

# OXNARD CLUB HOUSE SCHEDULE

OPEN MON - FRI 9:00AM - 2:00PM



# MARCH

426 W. 5th St  
Oxnard CA,  
Phone 805 - 247 - 0750

Monday	Tuesday	Wednesday	Thursday	Friday
<b>REMINDER!</b>				
		01	02	03
<p><b>Food Share Every Monday and</b></p>	<p>LUNCH IS SERVED APPROXIMATELY AT 11:30 EVERYDAY</p> <p>Store every Tuesday and Thursday @ 1:30</p> <p><u>Color Key ALL STAFF</u></p>	<p>09:30 Community Meeting</p> <p>10:00 Co-Occurring Disorders</p> <p>10:00 Healthy Habits</p> <p>10:00 Lunch Prep. Group</p> <p>11:30 Walking Group</p> <p>12:30 Art Group</p> <p>FOOD SHARE</p>	<p>10:00 Self-esteem Group</p> <p>10:00 Work Preparation Group</p> <p>10:00 Lunch Prep Group</p> <p>11:30 Walking Group</p> <p>12:30 Relaxation Group</p> <p>1:30 Store</p>	<p>10:00 Overcoming Depression</p> <p>10:00 Men's Group</p> <p>10:00 Lunch Prep. Group</p> <p>11:30 Walking Group</p> <p>12:30 Self Care Group</p> <p>12:30 Anger Management</p>
06	07	08	09	10
<p>09:15 Club Council</p> <p>09:30 Community Meeting</p> <p>10:00 Co-Occurring Disorders</p> <p>10:00 Schizophrenia Awareness</p> <p>10:00 Lunch Prep. Group</p> <p>11:30 Walking Group</p> <p>12:30 Symptom Mngt. Grp</p>	<p>10:00 Communications Group</p> <p>10:00 Lunch Prep. Group</p> <p>11:30 Walking Group</p> <p>12:30 Seeking Safety</p> <p>1:30 Store</p> <p><b>OUTING:</b> Neptune's Net</p>	<p>09:30 Community Meeting</p> <p>10:00 Co-Occurring Disorders</p> <p>10:00 Healthy Habits</p> <p>10:00 Lunch Prep. Group</p> <p>11:30 Walking Group</p> <p>12:30 Art Group</p> <p>FOOD SHARE</p>	<p>10:00 Self-esteem Group</p> <p>10:00 Work Preparation Group</p> <p>10:00 Lunch Prep Group</p> <p>11:30 Walking Group</p> <p>12:30 Relaxation Group</p> <p>1:30 Store</p>	<p>10:00 Overcoming Depression</p> <p>10:00 Men's Group</p> <p>10:00 Lunch Prep. Group</p> <p>11:30 Walking Group</p> <p>12:30 Social Skills Group</p> <p>12:30 Anger Management</p>
13	14	15	16	17
<p>09:15 Club Council</p> <p>09:30 Community Meeting</p> <p>10:00 Co-Occurring Disorders</p> <p>10:00 Schizophrenia Awareness</p> <p>10:00 Lunch Prep. Group</p> <p>11:30 Walking Group</p> <p>12:30 Symptom Mngt. Grp</p>	<p>10:00 Communications Group</p> <p>10:00 Lunch Prep. Group</p> <p>11:30 Walking Group</p> <p>12:30 Seeking Safety</p> <p>1:30 Store</p> <p><b>OUTING:</b> Movies</p>	<p>09:30 Community Meeting</p> <p>10:00 Co-Occurring Disorders</p> <p>10:00 Healthy Habits</p> <p>10:00 Lunch Prep. Group</p> <p>11:30 Walking Group</p> <p>12:30 Art Group</p> <p>FOOD SHARE</p>	<p>10:00 Self-esteem Group</p> <p>10:00 Work Preparation Group</p> <p>10:00 Lunch Prep Group</p> <p>11:30 Walking Group</p> <p>12:30 Relaxation Group</p> <p>1:30 Store</p>	<p>10:00 Overcoming Depression</p> <p>10:00 Men's Group</p> <p>10:00 Lunch Prep. Group</p> <p>11:30 Walking Group</p> <p>12:30 Self Care Group</p> <p>12:30 Anger Management</p>
20	21	22	23	24
<p>09:15 Club Council</p> <p>09:30 Community Meeting</p> <p>10:00 Co-Occurring Disorders</p> <p>10:00 Schizophrenia Awareness</p> <p>10:00 Lunch Prep. Group</p> <p>11:30 Walking Group</p> <p>12:30 Symptom Mngt. Grp</p>	<p>10:00 Communications Group</p> <p>10:00 Lunch Prep. Group</p> <p>11:30 Walking Group</p> <p>12:30 Seeking Safety</p> <p>1:30 Store</p> <p><b>OUTING:</b> Arroyo Verde Park</p>	<p>09:30 Community Meeting</p> <p>10:00 Co-Occurring Disorders</p> <p>10:00 Healthy Habits</p> <p>10:00 Lunch Prep. Group</p> <p>11:30 Walking Group</p> <p>12:30 Art Group</p> <p>FOOD SHARE</p>	<p>10:00 Self-esteem Group</p> <p>10:00 Work Preparation Group</p> <p>10:00 Lunch Prep Group</p> <p>11:30 Walking Group</p> <p>12:30 Relaxation Group</p> <p>1:30 Store</p>	<p>10:00 Overcoming Depression</p> <p>10:00 Men's Group</p> <p>10:00 Lunch Prep. Group</p> <p>11:30 Walking Group</p> <p>12:30 Social Skills Group</p> <p>12:30 Anger Management</p>
27	28	29	30	31
<p>09:15 Club Council</p> <p>09:30 Community Meeting</p> <p>10:00 Co-Occurring Disorders</p> <p>10:00 Schizophrenia Awareness</p> <p>10:00 Lunch Prep. Group</p> <p>11:30 Walking Group</p> <p>12:30 Symptom Mngt. Grp</p>	<p>10:00 Communications Group</p> <p>10:00 Lunch Prep. Group</p> <p>11:30 Walking Group</p> <p>12:30 Seeking Safety</p> <p>1:30 Store</p> <p><b>OUTING:</b> Miniature Golf</p>	<p>09:30 Community Meeting</p> <p>10:00 Co-Occurring Disorders</p> <p>10:00 Healthy Habits</p> <p>10:00 Lunch Prep. Group</p> <p>11:30 Walking Group</p> <p>12:30 Art Group</p> <p>FOOD SHARE</p>	<p>10:00 Self-esteem Group</p> <p>10:00 Work Preparation Group</p> <p>10:00 Lunch Prep Group</p> <p>11:30 Walking Group</p> <p>12:30 Relaxation Group</p> <p>1:30 Store</p>	<p><b>Cesar Chavez Holiday BBQ</b></p>

