

**On Our Own
Of Roanoke Valley**
12-5pm Monday-Saturday
Open Sundays 1:30 - 5:00pm



2017

429 Elm Ave., SW,
Roanoke, VA 24016
Come fellowship with us!
540-362-0061
Email: info@rvonourown.com
www.onourownroanoke.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Christmas Dinner will be served December 22, 12:30-2:30 \$1 per-registration required by December 14. See Staff for details.			Trim the Tree Party this Saturday at 1:30 	Bring a picture for an ornament craft  See staff for details! This craft available weekdays before Dec. 25th	1 12:30 Mindfulness Group 2:00 Peer Support Group 3:15 Craft	2 12:30 Peer Support Group Trim the Tree Party 1:30  2:00 DRA 3:00 p.m. <i>Coffeehouse</i> : Karaoke, open mike
3 Open 1:30-5:00 2:30 DRA Fellowship	4 12:15 Yoga with Kavika 1:30 Peer Support Group <u>Women 2 Women 3-4</u> Peer to Peer 3:00-4:00	5 1:00 D.R.A. 2:30 Peer Support Group	6 12:30 Yoga with Kavika 1:45 Peer Support Group WRAP 3-4	7 1:00 D.R.A. 2:30 Peer Support Group	8 Happy December Birthdays! 🎂 12:30 Mindfulness Group 2:00 Peer Support Group	9 10:30 Bipolar Group 12:30 Peer Support Group 2:00 DRA 3:00 p.m. <i>Coffeehouse</i> : Karaoke, open mike
10 Open 1:30-5:00 2:30 DRA Fellowship	11 12:15 Yoga with Kavika 1:30 Vet Support Group <u>Women 2 Women 3-4</u>	12 1:00 D.R.A. 2:30 Peer Support Group	13 12:30 Yoga with Kavika 1:45 Peer Support Group WRAP 3-4	14 <i>Last Day to Register for Christmas Dinner \$1 Pre-Registration Required see staff</i> 1:00 D.R.A. 2:30 Peer Support Group	15 12:30 Mindfulness Group 2:00 Peer Support Group 3:15 Craft	16 12:30 Peer Support Group 2:00 DRA 3:00 p.m. <i>Coffeehouse</i> : Karaoke, open mike
17 Open 1:30-5:00 2:30 DRA Fellowship	18 12:15 Yoga with Kavika 1:30 Peer Support Group <u>Women 2 Women 3-4</u>	19 Board Meeting 1:00 1:00 D.R.A. 2:30 Peer Support Group	20 12:30 Yoga with Kavika 1:45 Peer Support Group WRAP 3-4	21 1:00 D.R.A. 2:30 Peer Support Group	22  Christmas Dinner 12:30-2:30 Pre-registration and \$1 required by Dec. 14	23 12:30 Peer Support Group 2:00 DRA 3:00 p.m. <i>Coffeehouse</i> : Karaoke, open mike
24/31 Open 1:30-5:00 2:30 DRA Fellowship Center closes at 4pm on the 24th	25  1:30 Peer Support Group Fellowship & Refreshments Today Center closes at 4pm	26 1:00 D.R.A. 2:30 Peer Support Group	27 1:45 Peer Support Group	28 1:00 D.R.A. 2:30 Peer Support Group	29 12:30 Mindfulness Group 2:00 Peer Support Group 3:15 Bingo	30 12:30 Peer Support Group 2:00 DRA 3:00 p.m. <i>Coffeehouse</i> : Karaoke, open mike