

Monday	Tuesday	Wednesday	Thursday	Friday
Black = Adult Programming @ MC Red = Adult Outing, Membership Required Green = Teen Program, 13-17 (18 if enrolled in High School) Blue = Adult Support Group Orange = Open to the Community Brown = Affinity Group * may have walking involved	Contact Information Jenna Vipond 616-294-3992 (HOL) 616-414-9111 (GH) 345 W. 14th Street Holland, MI 49423		1 12-12:30pm Meal Prep 12:30-1pm Member Lunch (Hot Dogs/Chili Dogs) 1-1:30pm Clean Up & Socialize 1:30p-2:30p Writing Workshop with Julie 2:30-4pm Games, Coloring & Music 3-4pm CeCe's Country & Culture Chitchat	2 <p style="text-align: center;">Momentum Center Closed</p>
5 12-1pm BINGO 1-3pm Movie 3-4pm Nutella Snack & Social Time	6 11am-12pm Farkle 12-1pm Ice Cream Social 1-2pm Karaoke 2-2:30pm Chair Yoga 2:30-3p Social Time	7 9:45am-12:15pm Volunteer @ Community Action House * (Waiver Required) 12p-1:30p SMART Recovery @ MC Kitchenette 12:30-1pm Social Time 1-2pm Self-Esteem Activity: I am	8 12-1pm Member Meeting & Ted Talk 1-1:30pm Social Time 1:30p-2:30p Writing Workshop With Julie 2:30-4pm Valentine's Crafts and Cards 4-5pm Mental Illness Affinity Group 6-7:30pm Reset Effect: Vision Boards	9 <p style="text-align: center;">Momentum Center Closed</p>
12 12-1pm Craft with Katie 1-2pm Learn about President's Day 2-3pm Social Time 5:30-7:30pm Popcorn and Movie Night	13 11a-3p Rivertown Mall (Bring Money To Shop & Lunch, Weather Permitting)	14 10-11am Coping Skills w/ Ian 11am-12pm Valentine's Day BINGO 12p-1:30p SMART Recovery @ MC Kitchenette 12-2pm Valentine's Day Social: Bring a snack/dessert 2p-3p Valentine's Day Coloring & Word Search	15 12-12:30pm Member Lunch: Pizza 12:30-1:30pm Clean Up & Socialize 1:30p-2:30p Writing Workshop with Julie 2:30-4pm Open Art Time or Games 7p-8p Mental Health Recovery Support Group	16 <p style="text-align: center;">Momentum Center Closed</p>
19 10:30am-12:30pm Swimming at Holland Aquatic Center (Bring Swim Gear)* 12:30-1:30pm Games & Music 1:30-3pm Social Time	20 11am-12pm Farkle 12-1pm Minute to Win It Games 1-2pm Coloring & Music 2-3pm Chair Yoga	21 10-11am Coping Skills With Ian 11am-12pm Watercolor Painting 12p-1:30p SMART Recovery @ MC Kitchenette 12-1pm Pictionary 1-2pm Social Time 2p-3p Cardio Drumming	22 12-1pm BINGO 1-1:30pm Social Time 1:30p-2:30p Writing Workshop With Julie 2:30-3:30pm Make Puppy Chow 3:30-4pm Trivia 4-5pm Mental Illness Affinity Group 6-7:30pm Reset Effect: Special Guest for MH Resources	23 <p style="text-align: center;">Momentum Center Closed</p>
26 12-1pm Craft with Katie 1-2pm BINGO 2-3pm Herrick Library 3-4pm Writing Activity: Create a Fairy Tale	27 11am-12pm CeCe's Country & Culture Chitchat 12-1pm Ice Cream Social 1-2pm Karaoke 2-3pm Polar Bear Day - Learn about them!	28 10-11am Coping Skills With Ian 11am-12pm Jeopardy 12p-1:30p SMART Recovery @ MC Kitchenette 12-1pm Name That Tune 1-2pm Open Art Time or Games 2p-3p Zumba	29 11:30-12pm Meal Prep 12-12:30pm Member Lunch: Soup 12:30-1:30pm Clean Up & Socialize 1:30p-2:30p Journal Writing 2:30-4pm Leap Day Facts & Social Time 4-5pm Mental Illness Affinity Group	

Moo-Mentum Ice Cream Parlor: CLOSED FOR THE SEASON

