

# April 2024



March '24							May '24						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2				1	2	3	4
3	4	5	6	7	8	9	5	6	7	8	9	10	11
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17	18	19	20	21	22	23	19	20	21	22	23	24	25
24	25	26	27	28	29	30	26	27	28	29	30	31	
31													

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
31	1	2	3	4 11:30-12:30 43 North Iowa IPS Job Help	5 9:30-10:30 Coffee and Conversation	6 National Peanut Butter and Jelly Day	
7	8 1:30-2:30 Real Talk Benefits of Meditation	9 1:30-2:30 Gambling Addiction? How we can help	10 1:30-2:30 Quit Smoking Support Group	11 11:30-12:30 43 North Iowa IPS Job Help  CLOSED 12:30	12 1:30-2:30 Movie	13	
14	15 1:30-2:30 Spring Craft	16 1:30-2:30 Coffee Can Questions	17 1:30-2:30 Clay Art Mandelas	18 1:30-2:30 ISU Cooking Class 8-Week Program	19 1:30-2:30 Canvas Painting	20	
21	22 1:30-2:30 Real Talk The Importance of Connection	23 1:30-2:30 Mindfulness Journaling	24 9:30-10:30 Coffee and Conversation	25 1:30-2:30 ISU Cooking Class 8-Week Program  CLOSING @ 2:30	26 1:30-2:30 Baking Soda Texture Painting	27	
28	29 1:30-2:30 Puzzle	30 1:30-3:00 Canvas Painting	1	2	3	4	
5	6	Notes <b>Melanie Tilley Peer Support/Activities Coordinator</b> <b>(641) 243-7259 Fax (641) 243-7214</b> <b>Prairie Ridge Downtown Drop In Center</b> <b>112 2nd Street SE, Mason City IA 50401</b>				<b>National Frog Month</b> <b>Sexual Assault Awareness Month</b>	