

The Meeting Place Clubhouse
Weekly Schedule
619-294-9582

Monday

8:00 am Doors Open
Please **Sign in** (when you arrive)
8:00—8:50 am Breakfast (served in the dining room)
9:00 am Morning Unit Meetings
9:30 am Clubhouse Tours (if needed)
12:00 pm **Yoga!**
12:00 **LUNCH** (in the dining room)
12:30—1:00 pm **Midday Wellness Walk**
1:00 pm Newscast & Unit Meetings
1:30 pm Clubhouse Tours (if needed)
2:00 pm Baking/Café Prep Class
2:30 pm **Job Hour!**
3:45 pm **Abs & Balance**

Tuesday

8:00 am Doors Open
Please **Sign in** (when you arrive)
8:00—8:50 am Breakfast (served in the dining room)
9:00 am Morning Unit Meetings
9:30 am Clubhouse Tours (if needed)
10:30 am Food Distribution
12:00 pm **Yoga!**
12:00 **LUNCH** (in the dining room)
12:30 pm Food Distribution
1:00 pm Newscast & Unit Meetings
1:30 pm Clubhouse Tours (if needed)
2:00 pm **Job Hour!**
2:30 pm Media Development
3:45 pm **Boot Camp!**

Wednesday

8:00 am Doors Open
Please **Sign in** (when you arrive)
8:00—8:50 am Breakfast (served in the dining room)
9:00 am Morning Unit Meetings
9:30 am Clubhouse Tours (if needed)
10:00 am **Menu Planning**
11:00 am **Wellness On Wednesday (WOW)**
12:00 **LUNCH** (in the dining room)
12:30—1:00 pm **Midday Wellness Walk**
1:00 pm Community Meeting
2:00 pm Unit Meetings
2:30 pm Media Development
3:45 pm Mindfulness/Meditation

Thursday

8:00 am Doors Open
Please **Sign in** (when you arrive)
8:00—8:50 am Breakfast (served in the dining room)
9:00 am Morning Unit Meetings
9:30 am Clubhouse Tours (if needed)
10:00 am **TMP Employment Course**
12:00 pm **Yoga!**
12:00 **LUNCH** (in the dining room)
12:30—1:00 pm **Midday Wellness Walk**
1:00 pm Newscast & Unit Meetings
1:30 pm Clubhouse Tours (if needed)
2:00 pm Newsletter Meeting (2nd Thurs.)
2:00 pm Social Activities Meeting (3rd Th.)
3:45 pm **Boot Camp!**

Friday

8:00 am Doors Open
Please **Sign in** (when you arrive)
8:00—8:50 am Breakfast (served in the dining room)
9:00 am Morning Unit Meetings
9:30 am Clubhouse Tours (if needed)
10:00 am **Job Hour!**
12:00 pm **Yoga!**
12:00 **LUNCH** (in the dining room)
12:30—1:00 pm **Midday Wellness Walk**
1:00 pm Newscast & Unit Meetings
1:30 pm Clubhouse Tours (if needed)
2:45 pm **Cardio!**
3:15 pm **TGIF! (Thank Goodness It's Friday)**

**Please remember to SIGN OUT
when you leave for the day**

If you have any questions or need anything, please feel free to ask. Remember, we are here for you!

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