

Happy New Year

And what a year it has been....

From Bascom, to Alma to Northside; you stuck with us and hung in there.

Making memories at every site...

We thank you for your dedication to our Grace family.

Wishing you all an amazing 2018!

Our Shuttle Service is back!

Beginning January 4th

Tuesdays & Thursdays

9am - 9:30 am ; 3:30pm

Meet at Grace Baptist Church Steps

HALF DAY WEDNESDAYS 9 - 1:30pm

Recreation Supervisor: Morace McKay

DISCRIMINATION & ADA POLICY

It is the City of San Jose's policy to afford all persons equal opportunity by prohibiting discrimination or harassment on the basis of race, color, religion, sex, national origin, ancestry, physical or mental disability, age, sexual orientation, gender identity, marital status, medical condition (cancer related, AIDS, HIV) or other non-merit factors. It is also the City's policy to afford people with disabilities access to City services, programs and facilities.

Serving Santa Clara County's Mental Health Community Since 1971



January 2018

GRACE

Art & Wellness Program

HOURS: M, T, TH, F: 9:00 AM - 4:00 PM

W: 9:00 AM - 1:30 PM

SAT: 10:00 AM - 2:00 PM

LOCATION: 488 N. 6th Street. San Jose, CA 95112
408-293-0422

VISIT OUR WEBSITE AT: <http://www.sanjoseca.gov/prns>



Weekly Therapeutic Recreation

CLOSED January 1st, 2nd, & 15th

Mondays – 9:00 a.m. – 4:00 p.m.

- 9:30 - 10:00 - Community Meeting (Front Room - Therapeutic Specialist)
- 10:00 - 10:30 - Volunteer Orientation (Tech Corner- Lisa)
- 10:30 - 11:30 - Anger Management (Art Room - Pat)
- 10:30 - 11:30 - Boundaries (Sewing Room - Gloria)
- 11:45 - Lunch - (Front Room - Debbie V.)
- 12:30 - 1:30 - Vision Boarding for Positivity (Sewing Room - Autumn)
- 1:30 - 2:30 - Women's Tea Circle (Gloria - Art Room)
- 2:00 - 3:00 - Men's Group (Sewing Room - Don)
- 3:00 SHARP! - New Member Orientation (Front Room - Lisa & Autumn)

Tuesdays – 9:00 a.m. – 4:00 p.m.

- 9:30 - 10:00 - Community Meeting (Front Room - Therapeutic Specialist)
- 10:00 - 10:15 - Sittercise (MPR - Lisa)
- 10:30 - 11:45 - Beading (Art Room - Lindsay & Autumn)
- 10:30 - 11:30 - Creative Writing (Sewing Room - Gloria)
- 10:30 - 11:30 - Band Jam (Patio - Staff TBD)
- 10:30 - 11:30 - Dance Party!!! (Community Room - Don) **Jan. 9th, 16th, 23rd, & 30th**
- 11:45 - Lunch - (Front Room - Debbie V.)
- 12:30 - 3:00 - Sewing, Knitting & Crochet (Sewing Room - Harriet & Pat)
- 2:00 - 3:00 - G90x (Patio- Don)
- 1:30 - 2:30 - Wii Time (Front Room - Qualified Staff)
- 1:30 - 2:30 - Voices & Delusions (Community Room - Laura) **Jan. 9th, 16th, 20th, & 30th**
- 2:00 - 4:00 - Clothes Closet (Family Justice Center Courthouse, 201 N. 1st Street 2nd Floor)

Wednesdays – 9:00 a.m. – 1:30 p.m.

- 9:30 - 10:00 - Community Meeting (Front Room - Therapeutic Specialist)
- 10:45 - 11:30 - Mind Over Munch (Art Room - Daisy) **Jan. 3rd, 10th, & 17th**
- 10:30 - 12:00 - Basketball (TBD - Don)
- 10:30 - 11:30 - Leisure Education (Sewing- Lisa)
- 11:45 - Lunch - (Front Room - Debbie V.)
- 12:15 - 1:15 - Arts & Crafts (Art Room - Alejandra)
- 1:30 - CLOSED

Thursdays – 9:00 a.m. – 4:00 p.m.

- 9:30 - 10:00 - Community Meeting (Front Room - Therapeutic Specialist)
- 10:00 - 10:45 - Relaxation Class (Art Room - Autumn)
- 10:45 - 11:30 - Maturity With Attitude (Sewing Room / Patio - Pat & Don)
- 11:30 - 3:30 - Leisure Walk (Various Locations - Gloria)
- 11:45 - Lunch - (Front Room - Debbie V.)
- 12:30 - 2:30 - Knitting & Crochet Circle (Art & Sewing Room - Lisa)
- 1:45 - 3:00 - The Entertainer (Front Room - Don)
- 2:00 - 3:00 - Resource Hour (Tech Corner - Lindsay)

Fridays – 9:00 am. – 4:00 p.m.

- 9:30 - 10:00 - Community Meeting (Front Room - Therapeutic Specialist)
- 10:00 - 10:45 - Yoga (MPR - Gloria) **It's Back!!**
- 10:30 - 12:30 - New You Hair Salon (MPR - Volunteer)
- 10:30 - 11:30 - Art Therapy (Art Room - Pat)
- 10:30 - 11:30 - Creative Expressions (Sewing Room - Alejandra & Lisa)
- 11:45 - Lunch - (Front Room - Debbie V.)
- 12:30 - 2:00 - T.O.'s Nail & Beauty Salon (MPR - Daisy)
- 12:30 - 2:00 - Movie Matinee (MPR - Don)
- 1:00pm - Birthday Celebration!! (Front Room) January 26th!!**
- 1:00 - 3:00 - Open Art Studio (Art & Sewing Room - Pat & Autumn)
- 2:15 - 3:00 - Say Sumtin' (MPR - Don)
- 3:00 SHARP! - New Member Orientation (Front Room - Lisa & Autumn)
- 3:00 - 4:00 - Artist Business Meeting (Sewing Room - Pat & Autumn) **January 5th!**

Saturdays – 10:00 a.m. – 2:00 p.m.

- 10:00 - 11:00 - Furry Friends - **January 13th!**
- 10:15 - 10:30 - Relaxation Time (Front Room - Staff)
- 10:30 - 11:30 - Art Class (Front Room - Staff)
- 12:00 - 1:00 - Lunch - (MPR - Staff)
- 12:45 - 1:30 - Bingo (Front Room - Staff)
- 1:30 - 2:00 - Exercise Time (MPR - Staff)

***All groups are subject to change on a moments notice. Please check schedule upon arriving.**