



March 2024



Monday


Tuesday

Wednesday

Thursday

Friday

Saturday

				<p>1</p> <p><u>10:30 - 11:30 - Recovery Clean-up</u></p> <p><u>12PM - Recovery Story</u></p> <p><u>2:30PM - 3:30 - Writing Group</u></p> <p><u>3PM - 4:00 - Sound Healing</u></p> <p><u>5PM - 7 - Guitar Circle</u></p>	<p>2</p> <p><u>11AM - Diamond Arts</u></p> <p><u>3PM-5 - Jammin w/ the Cafe</u></p>
<p>4</p>	<p>5</p> <p><u>2PM - Drop The Rock Book Club</u></p> <p><u>3PM - Garden Club</u></p> <p><u>3PM - Healthy Living - Benefits of good sleep</u></p> <p><u>4PM - 5 - DRA</u></p> <p><u>5PM-5:30 - Meditation</u></p>	<p>6</p> <p><u>10AM - 11:30 - Yoga</u></p> <p><u>10:30 - 11:30 - Recovery Clean-up</u></p> <p><u>2PM - 3:45 - Healing Arts</u></p> <p><u>4:30PM-5:15 - Meditation - LKM</u></p>	<p>7</p> <p><u>3:30-5 - Trivia</u></p> <p><u>10:30AM - 12:00 - Book Club - Compassionate Communication</u></p>	<p>8</p> <p><u>10:30 - 11:30 - Recovery Clean-up</u></p> <p><u>3PM - 4 - Sound Healing</u></p> <p><u>5PM - 7 - Guitar Circle</u></p>	<p>9</p> <p><u>11AM - Diamond Arts</u></p> <p><u>3PM-5 - Jammin w/ the Cafe</u></p>
<p>11</p> <p><u>Hike for Recovery</u></p> <p><u>8:30 AM - 4:30 PM</u></p> <p><u>Lacamas Lake</u></p>	<p>12</p> <p><u>2PM - Drop The Rock Book Club</u></p> <p><u>3PM - Garden Club</u></p> <p><u>4PM - 5 - DRA</u></p> <p><u>5PM - 5:30 - Meditation</u></p>	<p>13</p> <p><u>10AM - 11:30 - Yoga</u></p> <p><u>10:30 - 11:30 - Recovery Clean-up</u></p> <p><u>2PM - 3:45 - Healing Arts -</u></p> <p><u>4pm-5 - Circle of Hope</u></p> <p><u>4:30PM - 5:15 - Meditation - LMK</u></p>	<p>14</p> <p><u>9AM-10 - Walking with Recovery - Van Mall</u></p> <p><u>10:30AM - 12:00 - Book Club - Compassionate Communication</u></p> <p><u>3:30-5 - Candle Make and Take</u></p>	<p>15</p> <p><u>10:30 - 11:30 - Recovery Clean-up</u></p> <p><u>2:30PM - 3:30 - The Cafe Writing Center</u></p> <p><u>3PM - 4 - Singing Bowls</u></p> <p><u>5PM - 7 - Guitar Circle</u></p>	<p>16</p> <p><u>11AM - Diamond Arts</u></p> <p><u>3PM - 5 - Jammin w/ the Cafe</u></p>
<p>18</p>	<p>19</p> <p><u>2PM - Drop The Rock Book Club</u></p> <p><u>3PM - Garden Club</u></p> <p><u>3PM - Healthy Living - How to get better sleep</u></p> <p><u>4PM - 5 - DRA</u></p> <p><u>5PM - 5:30 - Meditation</u></p>	<p>20</p> <p><u>10AM - 11:30 - Yoga</u></p> <p><u>10:30 - 11:30 - Recovery Clean-up</u></p> <p><u>2PM - 3:45 - Healing Arts - Visit from Library</u></p> <p><u>4:30PM - 5:15 - Meditation - LKM</u></p>	<p>21</p> <p><u>9AM-10 - Walking with Recovery - Van Mall</u></p> <p><u>10:30AM - 12:00 - Book Club - Compassionate Communication</u></p> <p><u>3:30-5 - Board games</u></p>	<p>22</p> <p><u>10:30 - 11:30 - Recovery Clean-up</u></p> <p><u>3PM - 4 - Sound Healing</u></p>	<p>23</p> <p><u>11AM - Diamond Arts</u></p> <p><u>3PM - 5 - Jammin w/ the Cafe</u></p>
<p>25</p>	<p>26</p> <p><u>2PM - Drop The Rock Book Club</u></p> <p><u>3PM - Garden Club</u></p> <p><u>4PM - 5 - DRA</u></p> <p><u>5PM - 5:30 - Meditation</u></p>	<p>27</p> <p><u>10AM - 11:30 - Yoga</u></p> <p><u>10:30 - 11:30 - Recovery Clean-up</u></p> <p><u>2PM - 3:45 - Healing Arts</u></p> <p><u>4pm-5 - Circle of Hope</u></p> <p><u>4:30PM - 5:15 - Meditation - LKM</u></p>	<p>28</p> <p><u>9AM-10 - Walking with Recovery - Van Mall</u></p> <p><u>10:30AM - 12:00 - Book Club - Compassionate Communication</u></p> <p><u>3PM - Volunteer meeting</u></p>	<p>29</p> <p><u>10:30 - 11:30 - Recovery Clean-up</u></p> <p><u>3PM - 4 - Sound Healing</u></p> <p><u>5PM - 7 - Family Fun Night</u></p>	<p>30</p> <p><u>11AM - Diamond Arts</u></p> <p><u>3PM - 5 - Jammin w/ the Cafe</u></p>

* Sign up recommended for head count

Recovery Cafe Clark County
3312 E Fourth Plain Blvd, Vancouver, WA 98661

* Sign up recommended for head count