

Chesapeake Voyagers, Inc. (CVI) Wellness & Recovery Center/Peer Support

607 Dutchman's Lane Easton, MD 21601 410-822-1601

October 2021

NEW HOURS: Monday 1:00pm-5pm Tuesday-Friday 9am-5pm Saturday 9am-12pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Join us for a Halloween Party on October 29th at 3pm here at CVI! Come in costume if you like and enjoy special treats but we, promise, no tricks!</p>  				<p><i>EA=Emotions Anonymous</i> <i>CGC=Coffee, Goodies and Conversation</i> <i>ACOA = Adult Children of Alcoholics</i></p>	<p>1 12:00 Independent Living 1:00 *Trauma Resiliency 3:00 CGC</p>	<p>2 Breakfast is served from 9-10am</p>
3	<p>4 1:00 Lunch 3:00 Animal Hour <hr/>Online group-4pm-Overcoming Depression and Anxiety</p>	<p>5 12:00 Music group 1:00 EA 3:00 Practicing Positivity 4:00 Movement group</p>	<p>6 12:00 Bingo 2:30 ACOA* 4:00 Arts & Crafts</p>	<p>7 1:00 Healthy Relationships 3:00 Overcoming Depressions and Anxiety 4:00 Mindfulness Group</p>	<p>8 12:00 Independent Living 1:00 *Trauma Resiliency 3:00 CGC</p>	<p>9 Breakfast is served from 9-10am</p>
10	<p>11 CVI will be CLOSED in observance of Columbus Day</p>	<p>12 12:00 Music group 1:00 EA 3:00 Practicing Positivity 3:00 - *The People's Roundtable 4:00 Movement group</p>	<p>13 12:00 Bingo 2:30 ACOA* 4:00 Arts & Crafts</p>	<p>14 1:00 Healthy Relationships 3:00 Overcoming Depressions and Anxiety 4:00 Mindfulness Group</p>	<p>15 12:00 Independent Living 1:00 *Trauma Resiliency 3:00 CGC</p>	<p>16 Breakfast is served from 9-10am</p>
17	<p>18 1:00 Lunch 3:00 Animal Hour <hr/>Online group-4pm-Overcoming Depression and Anxiety</p>	<p>19 12:00 Music Group 1:00 EA 3:00 Practicing Positivity 4:00 Movement Group</p>	<p>20 12:00 Bingo 2:30 ACOA* 4:00 Arts & Crafts</p>	<p>21 1:00 Healthy Relationships 3:00 Overcoming Depressions and Anxiety 4:00 Mindfulness Group</p>	<p>22 12:00 Independent Living 1:00 *Trauma Resiliency 3:00 CGC</p>	<p>23 Breakfast is served from 9-10am</p>
24	<p>25 1:00 Lunch 3:00 Animal Hour <hr/>Online group-4pm-Overcoming Depression and Anxiety</p>	<p>26 12:00 Special Presentation: Managing Diabetes 1:00 EA 3:00 Practicing Positivity 4:00 Movement Group</p>	<p>27 12:00 Bingo 2:30 ACOA* 4:00 Arts & Crafts</p>	<p>28 1:00 Healthy Relationships 3:00 Overcoming Depressions and Anxiety 4:00 Mindfulness Group</p>	<p>29 Halloween Activities throughout the day. Halloween Party starts at 3pm</p>	<p>30 Breakfast is served from 9-10am</p>
31	<p>Online group-4pm-Overcoming Depression and Anxiety</p>					

Chesapeake Voyagers, Inc. – Talbot County Location

Activity Details for **October 2021**

We are now open at our NEW location!!

Come visit us at 607 Dutchman's Lane! We have lots of additional space and are excited about using it to better serve the community!

In addition, we are back to being open on a walk in basis!

You no longer need to call ahead, just come on in!



Monday Lunch Menu

10/4 – Chili

10/11 – No Lunch; CVI CLOSED

10/18 – Chinese Chicken Stir fry

10/25 – Alfredo Bake

We provide transportation to and from CVI Monday – Friday

To be picked up, you must call 24 hours in advance

To be taken home you must sign up when you come in by 2:30 pm

To sign up or if you have questions, please call 410-253-1720

Monday Lunches – Since we are open on a walk in basis now, **lunches will no longer be delivered** but we do need to know how much to make so please call 410-253-1720 to sign up. Deadline to sign up is at 12:00pm on the Friday before.

We are so excited to finally be back to a full 6 days a week schedule! Here is an overview of some of the new groups and activities we have planned:

Animal Hour - Mondays @ 3pm- *Animals can have an incredible calming and therapeutic effect on people. Come meet animals of all kinds!*

Trauma Resiliency- *similar to our previously held Understanding Trauma group- this group will look at the effect trauma has on us, but the focus will be on how to overcome trauma and to nurture a life of resiliency.*

Throughout the week we will also offer half hour mini groups that focus on four categories related to Wellness: Music, Independent Living, Movement and Arts and Crafts.