

UP YOUR ALLEY MARCH 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 2 – 4 pm Games Art Therapy AA Meeting Journaling	2 2:30 pm Meditation 3:30 GROW Group	3 2:30 pm Team Meeting 3:30 pm Dance Group	4 2:30 pm Current Events 3:30 pm Peer to Peer Employment	5 2:30 pm Shopping/ Finance 3:30 pm Exercise	6 Center closed	7 Center closed
8 2 – 4 pm Games Art Therapy AA Meeting Journaling	9 2:30 pm Meditation 3:30 GROW Group	10 2:30 pm Exercise 3:30 pm Hope and Healing	11 2:30 pm Food Bank 3:30 pm Spirituality Book	12 2:30 pm Cooking Class 3:30 pm Healthy Eating	13 Center closed	14 Center closed
15 2 – 4 pm Games Art Therapy AA Meeting Journaling	16 2:30 pm Meditation 3:30 GROW Group	17 2:30 pm Wellness Group 3:30 pm Exercise	18 2:30 Men and Women's Group 3:30 pm Health/Finances	19 2:30 pm Coping Skills 3:30 pm Tea for Health	20 Center closed	21 Center closed
22 2 – 4 pm Games Art Therapy AA Meeting Journaling	23 2:30 pm Meditation 3:30 GROW Group	24 2:30 pm Wellness Group 3:30 pm Spirituality	25 2:30 pm Business Meeting 3:30 pm Poetry Group	26 2:30 pm Exercise 3:30 pm FATCAT Recovery Group	27 Center closed	28 Center closed
29 2 – 4 pm Games Art Therapy AA Meeting Journaling	30 2:30 pm Meditation 3:30 GROW Group	31 2:30 pm Exercise 3:30 pm Coping Skills	1	2	3	4



Up Your Alley Wellness Center
 Hours of operation Sunday thru Thursday 1- 6 pm
 Phone (856) 881- 2204, Fax (856) 881-2599
 For more information, contact Center Manager Pat Leary, (Pleary@cspnj.org)