

**Schedule for the Jackson Recovery Education Center Spring II Semester
March 22nd - June 11th, 2010 ... May 2010 Revision**

Monday		Tuesday	Wednesday	Thursday	Friday
		Transportation to REC * 9:00 - 10:00			Interactive Practicum: Hiking/Geocaching 9:00 - 1:00** Lyn & Jack . . .
WRAP 10:00 - 12:00 Lyn & Marilyn		Wellness Management and Recovery (Recovery 101) 10:00 - 12:00 Lyn	Love and Logic 10:00 - 12:00 Jack	Gardening for Wellness 9:00 - 11:00 Caroline or Jack	** This will not be every Friday - check with Jack or Lyn to find out what the current week's plan may be.
				<i>This would be a good time to make individual appointments with your Recovery Educator!</i>	
Lifestyles Lab: Exercise for Wellness 12:30 - 1:30 Walking with Jack; Gentle Movement with Lyn		Seeking Safety 12:00 - 2:00 Lyn	Lifestyles Lab: Exercise for Wellness 12:30 - 1:30 Walking with Jack; Gentle Movement with Marilyn	Creative Recovery 12:30 - 2:30 Lyn	Social Hour 1:00 - 2:00 Bring Your Own Lunch!
Meditation 1:30 - 2:00 Jack			Thrifty Wellness 1:30 - 3:00 Marilyn		
<i>This would be a good time to make individual appointments with your Recovery Educator!</i>		Wise Mind 2:00 - 4:00 Jack	<i>This would be a good time to make individual appointments with your Recovery Educator!</i>		Making Movies Meaningful 2:00 - 5:00 Various Staff
Lifestyles for Wellness 3:00 - 5:00 Marilyn		Transportation from REC* 4:00 - 5:00	DBT Practicum 4:00 - 5:00 Jack	Art of Emotions 3:00 - 5:00 Jack & Caroline	
	Community Table Dinner 5:00 - 6:00 Lyn & Marilyn	CBT for SA 4:30 - 5:30 Jack			Community Table Dinner 5:00 - 6:00 Lyn
		Recovery Discovery 5:30 - 7:30 Caroline & Jack		WRAP 5:30 - 7:30 Marilyn & Lyn	

* RESERVATIONS REQUIRED FOR THE FREE TRANSPORTATION. PICK UP TRANSPORTATION SIGN-UP FORMS FROM ANY MEMBER OF THE REC!