


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 I – Drumming for your Life: <u>Reading & Rhythm</u> 10-11 AM <u>Life Skills</u> 11 AM-12 PM I – Friday Fun Day 10 AM-2 PM	2
3	4 I – Computer 101 10-11:30 AM I – Silver Lining for Healthy Living Seniors 10:30 AM-12 PM	5 H – Healthy Living 11 AM-12 PM I – Chess 12-1:30 PM H – Art @ Home 1-3 PM	6 I – Drumming for your Life: <u>Reading & Rhythm</u> 10:30 AM-11:30 AM <u>Life Skills</u> 11:30 AM-12:30 PM H – Poetry Group 1-3 PM	7 H – Marvelous Men 1-2 PM	8 I – Drumming for your Life: <u>Reading & Rhythm</u> 10-11 AM <u>Life Skills</u> 11 AM-12 PM I – Friday Fun Day 10 AM-2 PM	9
10	11 I – Computer 101 10-11:30 AM	12 H – Healthy Living 11 AM-12 PM I – Chess 12-1:30 PM H – Art @ Home 1-3 PM	13 I – Drumming for your Life: <u>Reading & Rhythm</u> 10:30 AM-11:30 AM <u>Life Skills</u> 11:30 AM-12:30 PM H – Poetry Group 1-3 PM	14 H – Marvelous Men 1-2 PM I – What's the Tea? 12:30-2:30 PM	15 I – Drumming for your Life: <u>Reading & Rhythm</u> 10-11 AM <u>Life Skills</u> 11 AM-12 PM I – Friday Fun Day 10 AM-2 PM	16
17	18 I – Computer 101 10-11:30 AM I – Silver Lining for Women's History Month 2:30-3:30 PM	19 H – Healthy Living 11 AM-12 PM I – Chess 12-1:30 PM H – Art @ Home 1-3 PM	20 I – Drumming for your Life: <u>Reading & Rhythm</u> 10:30 AM-11:30 AM <u>Life Skills</u> 11:30 AM-12:30 PM H – Open Mic 1-3 PM	21 H – Marvelous Men 1-2 PM	22 I – Drumming for your Life: <u>Reading & Rhythm</u> 10-11 AM <u>Life Skills</u> 11 AM-12 PM I – Friday Fun Day 10 AM-2 PM	23
24	25 PRC CLOSED Observing 	26 H – Healthy Living 11 AM-12 PM I – Chess 12-1:30 PM H – Art @ Home 1-3 PM	27 I – Drumming for your Life: <u>Reading & Rhythm</u> 10:30 AM-11:30 AM <u>Life Skills</u> 11:30 AM-12:30 PM H – Poetry Group 1-3 PM	28 H – Marvelous Men 1-2 PM I – What's the Tea? 12:30-2:30 PM	29 I – Drumming for your Life: <u>Reading & Rhythm</u> 10-11 AM <u>Life Skills</u> 11 AM-12 PM I – Friday Fun Day 10 AM-2 PM	30
31					O – Online I – In-Person H – Hybrid (In-Person/Online)	

SA 4 PEER RESOURCE CENTER GROUPS

COMPUTER 101: Mondays 10-11:30 AM **[In-Person]** – Find resources and communicate with people around the world with basic computer skills.

SILVER LINING FOR HEALTHY LIVING SENIORS: Monday, March 4th 10:30 AM-12 PM **[In-Person]** – Join us for a healthy living group specifically tailored for seniors! There will be an open discussion about different ways to take care of your body, mind, and overall well-being.

HEALTHY LIVING: Tuesdays, 11 AM-12 PM **[Hybrid]** – Learn the importance of self-care and build good habits that lead towards a healthier lifestyle.

[Click here to join the meeting \(audio only\)](#) +1 323-776-6996 Conference ID: 712 604 558#

CHESS: Tuesdays, 12-1:30 PM **[In-Person]** – Learn the basics and benefits of playing chess while making new friend.

ART @ HOME: Tuesdays, 1-3 PM **[Hybrid]** – Create positive activities using common household goods to express self & relieve stress.

[Click here to join the meeting \(audio only\)](#) +1 323-776-6996 Conference ID: 554 591 179#

POETRY: Wednesdays, 1-3 PM **[Hybrid]** – Creative writing is a great tool for wellness through self-expression. Use creative writing and poetry to reflect, express and share emotion and thought with others.

[Click here to join the meeting \(audio only\)](#) +1 323-776-6996 Conference ID: 361 486 984#

MARVELOUS MEN'S GROUP: Thursdays, 1-2 PM **[Hybrid]** – Share your inner experience – including your situations, emotions, concerns, insecurities, etc. You are not alone in desiring authentic conversations with other men on a similar path.

[Click here to join the meeting \(audio only\)](#) +1 323-776-6996 Conference ID: 958 960 192#

FRIDAY FUN DAY: Fridays, 10 AM-2 PM **[In-Person]** – Pick your numbers and win prizes the thrilling way playing BINGO. Also take some time to relax, grab some popcorn, and watch your favorite films with friend.

DRUMMING FOR YOUR LIFE:

READING & RHYTHM: Wednesdays, 10:30 – 11:30 AM & Fridays, 10 – 11 AM **[In-Person]** – Express yourself emotionally through the power of drumming. Relieve stress, increase creativity, and improve problem solving skills using the power of rhythm.

LIFE SKILLS: Wednesdays, 10:30 – 11:30 AM & Fridays, 11 AM – 12 PM **[In-Person]** – Study the natural rhythm of words and become a more fluent reader by building focus, creativity, and self-confidence.

SA 4 PEER RESOURCE CENTER EVENTS

SILVER LINING FOR WOMEN'S HISTORY MONTH: Monday, March 18th, 2:30 -2:30 PM **[In-Person]** – Join us in celebrating Women's History Month by practicing guided relaxation, meditation, breathing exercises, and comforting sound baths.

OPEN MIC: Wednesday, March 20th, 1-3 PM **[In-Person]** – Sing your favorite songs, recite poems, and listen to others take the mic!

WHAT'S THE TEA?: Thursdays, March 14th & 28th, 12:30-2:30 PM **[In-Person]** – Celebrate Women's History Month with us as we cover self-care topics and tips for women!