

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2026

Foundations Psychiatric Rehabilitation Program

					1	2	3
						Mental Health Jeopardy Men vs. Women Snack and Chat Dollar Store \$\$	Simchat Torah Begins
4	5	6	7	8	9	10	
<i>Schedule is subject to change</i>	Life Skills: Inside/Outside Mask Donut Challenge Lunch on You Hardee's \$\$		Illness Management: Emotional Relapse w/ Gigi Gratitude Scavenger Hunt SPCA		Life Skills: Body Talk Arts and Craft Hats and Hair Clips Armish Market \$\$		
11	12	13	14	15	16	17	
<i>*This institution is an equal opportunity</i>	Social Skills: Strengthen Social Connections & Overcoming Barriers Uno vs. Spades Challenge Indigenous Peoples' Day Columbus Day (U.S.) Thanksgiving Day (Canada)		Illness Management: Mental Relapse w/Gigi How Many Words Library		Life Skills: Acceptance vs. Forgiveness Mexican Festa Taco Bar		
18	19	20	21	22	23	24	
	Life Skills: Stars in the Night Process the Progress Monthly Journaling Smithsonian Air & Space Museum		Foundations Open House 🍻 Illness Management: High Risk Situations w/ Gigi Fall Sip and Paint		Life Skills: Mood Boost Bingo The Circle of Toss and Talk Weber's Pumpkin Farm		
25	26	27	28	29	30	31	
	Guided Meditation and Relaxation Client Choice PRP Victory Treat Pizza Hut		Illness Management; Personal Relapse and Prevention Plan w/ Gigi Health Education w/ A.A Health Dept. Coffee & Brownie Social		Foundations Halloween Festivities 	 Halloween	

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