

JANUARY

<p>MEDITATION MONDAYS With Thelisa & Trakell Every Monday in January at 1 pm</p>	<p>JANUARY 7TH Tips For Frugal Living with Nicole at 1:15pm</p>	<p>JANUARY 9TH Exercising with Bernice at 1:15pm</p>	<p>JANUARY 10TH Bridging Two Worlds Relationships outside of program with Donald at 1:15pm</p>	
<p>JANUARY 14TH Tips For Frugal Living with Nicole at 1:15pm</p>	<p>JANUARY 15TH Dialogue Diaries Hosted by Bernice with guest speaker Monica Adams 1:15pm</p>		<p>JANUARY 16TH Trip to King Center with Donald at 1:15pm</p>	<p>JANUARY 17TH MLK Trivia with Nicole at 1:15pm</p>
<p>JANUARY 21ST Getting To Solutions with Trakell, Bernice & Donald at 1:15pm</p>	<p>JANUARY 23RD Sip & Paint With Glynn and staff at 1:15pm</p>	<p>JANUARY 29TH Line Dancing with Trakell at 1:15pm</p>	<p>8 AM FRIDAY MORNINGS & THE CRANE January 3rd: Coffee & Chit Chat with Nicole January 10th: Cocoa & Chit Chat with Thelisa January 17th: Coffee & Chit Chat with Bernice January 24th: Coffee & Chit Chat with Donald January 31st: Breakfast & Chit Chat with Trakell</p>	
<p>JANUARY 30TH Getting Out of Your Own Way with Donald at 1:15pm</p>	<p>JANUARY 31ST A Workout and Fun Day At The Gym with all staff at 1:15pm</p>			



For a complete list of our services, visit our webpage thecrane.org and follow us on social media via Facebook & Twitter. HIV Tests, GED, Vocational, Holistic and more are awaiting you here at The Crane.

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