

November 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 11am: Good Morning Check In 1pm: Stress Reduction 3pm: Positive Thinking	3 11am: Employment Group 12pm: The Social Corner 2pm: Life in Quarantine	4 11am: Improve Your Mood 1pm: Stop ANT's 3pm: Laughter Hour	5 10:30am: Life in Quarantine 11:30am: What's Up 3:30pm: Let's Talk	6 1pm: Calm The Mind 3pm: TGIF - How was your week?	7
8	9 11am: Good Morning Check In 1pm: Stress Reduction 3pm: Positive Thinking	10 11am: Employment Group 12pm: The Social Corner 2pm: Life in Quarantine	11 Closed in Observance of Veterans Day 	12 10:30am: Life in Quarantine 11:30am: What's Up 3:30pm: Let's Talk	13 1pm: Calm The Mind 3pm: TGIF - How was your week?	14
15	16 11am: Good Morning Check In 1pm: Stress Reduction 3pm: Positive Thinking	17 11am: Employment Group 12pm: The Social Corner 2pm: Life in Quarantine	18 11am: Improve Your Mood 1pm: Stop ANT's 3pm: Laughter Hour	19 10:30am: Life in Quarantine 11:30am: What's Up 3:30pm: Let's Talk	20 1pm: Calm The Mind 3pm: TGIF - How was your week?	21
22	23 11am: Good Morning Check In 1pm: Stress Reduction 3pm: Positive Thinking	24 11am: Employment Group 12pm: The Social Corner 2pm: Life in Quarantine	25 11am: Improve Your Mood 1pm: Stop ANT's	26 Closed for Thanksgiving 	27 Closed for Black Friday	28
29	30 11am: Good Morning Check In 1pm: Stress Reduction 3pm: Positive Thinking					
	Attention! Election Day is Tuesday Nov 3rd	Don't forget to vote, either by mail or in person. Early voting is available. Be safe.		All groups are FREE and open to anyone in the community to attend.		

Discovery Resource Center

1529 East Palmdale Blvd
Suite 113

Phone Number: 661-947-1595



Digital Groups Calendar Zoom
Please Note Groups Password: DRC