March 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recovery Café Clark County SCHOOL FOR RECOVERY 		1 Staff Yoga 9 - 9:50am Meditation 10:30-11:00am Recovery Clean-up 11am-12pm Book Club 11-12:00pm Healing Arts 2-3:45pm Open Arts Criminals Anonymous 6pm	2 Walking with Recovery 10am Book Club 11-12:30pm	3 Chair Yoga 10-10:50am Intermediate Yoga 11 - 11:50am Recovery Clean-up 11am-12pm Recovery Story 12pm Sound Healing 3-4:00pm Guitar Circle 5-7pm	4 Diamond Arts 11am Open Mic 3-5pm
6	7 Walking with Recovery 10am Drop The Rock Book Club 2pm Diabetic Awareness 2-3pm Meditation 5-5:30pm DRA 4-5pm	8 Staff Yoga 9 - 9:50am Meditation 10:30-11:00am Book Club 11-12:00pm Recovery Clean-up 11am-12pm Healing Arts 2-3:45pm Vision Board Criminals Anonymous 6pm	9 Walking with Recovery 10am Financial Wellness 10:30-11:30am Book Club 11-12:30pm	10 Chair Yoga 10-10:50am Intermediate Yoga 11 - 11:50am Recovery Clean-up 11am-12pm Writing Group 2:30-3:30pm Sound Healing 3-4:00pm Guitar Circle 5-7pm	11 Diamond Arts 11am Open Mic 3-5pm **SUNDAY THE 12TH** Create Course-Joy 4-7pm Contact Penny for Info
13 Hike for Recovery Vancouver Lake 12:00pm Leave Café at 11am	14 Walking with Recovery 10am Drop The Rock Book Club 2pm DRA 4-5pm Meditation 5-5:30pm	15 Staff Yoga 9 - 9:50am Meditation 10:30-11:00am Book Club 11-12:00pm Recovery Clean-up 11am-12pm Healing Arts 2- 3:45pm Paint Houses (14 available to sign up) Lovingkindness Meditation 4:30-5:30pm Criminals Anonymous 6pm	16 Walking with Recovery 10am ~~Book Club 11-12:30pm~~	17 Chair Yoga 10-10:50am Intermediate Yoga 11- 11:50am Recovery Clean-up 11am-12pm Sound Healing 3-4:00pm	18 Diamond Arts 11am Open Mic 3-5pm
20 	21 Walking with Recovery 10am Drop The Rock Book Club 2pm Diabetic Awareness 2-3pm Meditation 5-5:30pm DRA 4-5pm	22 Staff Yoga 9 - 9:50am Meditation 10:30-11:00am Book Club 11-12:00pm Recovery Clean-up 11am-12pm Healing Arts 2-3:45pm Spring Time Lovingkindness Meditation 4:30pm Criminals Anonymous 6pm	23 Walking with Recovery 10am Book Club 11-12:30pm	24 Chair Yoga 10-10:50am Intermediate Yoga 11 - 11:50am Recovery Clean-up 11am-12pm Writing Group 2:30-3:30pm Sound Healing 3:00-4:00pm Guitar Circle 5-7pm	25 Diamond Arts 11am Open Mic 3-5pm
27	28 Walking with Recovery 10am Drop The Rock Book Club 2pm DRA 4-5pm Meditation 5-5:30pm	29 Staff Yoga 9 - 9:50am Meditation 10:30-11:00am Book Club 11-12:00pm Recovery Clean-up 11am-12pm Healing Arts 2-3:45pm Paint Eggs Lovingkindness Meditation 4:30pm Criminals Anonymous 6pm	30 Walking with Recovery 10am Book Club 11-12:30pm	31 Chair Yoga 10-10:50am Intermediate Yoga 11 - 11:50am Recovery Clean-up 11am-12pm Sound Healing 3:00-4:00pm Family Fun Night 5-7pm	

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

Recovery Cafe of Clark County
SCHOOL FOR RECOVERY

360-984-6163

Tuesday - Saturday
10:00am to 7:00pm

CAFE HOURS

MARCH'S WELLNESS RECIPE

WHIPPED SHAMROCK SHAKE

Like the first sighting of a robin, a pale green minty Shamrock Shake is an annual reminder that spring is on its way. And when you make a homemade version of this fast-food favorite with real ice cream, milk and a refreshing hint of peppermint, you'll feel even more invigorated for the change of season. It's magically delicious that way!

Ingredient Checklist

- 1 cup vanilla ice cream (regular or nondairy)
- 1 cup low-fat milk (see Tip)
- ¼ teaspoon peppermint extract
- 1-2 drops natural green food coloring
- Whipped cream, fresh mint sprigs and sprinkles for garnish (optional; see Tip)

Directions

Step 1

Place ice cream, milk, peppermint extract and food coloring in a blender. Blend until smooth.

Step 2

Pour into 2 tall glasses and top with whipped cream, fresh mint sprigs and/or sprinkles, if desired.

Tips:

If you prefer a thicker shake, you can reduce the amount of milk to 1/2 cup. For a festive look, we like the brand Supernatural's Field Day and Into the Woods sprinkles, available from Amazon.

Nutrition Facts

Serving Size: 1 milkshake

Per Serving: 188 calories; fat 8g; cholesterol 35mg; sodium 107mg; carbohydrates 22g; dietary fiber 1g; protein 6g; sugars 20g; saturated fat 5g; vitamin a iu 517IU.

CCAR: EMERGENCY DEPARTMENT

Saturday - Sunday
March 18-19

Please email
bgonzales@recoverycafecc.org
with your interest