

PAULA CRANE CENTER

THE CRANE

BLACK

HISTORY

MONTH

CELEBRATION FEBRUARY 2025

MON
1 pm

MEDITATION MONDAYS

Every Monday in February we will be practicing various techniques

TUE
04
1 pm

BLACK HISTORY TRIVIA

Refresh & grow your knowledge base of many contributions of African Americans!

THU
06
1 pm

EXERCISE WITH BERNICE

Get the blood pumping with this fun & interactive cardio class. Repeats on the 19th.

FRI
07
All Day

BLACK HIV AWARENESS DAY

Educate yourself with the most recent information. Don't go by "hear-say"

THU
13
1 pm

CREATIVE WRITING CLASS

Get your creative juices flowing as you're taught how to get the most out of your art.

FRI
14
1 pm

LOVE POETRY READINGS

Sharing is caring, so come and share some of your favorite poems

FRI
14
1 pm

GETTING TO SOLUTIONS

Stop being stuck in the same old stuff...find the solutions here

WED
19
2 pm

DIALOGUE DIARIES

A message of strength, hope and courage from lived experience

THU
20
1 pm

BRIDGING TWO WORLDS

Can't quite figure out how to balance your new way of life...we'll give you some pointers.

TUE
25
12 pm

STEP AEROBICS

This hip-hop step aerobics class will teach you moves and get the blood pumping all in a fun way!

WED
26
1 pm

SIP & PAINT

We'll provide the canvas, the paint and the sparkling grape juice. All you have to bring is your creativity and willingness to open up and lay it out on a canvas

Peer support is offered Monday through Friday at 2 pm. Check our website for a listing of 12-step meetings.

THU
27
1 pm

GAME DAY

This is an open and in-person meeting for everyone!

FRI
28
1 pm

TASTE OF SOUL

Each year the staff pull out their family recipes and share the history behind some of their most soulful dishes. Come taste & see the culture!

FOLLOW US ON SOCIAL MEDIA



Look for "The Paula Crane Center"



All services at The Crane are free of charge and our doors are open to everyone in recovery and their families.

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