

Conover Center March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10:30-Outing: Walmart</p> <p>1-Mental Health Monday: Understanding Psychosis</p> <p>2-Mindfulness Monday : Anchor Breathing</p> 	<p>3</p> <p>10:30-Bible Study /Cooking Class</p> <p>11-Craft: Sun Catcher Shamrocks/ Center Decorating</p> <p>12:45 Volunteering: Ashure</p> <p>1-Group: Tips for Talking to Your Healthcare Provider</p>	<p>4</p> <p>10:30-Guest: Comfort Dog Faith</p> <p>11-Participant Council Meeting/ Center Decorating</p> <p>12:45-Volunteering: Ashure</p> <p>1-Group: Money Management</p>	<p>5</p> <p>10:30-Outing: Thrift Shopping</p> <p>11-Group: Sleep Hygiene</p> <p>1-Coping Skills Group: Coping with Stress</p> 	<p>6</p> <p>10:30-Peer Group</p> <p>11-Community Outing: Library & Park</p> <p>1-A to Z Coping Collaboration</p>
<p>9</p> <p>11-Mental Health Monday: Social Anxiety Disorder</p> <p>12:45-Outing: Walmart</p> <p>1-BINGO</p> <p>2-Mindfulness Monday : 3 Step Mindfulness</p>	<p>10</p> <p>10:30-Bible Study/Cooking Class</p> <p>11-Outing: Food Bank & Bread Store</p> <p>12:45 Volunteering: Ashure</p> <p>1-Group: Environmental Wellness</p>	<p>11</p> <p>11-Craft: Flower Bouquet</p> <p>12:45-Volunteering: Ashure</p> <p>1-Group: Money Management</p> 	<p>12</p> <p>10:30-Community Outing: Pin Station Bowling (\$)</p> <p>1-Coping Skills Group: The "What If" Bias</p>	<p>13</p> <p>10:30-Peer Group</p> <p>11-Community Outing: Library & Park</p> <p>1-Price is Right</p> 
<p>16</p> <p>10:30-Outing: Walmart</p> <p>1-Mental Health Monday: Borderline Personality Disorder</p> <p>2-Minfulness Monday: Silent Connections</p>	<p>17 St. Patrick's Day</p> <p>10:30-Bible Study/Cooking Class</p> <p>11-St. Patty's Trivia & Games</p> <p>12:45-Volunteering: Ashure</p> <p>1- St. Patty's Day Party</p> 	<p>18</p> <p>10:30-Guest: Comfort Dog Faith</p> <p>11-Volunteering: Meals on Wheels</p> <p>12:45-Volunteering: Ashure</p> <p>1-Group: Money Management</p>	<p>19</p> <p>10:30-Outing: Carolina Theater Movie (\$6)</p> <p>1-Coping Skills Group: Coping Mask</p> <p>2-Guest Speaker: EMS Melanie- Poison Prevention & Med Management</p>	<p>20 First Day of Spring</p> <p>10:30 Peer Group</p> <p>11-Outing: Library & Park</p> <p>12-Picnic @ Conover Park</p> <p>1-Spring BINGO</p> 
<p>23</p> <p>11-Mental Health Monday: Eating Disorders</p> <p>12:45-Outing: Walmart</p> <p>1-BINGO</p> <p>2-Mindfulness Monday: 3 Steps to Deep Breathing</p> 	<p>24</p> <p>10:30-Bible Study/Cooking Class</p> <p>11-Outing: Thrift Shopping/Guest: Pastor Wesley Ward</p> <p>12:45-Volunteering: Ashure</p> <p>1-Group: Health Risks of Inactive Lifestyle</p>	<p>25</p> <p>11-Craft: Bunny Bags</p> <p>12:45-Volunteering: Ashure</p> <p>1-Group: Money Management</p> 	<p>26</p> <p>10:30-Outing: History Museum of Catawba County</p> <p>1-Coping Skills Group: S.A.F.E. Self Compassic</p> 	<p>27</p> <p>10:30-Peer Group</p> <p>11-Community Outing: Library & Park</p> <p>1-Coping Skill Pictionary</p> 
<p>30</p> <p>10:30-Outing: Walmart</p> <p>1-Mental Health Monday: ADHD in Adults</p> <p>2-Mindfulness Monday : The 5 Senses</p>	<p>31</p> <p>10:30-Bible Study/Cooking Class</p> <p>11-Outing: Food Bank & Bread Store</p> <p>12:45-Volunteering: Ashure</p> <p>1-Group: Personal Hygiene</p> <p>2-Birthday Celebration</p>	 <p>All Activities Subject to Change</p>	<p>Birthdays</p> <p>Jasmine 3/6</p> <p>Steven 3/19</p> <p>Anniversaries</p> <p>Janice 3/4 (1yr)</p> <p>Nancy 3/4 (1yr)</p> <p>Dean 3/6/ (1 yr)</p> 	<p>Daily Schedule</p> <p>8-10 Transportation & Breakfast</p> <p>10-11 Check-In/Activity</p> <p>12 Drink Sales</p> <p>12:15 Lunch</p> <p>2:30 Snack</p> <p>3-4 Transportation</p>