

# March 2019

**Address:** 6324 Trail Blvd, Bldg. C Naples, FL 34108

**Phone Number:** (239) 431-6824

**Hours:** M W F 10:00 a.m.-4:30 p.m. & TU TH SAT 10:00 a.m.-3:30 p.m.

| Sunday           | Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday       |
|------------------|---|--|--|---|--|----------------|
|                  |   |  |  |   | 1<br>PACT 11:00am-12:00pm<br>Meditation 12:00pm-12:15pm<br>Walmart 1:00pm-2:00pm   | 2<br><br>OPEN  |
| 3<br><br>CLOSED  | 4<br>Chiropractor/<br>Exercise Class<br>10:30am-11:00am<br>Wellness Planning<br>11:00am-12:00pm<br>Bowling 1:00pm-2:00pm                | 5<br>RS Group<br>11:00am – 12:00pm<br>NAMI Connection<br>12:30pm - 2:00pm  | 6<br>Ecotherapy 11:00am-12:00pm<br>Chiropractor/Exercise Class<br>11:00am-12:00pm<br>Arts & Crafts<br>12:30pm - 2:00pm | 7<br>Hearing Voices Seeing<br>Things Group<br>11:00am – 12:00pm<br>DBT Group 1:00pm-2:00pm  | 8<br>Current Events 11:00am-12:00pm<br>Yoga 12:00pm-12:15pm<br>Lotus Healing Group<br>1:00pm-2:00pm<br>Veterans Park 1:00pm-2:00pm | 9<br><br>OPEN  |
| 10<br><br>CLOSED | 11<br>Exercise Class<br>10:30am-11:00am<br>Wellness Planning<br>11:00am-12:00pm<br>Pier 1:00pm- 2:00pm                                  | 12<br>RS Group<br>11:00am – 12:00pm<br>NAMI Connection<br>12:30pm - 2:00pm | 13<br>Guest Speaker-TBA<br>11:00am-12:00pm<br>Hearts In Harmony<br>1:00pm -2:00pm                                      | 14<br>Hearing Voices Seeing<br>Things Group<br>11:00am – 12:00pm<br>DBT Group 1:00pm-2:00pm | 15<br>PACT<br>11:00am-12:00pm<br>Meditation 12:00pm-12:15pm<br>Bounce 1:00pm-2:00pm  | 16<br><br>OPEN |
| 17<br><br>CLOSED | 18<br>Chiropractor/<br>Exercise Class<br>10:30am-11:00am<br>Wellness Planning<br>11:00am-12:00pm<br>Movies & Pizza<br>12:30pm-2:00pm    | 19<br>RS Group<br>11:00am – 12:00pm<br>NAMI Connection<br>12:30pm - 2:00pm | 20<br>Chiropractor/Exercise<br>Class 11:00am-12:00pm<br>Arts & Crafts<br>12:30pm-2:00pm                                | 21<br>Hearing Voices Seeing<br>Things Group<br>11:00am – 12:00pm<br>DBT Group 1:00pm-2:00pm | 22<br>Current Events 11:00am-12:00pm<br>Yoga 12:00pm-12:15pm<br>Lotus Healing Group<br>1:00pm-2:00pm<br>Dollar Tree 1:00pm-2:00pm  | 23<br><br>OPEN |
| 24<br><br>CLOSED | 25<br>Chiropractor/ Exercise<br>Class 10:30am-11:00am<br>Wellness Planning<br>11:00am-12:00pm<br>Gordon River<br>Greenway 1:00pm-2:00pm | 26<br>RS Group<br>11:00am – 12:00pm<br>NAMI Connection<br>12:30pm - 2:00pm | 27<br>Chiropractor/Exercise<br>Class 11:00am-12:00pm<br>Hearts In Harmony<br>1:00pm-2:00pm                             | 28<br>Hearing Voices Seeing<br>Things Group<br>11:00am – 12:00pm<br>DBT Group 1:00pm-2:00pm | 29<br>PACT 11:00am-11:30am<br>Calendar Planning<br>11:30am-12:00pm<br>Meditation 12:00pm-12:15pm<br>Bingo 1:00pm-2:00pm            | 30<br><br>OPEN |

Our new location is north of the corner of Pine Ridge Rd and US 41 North, on Trail Blvd opposite the Waterside Shops; Red bus line Route 1B. Sign up for outings is one working day prior to outing. Activities and outings usually start between Noon and 1pm, and may be re-scheduled. Management reserves the right to limit outing participation to members who are frequent visitors. For immediate and after-hours support and information about local resources, call The CLEAR WARM LINE at 1-800-945-1355 between the hours of 4:00pm and 10:00pm. In an emergency, call 911.

