

Club 520 Wellness Center

February

For More Info Call 319-398-3562
Please Contact Tiffany, or Cheryl

Abbe Center For Community Health
520 11th st. NW, Cedar Rapids, IA

Hours Tues—Thurs 1-4
Friday 1-3:45

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Coffee Club 9-10 Open Discussion group Wii Fit 2:00	2 Co-Occurring Recovery 1:30 Coloring Group 2:00	3 Discovery Club 10-12 B-Day Cake Card Playing
4	5 Geneva Towers 9-10 Coffee Talk 10-12	6 Coffee Club 9-10 Celebration Cake Community Mtg Card Games Basketball	7 Getting Crafty: Illness Management Recovery / Social Hour 2:00	8 Coffee Club 9-10 Wii Fit 2:00	9 Soup Cook-Off Co-Occurring Recovery 1:30 Coloring Group 2:00	10 Discovery Club 10-12 Valentine's Cards
11	12 Geneva Towers 9-10 Coffee Talk 10-12	13 Coffee Club 9-10 Paint Nails Basketball	14  Club Valentines Party 1:00-3:30	15 Coffee Club 9-10 Open Discussion group Wii Fit 2:00	16 Co-Occurring Recovery 1:30 Coloring Group 2:00	17 Discovery Club 10-12 Mandela
18	19 Geneva Towers 9-10 Coffee Talk 10-12	20 Coffee Club 9-10 Rummikub Basketball	21 Getting Crafty: Illness Management Recovery / Social Hour 2:00	22 Coffee Club 9-10 Wii Fit 2:00	23 Co-Occurring Recovery 1:30 Coloring Group 2:00	24 Discovery Club 10-12 Meditative Breathing
25	26 Geneva Towers 9-10 Coffee Talk 10-12	27 Coffee Club 9-10 Yahtzee Basketball	28 Getting Crafty: Illness Management Recovery / Social Hour 2:00			