











October 2011


Corner Bridge Calendar

328 Union Avenue, Laconia, N.H. 03246



Mental Health Awareness Week ~ Oct. 3-8th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>1</p> <p>10:30 Feelings 12 Potluck 1 Bingo/ Games</p> 
<p>2</p> <p>10:30 Feelings 11 Maintenance Class 12 Play Cards Movie</p>	<p>3</p> <p>9:30 Walking 10:30 Feelings 11 Community Meeting 11:30 News/Currants Events 12 Life Skills 1 IPS</p>	<p>4</p> <p>9:30 Walking 10:30 Feelings 11 Computer Assistance Currants Events 1 WRAP</p>	<p>5</p> <p>9:30 Walking 10:30 Feelings 11 Self Esteem 11:30 Book Club 12 Arts & Crafts</p>	<p>6</p> <p>BIRTHDAY PARTY 10:30 Feeling 11 Nutrition & Cooking 1 Clean Up Music</p>	<p>7</p> <p>10:30 Feelings 11 Coupons & Saving 1 Caring for Plants 1:30 Mediation/Relaxation</p>	<p>8</p> <p>10:30 Feelings 11 Music By Dan 12 Pot Luck 1 Bingo / Games</p>
<p>9</p> <p>10:30 Feelings 11 Maintenance Class 12 Play Cards Movie</p> 	<p>10</p> <p>9:30 Walking 10:30 Feelings 11:30 News/Currants Events 12 Life Skills 1 IPS</p>	<p>11</p> <p>9:30 Walking 10:30 Feelings 11 Computer Assistance Currant Events 1 WRAP</p> <p>2nd Tuesday: NH State Mental Health Planning Council – 5pm-8pm Fox, BBH</p>	<p>12</p> <p>9:30 Walking 10:30 Feelings 11 Self Esteem 11:30 Book Club 12 Arts & Crafts</p> 	<p>13</p> <p>10:15 STAFF MEETING 10:30 World News 11 Nutrition & Cooking 1 Clean Up Feelings Music</p>	<p>14</p> <p>10:30 Feelings 11 Coupons & Saving 1 Caring for Plants 1:30 Mediation/Relaxation</p>	<p>15</p> <p>10:30 Feelings 11 Music By Dan 12 Pot Luck 1 Bingo/Games</p> 
<p>16</p> <p>10:30 Feelings 11 Maintenance Class 12 Play Cards Movie</p> 	<p>17</p> <p>9:30 Walking 10:30 Feelings 11 Community Meeting 11 News/Currants Events 12 Life Skills 1 IPS</p>	<p>18</p> <p>9:30 Walking 10:30 Feelings 11 Computer Assistance Currants Events 1 WRAP</p> <p>3rd Tuesday: NH State Mental Health Consumer Council -10am-1pm Fox, BBH</p>	<p>19</p> <p>9:30 Walking 10:30 Feelings 11 Self Esteem 11:30 Book Club 12 Arts & Crafts</p>	<p>20</p> <p>10:30 Feelings 11 Nutrition & Cooking 1 Clean Up Music</p>	<p>21</p> <p>10:30 Feelings 11 Coupons & Saving 1 Caring for Plants 1:30 Mediation/Relaxation</p>	<p>22</p> <p>10:30 Feelings 11 Music By Dan 12 Pot Luck 1 Bingo/ Games</p> 
<p>23</p> <p>10:30 Feelings 11 Maintenance Class 12 Play Cards/ Movie</p>	<p>24</p> <p>9:30 Walking 10:30 Feelings 11 Community Meeting 11 News/Currants Events 12 Life Skills 1 IPS</p> <p>4th Monday: NH Council on Aging-11am-2pm PRC Room BBH Main Building</p>	<p>25</p> <p>9:30 Walking 10:30 Feelings 11 Computer Assistance Currants Events 1 WRAP</p>	<p>26</p> <p>9:30 Walking 10:30 Feelings 11 Self Esteem 11:30 Book Club 12 Arts & Crafts</p> <p>CornerBridge Board Meeting 5:30pm in Laconia</p> 	<p>27</p> <p>10:15 STAFF Meeting 10:30 World News 11 Nutrition & Cooking 1 Clean Up Feelings Music</p>	<p>28</p> <p>10:30 Feelings 11 Coupons & Saving 1 Caring for Plants 1:30 Mediation/Relaxation</p> 	<p>29</p> <p>Feelings 11 Music By Dan 12 Pot Luck 1 Bingo/Games</p>

30 10:30 Feelings 11 Maintenance Class 12 Play Cards Movie	31 Happy Halloween 11 Community Meeting PARTY 					
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Please Write in Your Journal Daily
2nd Tuesday: NH State Mental Health Planning Council – 5pm-8pm Fox, BBH
3rd Tuesday: NH State Mental Health Consumer Council -10am-1pm Fox, BBH
4th Monday: NH Council on Aging-11am-2pm PRC Room BBH Main Building

Contact Linda Cormier Lamotagne, Program Director ~ linda.cornerbridge@metrocast.net or 603-528-7742 for more information on our programs.

Visit our website: www.nhcornerbridge.org where you will find our monthly calendars and newsletters on the web.

Mondays

1. Community Meeting – we all meet to go over trips, special days of the month to come and menu – Monday every other week [with Linda and all peers]
2. Life Skills-to go over any knowledge and practice to be able to do daily activities that will help us live our life well -1 day a week [with Linda]
3. News and Currents Events – Talk about the news in our community and surrounding areas- 1 day a week [with Linda]
4. IPS – Intentional Peer Support- 1 day a week – [with Linda]

Tuesdays

1. Computer Assistance – help with questions and problems with the computer or assist with typing a letter or paper for them- 1 day a week [with Linda] peers can use computer every day if wanted
2. Current Events – Newspaper is read and discussed also current events in the community – 1 day a week {with Val]
3. WRAP – Wellness Recovery Action Plan and Peer Support- 1 day a week [with Linda and Val]

Wednesdays

1. Self Esteem – Talk about and discuss favorable opinion of ones self 1 day a week [with Linda]
2. Book Club – peers pick out a book they would to read together –and we read it weekly and discuss what we have read – 1 day a week [with Linda]
3. Arts and Crafts – making things, drawing and painting 1 day a week [with Linda]

Thursdays

1. World News – read, talk, and discuss world news – 2 times a month [with Kathy]
2. Nutrition and Cooking – the process of knowing what food is nourish and to prepare food to be cooked for the meal and cook it- 1 day a week [with Linda]
3. Music and the theory of Music – talk and discuss music and listen to it – 1 day [with Dan]

Fridays

1. Coupons and Saving – Cut out coupons for the house and peers – talk about saving money – 1 day a week – [with Val]
2. Caring for Houseplants and Outdoor Plants – watering the plants and garden also weeding – discussion about plants – 1 day a week [with Val]
3. Mediation and Relaxation – relief of bodily and mental tension and attempt to effect a peaceful mind – 1 day a week [with Val]

Saturday

1. Games and Cards –play games like bingo and cards -1 day a week [with Val]

Sundays

1. Maintenance – a class on doing small repairs around the house – 1 day a week [with]
2. Movies – peers pick out movies for afternoon viewing – 1 day a week – [with Bob]
3. Staff Meeting and Co supervision –every 2 weeks on Thursdays –all staff

We are open 10:00am to 4:00pm every day ~ come have a cup of coffee and share warm talks with friends.