

November 2026



RECREATIONAL
RESPITE

Young Adults (ages 16+)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 2:30pm Stepping Into Independence: Managing Your Daily Schedule 6:30pm Learn to Draw	3 11:00am Mindful Mornings (Yoga, Meditation, & Journaling)	4 2:30pm Muscles & Me 6:30pm Friendship Circle	5 2:30pm The Drama Studio 6:30pm The Bookworm's Club (series)	6 2:30pm Create Your Own Poppy 6:30pm TGIF Game Night!	7
8	9 2:30pm Stepping Into Independence: How to Make a Meal Plan 6:30pm Learn to Draw	10 11:00am Mindful Mornings (Yoga, Meditation, & Journaling)	11 2:30pm Muscles & Me 6:30pm Friendship Circle	12 2:30pm The Drama Studio 6:30pm The Bookworm's Club (series)	13 2:30pm Karaoke 6:30pm TGIF Game Night!	14
15	16 2:30pm Stepping Into Independence: Squeaky Clean (Personal Hygiene) 6:30pm Learn to Draw	17 11:00am Mindful Mornings (Yoga, Meditation, & Journaling)	18 2:30pm Muscles & Me 6:30pm Friendship Circle	19 2:30pm The Drama Studio 6:30pm The Bookworm's Club (series)	20 2:30pm Two Truths & an Opinion 6:30pm TGIF Game Night!	21
22	23 2:30pm Stepping Into Independence: How to Monitor Screen Time 6:30pm Learn to Draw	24 11:00am Mindful Mornings (Yoga, Meditation, & Journaling)	25 2:30pm Muscles & Me 6:30pm Friendship Circle	26 2:30pm The Drama Studio 6:30pm The Bookworm's Club (series)	27 2:30pm Pop Culture Dance Craze 6:30pm TGIF Game Night!	28
29	30 6:30pm Peer-to-Peer: Talent Show! (Free)	Virtual Group Programs Cost: \$20/Program (1-hour each) The Bookworm's Club Cost: \$80 for 4-week series (1-hour each) <i>All programs are run online via Zoom and scheduled in Eastern Time</i> For more information or to register, email groups@recrespite.com or call 1-877-855-7070				

Inclusion - Participation - Social Health - Connectivity

To learn more about Recreational Respite and our services, visit us at www.recrespite.com