

SOCIAL OUTINGS FOR 2019

All groups meet at ARC
unless otherwise noted



DATE	EVENT	TIME/COST
Tues. Feb. 19	Game Night at the ARC (bring a snack to share)	Meet at 6 p.m.
Tues. March 19	Billiards and Dinner <i>Anazah Sands West</i>	Meet at 6 p.m.
Tues. April 16	Butterfly Exhibit <i>Frederick Meijer Gardens</i>	Meet at 6 p.m.
Sat. May 18	Ropes Course/Mini Golf (with dinner to follow)	Meet at 3 p.m.
Tues. June 18	Equine Therapy <i>Equine Assisted Therapy Center</i> (with bonfire to follow)	Meet at 6 p.m.
Sat. July 20	Sunset Stroll with Campfire (bring or pickup dinner)	Meet at 4 p.m.
Sat. August 17	Millennium Park Activities (with picnic at the park after)	Meet at 2:30 p.m.
Sat. Sept. 21	Blandford Nature Center (with dinner to follow)	Meet at 3 p.m.
Tues. October 15	Pumpkin Carving	Meet at 6 p.m.

What is a Social Outing Group?

An opportunity to have fun, meet new friends and challenge your own anxiety. Attendees are given opportunities to participate in social activities while working on an identified goal.

Each meeting starts with an introduction and goal setting session. Participants then attend the activity together. Each meeting concludes with a short evaluation session. The group is facilitated by Virginia Scholten, MSW. **If you are unable to attend a group you registered for, please leave a message for Virginia at 616-745-4426.**