



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2.)</p> <p>1.) What is behavior? 2.) What are life choices?</p> <p><b>Cooking Club Around the World</b></p> <p><b>Open M</b></p>	<p>3.)</p> <p>1.) How does behavior impact others? 2.) How life choices influence success.</p> <p><b>Newsletter</b></p> <p><b>Cleveland Clinic Restore</b></p>	<p>4.) <b>Art w/Beth</b></p> <p>1.) What is empathy for others? 2.) Importance of education?</p> <p><b>Choir</b></p> <p><b>People First Meeting</b></p>	<p>5.)</p> <p>1.) Understanding feelings and perspectives 2.) Support systems that contribute to success</p> <p><b>YMCA</b></p>	<p>6.)</p> <p><b>Dunkin Donuts Pizza/Bowling</b></p> <p><b>Food Bank Salvation Army</b></p>
<p>9.)</p> <p>1.) Effective problem solving 2.) Active listening</p> <p><b>Cooking Club Around the World</b></p> <p><b>Open M</b></p>	<p>10.)</p> <p>1.) Problem solving skills 2.) Communication techniques</p> <p><b>Newsletter</b></p> <p><b>Cleveland Clinic ReStore</b></p>	<p>11.)</p> <p>1.) Steps to problem solving 2.) Body language w/active listening</p> <p><b>Choir</b></p>	<p>12.)</p> <p>1.) Explain steps to problem solving 2.) Avoiding distractions</p> <p><b>Access</b></p>	<p>13.)</p> <p><b>Panda Express-Group 1 Summit Mall- Group 2</b></p>
<p>16.)</p> <p>1.) Peer pressure 2.) What is a goal?</p> <p><b>Cooking Club Around the World</b></p> <p><b>Open M</b></p>	<p>17.)</p> <p>1.) Recognizing peer pressure 2.) Set a short-term goal</p> <p><b>Newsletter</b></p> <p><b>Cleveland Clinic ReStore</b></p>	<p>18.)</p> <p>1.) How to handle peer pressure 2.) Strategies and obstacles to achieve a goal</p> <p><b>Choir</b></p> <p><b>Brightstar</b></p>	<p>19.)</p> <p><b>Panda Express-Group 2 Summit Mall- Group 1</b></p> <p><b>YMCA</b></p>	<p>20.) Christmas Spectacular</p> 
<p>23.) <b>Center Closed for Holiday</b></p> 	<p>24.)</p> 	<p>25.)</p> 	<p>26.)</p> 	<p>27.)</p> 
<p>29.)</p> <p>1.) Strategies to resist peer pressure 2.) Apply strategies monitor progress of goal</p> <p><b>Open M</b></p>	<p>30.)</p> <p>1.) Teamwork 2.) Leadership</p> <p><b>Newsletter</b></p> <p><b>Cleveland Clinic ReStore</b></p>	<p>31.)</p> <p>1.) Characteristics of a team player 2.) Leadership styles</p>	<p><b>Monthly Rights:</b></p> <p>1.) Your right to be treated nicely at all times and be treated as a person.</p> <p>2.) Your right to have a clean safe place to live in.</p>	

All events that involve money are voluntary. Other opportunities will be available for those who choose not to attend.

**Group 2:** Brad, Stephen, Sarah, Kari, David, Pamela, Ryan, Cheryl, Ashley, Joseph, Christian

- **Christmas Spectacular** ~ Come one! Come all! To the greatest Christmas Spectacular of all!
- Join us as the Christmas season the only way we know how! Family, Friends, and SSA's are invited to join!! **The show will begin promptly at 11:00am.** Light refreshments will be served immediately after the show. **Location will be at HQ:1647 Brittain Rd.**

#### Cooking Club

- 2<sup>nd</sup>.) Blueberry muffins
- 9<sup>th</sup>.) Calzones
- 16<sup>th</sup>.) Sugar Cookies
- 30<sup>th</sup>.) Perogies

#### People First Meeting

People first is a group that gives people with disabilities a voice. People first shows individuals with disabilities that they should be treated equal and have rights in their communities.

Those who were interested will attend the first quarterly meeting December 4, 2019.

Lunch will be available to purchase for \$2.00.

**Pizza & Bowling-** Bowl for \$2.00 or stay back at HUB and order pizza for lunch. Pizza is a \$1.00 a slice and \$1.00 for a pop.

**Summit Mall Shopping Trip** – Summit Mall opened October 25, 1965. Did you know there are more than 107 stores in the mall? Tis the season to begin Christmas shopping. **Please bring between \$10-\$20 for this trip.**

**Panda Express** - Panda Express operates 1,800 eateries and employs about 26,000 people. **Please bring between \$10-\$20 for this trip.**

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