:30-7 PALS Support Group</b>	<b>28</b> 12:00 Chat with Jill Cyrus 1:00 Walking in Downtown Wooster♥ 3:00 Recovery Work Group	<b>29</b> 12:30 Crafts 1:00 Skill Development 2:00 NAMI Connection 2:30 Sewing with Cherrill <b>5:30-7:30 Writing for Wellness</b>	<b>30 * Birthday Friday *</b> 11:30 Lunch on MOCA 12:30 Spirituality/Prayer 1:00 WRAP Support Group 2:00 BINGO 3:00 Weekend Discussion	

