

Address:
 Arapaho Gardens
 1121 Rockingham Dr.
 Richardson TX 75080
 972-379-9904



OCTOBER BIRTHDAYS

Melanie P. - 10/2
 Laura D. - 10/8
 John G. - 10/10
 Tracy S. - 10/10
 Thomas S. - 10/15



Christy W. - 10/16
 Liz M. - 10/23
 Nadine X. - 10/28
 Aurora B. - 10/29
 Niobe R. - 10/29



~ October 2024 ~						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>"I'm so glad I live in a world where there are Octobers." - L.M. Montgomery</p>		<p>1 Morning Mtg 10a Lunch 12:30p HOUSE MEETING 1p Afternoon Meeting 1:45p Composition 4 Wellness</p>	<p>2 Morning Mtg 10a Newsletter Comm. 11a Lunch 12:30p Afternoon Unit Mtgs 1:30p Janssen Neuroscience - 2p Kody Green</p>	<p>3 Morning Mtg 10a Media Arts Comm. 11a Lunch 12:30p Afternoon Unit Mtgs 1:30p Sunshine & Shadows 2p</p>	<p>4 Clubhouse Closed</p>	<p>5</p>
	MENTAL ILLNESS AWARENESS WEEK					
<p>6</p>	<p>7 Morning Mtg 10a Events Comm. 11a Lunch 12:30p Pam's Book Discussion 2p Tea Time 3p</p>	<p>8 Morning Mtg 10a Lunch 12:30p HOUSE MEETING 1p Afternoon Meeting 1:45p Composition 4 Wellness</p>	<p>9 Morning Mtg 10a Texas State Fair Day Lunch 12:30p Afternoon Unit Mtgs 1:30p</p>	<p>10 Morning Mtg 10a Hoops @ JFS - 11a Lunch 12:30p Afternoon Unit Mtgs 1:30p Media Arts Comm. 2p</p>	<p>11 Clubhouse Closed</p>	<p>12</p>
<p>13</p>	<p>14 Morning Mtg 10a Gardening Comm. 11a Lunch 12:30p Afternoon Unit Mtgs 1:30p Pam's Book Discussion 2p Tea Time 3p</p>	<p>15 Morning Mtg 10a Lunch 12:30p HOUSE MEETING 1p Afternoon Meeting 1:45p Composition 4 Wellness</p>	<p>16 Morning Mtg 10a Newsletter Comm. 11a Lunch 12:30p Afternoon Unit Mtgs 1:30p Kim K.'s Cooking Class - 2p Career & Dev Comm 2p</p>	<p>17 Morning Mtg 10a Media Arts Comm. 11a Lunch 12:30p Afternoon Unit Mtgs 1:30p Sunshine & Shadows 2p</p>	<p>18 Clubhouse Closed</p>	<p>19</p> <p>Coffee House Jam: The Halloween Party 5p</p>
<p>20</p>	<p>21 Morning Mtg 10a Events Comm. 11a Lunch 12:30p Afternoon Unit Mtgs 1:30p Pam's Book Discussion 2p Tea Time 3p</p>	<p>22 Morning Mtg 10a Lunch 12:30p HOUSE MEETING 1p Afternoon Meeting 1:45p Composition 4 Wellness</p>	<p>23 Morning Mtg 10a Lunch 12:30p Afternoon Unit Mtgs 1:30p New Member Comm. 2p</p>	<p>24 Morning Mtg 10a Media Arts Comm. 11a Lunch 12:30p Afternoon Unit Mtgs 1:30p Advocacy Comm. 2p</p>	<p>25 Clubhouse Closed</p>	<p>26</p> <p>Supper Club String Bean - 5p 1310 W Campbell Rd</p>
<p>27</p>	<p>28 Morning Mtg 10a Gardening Comm. 11a Morning Mtg 10a Lunch 12:30p Pam's Book Discussion 2p Tea Time 3p</p>	<p>29 Morning Mtg 10a Birthday Bash - 12:30p HOUSE MEETING 1p Afternoon Meeting 1:45p Break from C4Wellness</p>	<p>30 Morning Mtg 10a Newsletter Comm. 11a Lunch 12:30p Afternoon Unit Mtgs 1:30p Career & Dev Comm 2p</p>	<p>31 Morning Mtg 10a Media Arts Comm. 11a Lunch 12:30p Afternoon Unit Mtgs 1:30p</p>	<p>"No act of love and kindness is ever wasted." -Lt. Dan</p>	

Special Events

10/1, 10/8, 10/15, 10/22 - Composition 4 Wellness @ 2p
 10/2 - Janssen Neuroscience Presentation - Kody Green - 2p
 10/4, 10/11, 10/18, 10/25 - Clubhouse Closed
 10/7, 10/14, 10/21, 10/28 - Pam C.'s Book Discussion - 2p
 10/7-10/11 - Mental Illness Awareness Week

HOURS:
Monday-Friday 9a - 4p
972-379-9904

10/9 - Trip to the Texas State Fair
 10/10 - Hoops @ JFS (basketball wellness) - 11a
 10/16 - Kim K.'s Cooking Class - 2p
 10/19 - Coffee House Jam: The Halloween Party - 5p
 10/26 - Supper Club: - 5p - 1310 W Campbell Rd - Unit 101
 10/29 - Birthday Bash - 12:30p