

June Archway's Wellness and Recovery Center Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 9:30 am – Building Relationships 11:45 am – LaVale Shopping</p>	<p>2 9:30 am – Closed 11:45 am – Closed</p>
<p>5 9:30 am – After Archway 11:45 am – Art w/ Cindy</p>	<p>6 Stop The Bleed</p>	<p>7 9:30 am – LaVale Library 11:45 am – Bingo</p>	<p>8 9:30 am – Food Box Delivery 11:45 am – Farmers Market</p>	<p>9 9:30 am – After Archway Continued 11:45 am – Recreation</p>
<p>12 9:30 am – HIG 10:00am- ASMR 11:45 am – Flea Market</p>	<p>13 9:30 am – Making Food Boxes 11:45 am – Rec. Activity</p>	<p>14 Stop The Bleed</p>	<p>15 9:30 am – Shopping 11:45 am – Walking Group Canal</p>	<p>16 9:30 am – Three Ponds Fishing 11:45 am – Recreation</p>
<p>19 9:30 am – Priority Partners 11:45 am – Art w/ Cindy</p>	<p>20 9:30 am – Rec, Activity 11:45 am – Constitution Swimming</p>	<p>21 9:30 am – Way Station Resume' Building 11:45 am – Rec. Activity</p>	<p>22 9:30 am – Farmers Market 11:45 am – Rec. Activity</p>	<p>23 9:30 am – Guest Speaker Rebecca 11:45 am – Rec. Activity</p>
<p>26 9:30 am – Building Relationships 11:45 am – Downtown Cumberland</p>	<p>27 9:30 am – Vaping 11:45 am – Rec. Activity</p>	<p>28 9:30 am – AHEC West Abby 11:45 am – Rec. Activity</p>	<p>29 9:30am- Marijuana 11:45am- Walking Group</p>	<p>30 Rocky Gap Picnic</p>

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Western Maryland Foodbank Pet Food Pantry dates to be announced

Wellness & Recovery Center Lunch

Mon, Wed, & Fri - Lunch served at W&R Center with Bread & Milk between 11am-11:45am.

Tue & Thu - Packed Lunches can be picked up at W&R at 11:00 am, if ordered by 10:00am at 301-724-2482 ext. 5100.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Hoagie Baby Carrots Orange	2 CLOSED
5 Tomato Soup Grilled Cheese Tropical Fruit	6 Tuna Salad Roasted Chick Peas Plum	7 Taco Salad Black Beans Banana	8 Chicken Sandwich Celery Sticks Fruit Cocktail	9 Leftovers
12 Hot Turkey Sandwich Mashed Potatoes Green Beans Applesauce	13 Ham Salad Sandwich Cherry Tomatoes Blueberries	14 Chicken Thigh Broccoli Apricots	15 Steak Sub Corn Salad Cranberries	16 Leftovers
19 Cheeseburger Steak Fries Coleslaw Clementine	20 Turkey Wrap 3 Bean Salad Raspberries	21 Teriyaki Chicken Green Beans Pears	22 Ham Sandwich Red Pepper Strips Strawberries	23 Leftovers
26 Pork Chop Cauliflower Fruit Cocktail	27 Chicken Salad Sandwich Celery Kiwi	28 Ham Sweet Potato Casserole Grapes	29 Cheeseburger Potato Salad Watermelon	30 Leftovers