





January, 2019

Bridgeview CSP
7920 University Ave. N.E., Fridley 55432
Staff Phone #: 763-783-7440
Activity/Van Ride Phone #: 763-783-3578

| Drop-in: | Monday 9am-3pm | Tuesday 9am-3pm | Wednesday 9am-3pm | Thursday 9am-3pm | Friday 9am-3pm | Saturday |
|----------|---|--|---|---|--|---|
| Van: | 8am-6pm | 8am-6pm | 8am-6pm | 8am-6pm | 8am-4pm | |
| | | 1 CLOSED  | 2 10:00 Women's Self-Esteem 11:00 Spanish Class 12:00 Fried Chicken 1:00 Anxiety/Social Phobia 2:00 Yoga | 3 11:00 Healthy Relationships 12:00 Tator tot hotdish 12:30 Mental Health Support Group 1:30 Needlepoint Group | 4 9:00-3 pm Open Drop-In 11:00 Pizzas 11:00 Offsite Restaurant; Texas Roadhouse early dine special 1:00-2:30 Role Play Group | 5 |
| 6 | 7 Movie Monday 9-12:00 Art Room Cleaning 12:00 Hamburgers/Cheeseburgers 1:00 Sorry! Tournament 2:00 Gratitude Journaling | 8 11:00 Writing Circle 12:00 Egg bake 12:30 Mental Health Support Group 1:30 Men's Support Group | 9 10:00 Women's Self-Esteem 11:00 Cross-stitch group 12:00 Oriental chicken salad 1:00 Anxiety/Social Phobia | 10 11:00 Healthy Relationships 12:00 Spaghetti Bake 12:30 Mental Health Support Group 1:30 Gratitude Journaling | 11 9:00-3 pm Open Drop In 11:00 Pizzas 11:30 Raptor Center—\$8 1:00-2:30 Role Play Group | 12 Open Drop-In 12-3 pm 12:00 Food 1:00 Bingo |
| 13 | 14 Movie Monday 11:00 Healthy Lifestyles 12:00 Hamburgers/Cheeseburgers 1:00 Yahtzee! Tournament 2:00 Grief and Loss | 15 11:00 Writing Circle 12:00 Chow mein hotdish 12:30 Mental Health Support Group 1:30 Men's Support Group | 16 10:00 Women's Self-Esteem 11:00 Spanish Class 12:00 Chicken Caesar Salad 12:15 Member Meeting 1:00 Anxiety/social Phobia 2:00 Yoga | 17 11:00 Healthy Relationships 12:00 Fried Chicken 12:30 Mental Health Support Group 1:00 BEACH PARTY BINGO! | 18 9:00-3 pm Open Drop-In 11:00 Pizzas 11:30 Grand Slam Mini Golf—\$6 1:00-2:30 Role Play Group | 19 |
| 20 | 21 CLOSED  | 22 11:00 Writing Circle 12:00 Beef Stew 12:30 Mental Health Support Group 1:30 Men's Support Group | 23 10:00 Women's Self-Esteem 11:00 Cross-stitch group 12:00 Goulash 1:00 Anxiety/Social Phobia | 24 11:00 Healthy Relationships 12:00 Taco Salad 12:30 Mental Health Support Group 1:30 Gratitude Journaling | 25 9:00-3 pm Open Drop In 11:00 Pizzas 11:30 Bowling at Blainbrook—\$4 1:00-2:30 Role Play Group | 26 |
| 27 | 28 Movie Monday 11:00 Healthy Lifestyles 12:00 Hamburgers/Cheeseburgers 1:00 Uno Tournament 2:00 Grief and Loss | 29 11:00 Writing Circle 12:00 Tator tot hotdish 12:30 Mental Health Support Group 1:30 Men's Support Group | 30 10:00 Women's Self-Esteem 12:00 Chow mein hotdish 1:00 Anxiety/Social Phobia | 31 11:00 Healthy Relationships 12:00 Spaghetti bake 12:30 Mental Health Support Group | The art studio is typically open Monday-Friday 10:00am-3:00pm | |