

November 2023 MARC REC



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 MARC INC. Bowling League 2:30p - 4:30p	2 REC ACTIVITY: SpareTime Bowling & Dinner Out 2:30p - 6:30p	3 Health & Wellness: Supervised Open Gym 1:00p-3:00p	4
5	6 Health & Wellness: Supervised Open Gym 1:00p - 3:00p	7 REC ACTIVITY: Pottery Night at Firestone Café 2:30p - 6:30p	8 MARC INC. Bowling League 2:30p - 4:30p	9	10 Health & Wellness: Supervised Open Gym 1:00p-3:00p	11 REC ACTIVITY: Disney's Beauty & The Beast @ LTM 12:30p - 6:30p
12	13 Health & Wellness: Supervised Open Gym 1:00p - 3:00p	14 ECHN	15 MARC INC. Bowling League 2:30p - 4:30p	16 REC ACTIVITY: REC Club Night @ MARC Activity: Craft Night 2:30p - 6:00p	17 Health & Wellness: Supervised Open Gym 1:00p - 3:00p	18
19	20 Health & Wellness: Supervised Open Gym 1:00p - 3:00p	21 REC ACTIVITY: Movie @ CINEMARK & Dinner Out 2:30p - 7:30p	22 NO MARC INC. BOWLING LEAGUE * Early Closing for Day Services *	23 Thanksgiving Day MARC Inc. Closed * No Day Services *	24 MARC Inc. Closed * No Day Services *	25
26	27 Health & Wellness: Supervised Open Gym 1:00p - 3:00p	28 REC ACTIVITY: REC Club Night @ MARC Activity: Movie Night 2:30p - 6:00p	29 MARC INC. Bowling League 2:30p - 4:30p	30 REC ACTIVITY: Dave & Busters 2:30p - 6:30p		

ECHN — DENOTES A DAY WHERE ECHN PREVENT-T2 COHORT WILL BE MEETING; MEETINGS ARE AT 12PM IN THE FITNESS CENTER

November's REC Activities Sponsored by The GHADA Foundation, Thank You!