



NHA Friendship Clubhouse Weekday Program Activities Schedule

Effective 7/01/2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday
08:30 am	Sign in Community Meeting	Sign in Community Meeting	Sign in Community Meeting	Sign in Community Meeting	Sign in Community Meeting
09:00 am	Breakfast/Socialize	Breakfast/Socialize	Breakfast/Socialize	Breakfast/Socialize	Breakfast/Socialize
09:30 am	Computer Class Independent Living Skills Community Garden	Volunteer @ SD Food Bank Yoga Zumba	Arts & Crafts New Member Orientation*	Computer Class Independent Living Skills	Sanitary Cafe
10:15 am	Break	Break	Break	Break	Break
10:30 am	Communication Skills	Volunteer @ SD Food Bank/ Men's and Women's Group	Vocational Group New Member Orientation	Recovery Group Members' Interest Group**	W.R.A.P Peer Support Group Knowing the World
11:15 am	Break	Break	Break	Break	Break
11:30 am	Wrap-up	Wrap-up	Wrap-up	Wrap-up	Wrap-up
12:00 pm	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
01:00 pm	Sign in Community Meeting	Sign in Community Meeting	Sign in Community Meeting	Sign in Community Meeting	Sign in Community Meeting
01:15 pm	WRAP Medication for Success W.E.L.L. *** <i>(RI International)</i>	Fitness & Nutrition Readers' Club	Health & Wellness	Roadmap to Recovery <i>(SDSU Responsive Integrated Health Solutions (RIHS))</i>	Outing/ Indoor Rec. Movies
02:00 pm	Break	Break	Break	Break	Break
02:15 pm	WRAP Medication for Success W.E.L.L. <i>(RI International)</i>	Computer Class	Community Resources	Roadmap to Recovery <i>(RIHS)</i>	Outing/ Indoor Rec. Movies
03:00 pm	Break	Break	Break	Break	Break
03:15 pm	Computer Lab Independent Living Skills	Computer Lab Independent Living Skills	Computer Lab Independent Living Skills	Computer Lab Independent Living Skills	Outing/ Indoor Rec. Movies
04:00 pm	Housekeeping/Wrap-up	Housekeeping/Wrap-up	Housekeeping/Wrap-up	Housekeeping/Wrap-up	Housekeeping/Wrap-up

There will be work units each day from 8:30 AM to 3:30 PM.

A separate schedule will be issued each month for special activities

* New Member's Orientation Group meets on the 1st and 3rd Wednesday of each month from 9:30 AM – 11:15 AM

** Instead of Recovery Group, Members' Interest Group meets on the 3rd Thursday of each month from 10:30 AM – 11:15 AM (RI)

*** Please call for information on current group/class by RI International

Friendship Clubhouse is open to all adults with severe and persistent mental illness including those with co-occurring substance use disorders

New enrollments on Mon, Tue, Wed, and Fri, 9:30 AM – 11:00 AM and 2:00 PM – 4:00 PM; Saturdays 12:00 PM – 1:00 PM. **No new enrollments on Thursdays and Sundays.**