

EVERY WEEK (EXCEPT ON HOLIDAYS)

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---------------------------------------|---|---|--|--|
| 8:30a Beginning Spanish [CA] 12-3p Occupy Madison Store Hours [OM] 6-8p Sunday Slam Open Mic [C] 6:30-8p Connecting Support [NAMI] | 2p Guided Imagery [CA] 3-4p <u>Mindfulness</u> [WS] 6:30-8p Bipolar/Depression [NAMI] | 12:30-2:30p Basic Drawing [CA] | 1-2:30p <u>Art for Wellness</u> [WS] 1-3p Guitar Basics [CA] | All Day Open Studio [CA] 10a-3p Open Art Studio [C] 11a-12p <u>Depression & Anxiety</u> [WS] 1p Art Expressions [CA] 2-3p <u>Hearing Voices</u> [WS] 4-5p <u>Meetup</u> [WS] | 10:30-11:30a <u>Clutter Busters</u> [WS] 12p Life Skills / Wellness [CA] 3-4p <u>Writing</u> [WS] 5:45-7:15p Depression/Bipolar Group [W] | 7:30a-12p Farmers Market [MT] * Except Dec 28* |

December 2019

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|------------------------------------|--|---|--|--|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | | | 6:30-8p Women's Depression & Anxiety Group [NAMI] 6-8p Free Mending [IW] | | | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | 12-1p <u>Essential Oils</u> [WS] 5:30-6:30p Flow Yoga [GC] 6:30-8:30p Radical Utopias [SJ] | 6-7:30p Fact Check 101 [DB] | 11:30a-1p Stress-Free Lunch Break [DB] 4:30-5:30p Dance Fitness [DB] 6:15-7:30p Global Finger Foods [DB] 5:45-6:30p Zumba Fitness [GC] 6-7p Yoga [GC] | 10a-12p Knitting Workshop [IW] 5:15-7p AA for Women [IW] 6:15-7:30p Feelings & Emotions [DB] | 12-1p Yoga [DB] 3-4:30p Social Dance Club [IW] 5-8p Family Fun Night [WP] | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 9-10a Yoga [GC] 11a-5p Maker's Market [C] 1:30-3p Bird & Nature Outing [WP] 7-9p NA [GC] | 6:15-7:30p Vision Boards [DB] | 2-3p <u>Chair Yoga</u> [WS] | 12-1p Healthy Holiday Eating [DB] 4:30-5:30p Fitness Boxing [DB] 6-8p Free Mending [IW] 6:30-8p Women's Depression & Anxiety Group [NAMI] | 12-1:30p Dream Job Search [DB] | 12-1p Yoga [DB] | 10-11:30a Bird & Nature Outing [GC] |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| | 12-1p <u>Essential Oils</u> [WS] | | HOLIDAY | | | |
| 29 | 30 | 31 | | | | |

— See reverse for additional information —

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| A | Alliant Energy Center , \$7 parking or free at Olin Park Box Office: 608-267-3995 (10a-5p) alliantenergycenter.com |
| C | Communication , 2645 Milwaukee St; 608-467-2618 <i>Nonprofit, all-ages, safe and sober space for all forms of artistic expression</i> communicationmadison.com |
| CA | Cornucopia Arts and Wellness , 2 S Ingersoll St B; 608-249-7477 <i>Arts and wellness center run by and for adults in mental health recovery and their allies</i> copiarts.org |
| DB | DreamBank , 821 E Washington Ave, (608) 286-3150 <i>American Family Insurance community space dedicated to the pursuit of dreams</i> [register online for events] amfam.com/making-a-difference/dreambank/events |
| FM | 3241 Garver Feed Mill (behind Olbrich Botanical Gardens) |
| GC | Goodman Community Center , 149 Waubesa St; (608) 241-1574 <i>Dedicated to serving our neighbors on Madison's near east side</i> goodmancenter.org |
| IW | Ironworks , across from [GC] |
| MG | Monona Grove High , 4400 Monona Dr, Monona |
| MT | Monona Terrace Community and Convention Center , 1 John Nolen Drive |
| NAMI | NAMI Dane County , 2059 Atwood Ave <i>Founding chapter of the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to improving the lives of people affected by mental illness</i> namidanecounty.org |

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| OM | Occupy Madison Tiny House Village , 304 N Third St; (608) 305-4707 <i>Occupy Madison, Inc. is a membership nonprofit organization that envisions a place where people with or without current safe housing can live and/or work cooperatively in a way that promotes dignity, safety, stewardship, and sustainability for all</i> occupymadisoninc.com |
| SJ | Social Justice Center , 1202 Williamson St; (608) 227-0206 <i>An inspiring and collaborative environment where local nonprofits, activists, artists and members of the Madison community can access resources, support and services needed to thrive</i> socialjusticecenter.org |
| TL | Trinity Lutheran Church , 1904 Winnebago Street |
| W | Westminster Presbyterian Church , 4100 Nakoma Rd <i>Depression and Bipolar Support is a peer-led support group</i> |
| WP | Warner Park , 2930 N Sherman Ave |
| WRC | Warner Park Community Rec Center , 1625 Northport Dr |
| WS | Wellness Studio , 2647 Milwaukee St, 608-237-1661 <i>Healthy, supportive, non-judgmental space that promotes wellness and recovery, and empowers community members who have lived experience with substance use and other mental health challenges to take charge of their own recovery journey.</i> |