

June 2010

Aspire Portland—Recovery Activities



Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 Hearing Voices Hamilton 9:30am	2	3 1pm Pathways to Recovery group	4 1pm Thai tea ceremony@the library 12pm Walk	5	6
7 1pm Scrabble	8	9	10 1pm Pathways to Recovery	11 1pm journaling for recovery 12pm Walk	12	13
14 Office Closed Queens birthday	15 Hearing voices Hamilton 9:30am	16	17 1pm Pathways to Recovery	18 12pm Walk 1pm History House	19	20
21 1pm Scrabble	22	23	24 1pm Pathways to Recovery	25 12pm Walk 10am Horse riding in Hamilton	26	27
28 1pm Scrabble	29 Office Closed Team Building Day	30				

