

# Morris Community Wellness Center

# February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 12:00 Cinepolis Cinema 12:15 Chair Yoga 1:30 Salad Bar 2:30 Daily Wellness
2	3	4 2:15 Chair Yoga 2:30 Karaoke / Open Mic 4:30 Hearing Voices	5 2:30 Garden Club 4:00 Community Meeting	6 2:30 Errands & Food Pantry 2:30 Clay Sculpture 4:00 Meditation 4:30 Winter Wellness	7 2:15 Chair Yoga 3:30 Drumming 4:30 Skill Builders 4:30 Dual Recovery Anonymous	8 12:15 Chair Yoga 12:30 Pool Tournament 1:30 Burger Alley 2:30 Daily Wellness
9	10	11 Welcome Social Connections 2:30 Bingo 4:30 Living w/ Anxiety	12 2:00 Shop Rite 3:00 Pot Luck Dinner 5:00 Garden Club	13 2:30 Walmart, Food Pantry & Thrift Store Vouchers 2:30 Straw Painting 4:00 Meditation 4:30 Stop Smoking	14 2:30 Bowling 4:00 Staff Meeting 4:30 Dual Recovery Anonymous	15 12:15 Chair Yoga 12:30 Gin Rummy Tournament 1:30 Salad Bar 2:30 Daily Wellness
16	17	18 2:15 Chair Yoga 2:30 Karaoke / Open Mic 4:30 Hearing Voices	19 2:30 Garden Club 4:00 Community Meeting	20 2:15 Chair Yoga 2:30 Errands & Food Pantry 2:30 Clay Sculpture 4:00 Meditation 4:30 Winter Wellness	21 2:00 Hair Cuts w Barbara 2:15 Thrift Store 3:30 Drumming 4:30 Skill Builders 4:30 Dual Recovery Anonymous	22 12:15 Chair Yoga 1:30 Salad Bar 2:30 Daily Wellness
23	24	25 2:15 Chair Yoga 4:30 Living w/ Anxiety	26 3:00 Community Dinner 5:00 Living Our Values	27 2:15 Chair Yoga 2:30 Errands & Food Pantry 2:30 Clay Sculpture 4:00 Meditation 4:30 Stop Smoking	28 3:30 Drumming 4:30 Skill Builders 4:30 Dual Recovery Anonymous	29 1:00 Community Breakfast 3:00 Living Our Values

1259 US Highway 46 E., Building 4, Door 4D, Parsippany, NJ 07054

Open 2-7, Tuesday thru Friday, and 12-5 on Saturday

Phone (973) 334-2470

For more information, contact John Robbins (email [jrobbins@cspnj.org](mailto:jrobbins@cspnj.org))

