



# August 2018

## PLANCTX Groups and activities\*

Call (512) 851-0901 for more information  
 \*pre-registration requested as fees may apply  
 \*\*YMCA pass required for groups at YMCA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 12:00pm-1:00pm <b>Healthy Eating</b> 1:00pm-2:00pm <b>Good Chemistry</b>	2 11:00am-12:00pm <b>Aqua Club at YMCA</b>	3	4
5	6 11:00am-12:00pm <b>Walking Club</b> 6:00pm-8:00pm <b>Caregivers' Group</b> Estate Planning: Tracy Willi, Elder Law Attorney	7 10:00am-11:00am <b>Gardening Group</b> Sunshine Gardens, 4814 Sunshine Dr. 12:00-1:00pm <b>Art Club</b>	8 12:00pm-1:00pm <b>Healthy Eating</b> 1:00pm-2:00pm <b>Good Chemistry</b>	9 11:00am-12:00pm <b>Aqua Club at YMCA</b>	10	11
12	13 11:00am-12:00pm <b>Walking Club</b> 6:00pm-8:00pm <b>Caregivers' Group</b> OSAR: Outreach, Screening, Assessment and Referral Center	14 10:00am-11:00am <b>Gardening Group</b> Sunshine Gardens, 4814 Sunshine Dr. 12:00-1:00pm <b>Art Club</b>	15 12:00pm-1:00pm <b>Healthy Eating</b> 1:00pm-2:00pm <b>Good Chemistry</b>	16 11:00am-12:00pm <b>Aqua Club at YMCA</b>	17	18 <b>Peer Social</b> <b>11:00am – 1:00pm</b> Lunch at Whole Foods 11920 Domain Dr, 78758
19	20 11:00am-12:00pm <b>Walking Club</b> 6:00pm-8:00pm <b>Caregivers' Group</b> Housing: Foundation Communities & Brookside Farms	21 10:00am-11:00am <b>Gardening Group</b> Sunshine Gardens, 4814 Sunshine Dr. 12:00-1:00pm <b>Art Club</b>	22 12:00pm-1:00pm <b>Healthy Eating</b> 1:00pm-2:00pm <b>Good Chemistry</b>	23 11:00am-12:00pm <b>Aqua Club at YMCA</b>	24	25 <b>Family Dinner</b> <b>5:00-7:00pm</b> Mimi's Café 10515 N Mopac Expressway, 78758
26	27 11:00am-12:00pm <b>Walking Club</b> 6:00pm-8:00pm <b>Caregivers' Group</b> Alternatives to Guardianship: UT Law School	28 10:00am-11:00am <b>Gardening Group</b> Home Depot, 1200 Barbara Jordan Blvd, 78723 12:00-1:00pm <b>Art Club</b>	29 12:00pm-1:00pm <b>Healthy Eating</b> 1:00pm-2:00pm <b>Good Chemistry</b> 6:00 – 7:30pm <b>Board Meeting</b>	30 11:00am-12:00pm <b>Aqua Club at YMCA</b>	31	

### LOCATIONS:

**Art Club:** PLANCTX, Austin State Hospital, Bldg 781, Rm 415  
**Aqua Club:** Town Lake YMCA, 1100 W. Cesar Chavez  
**Board Meeting:** PLANCTX, Austin State Hospital, Bldg 781, Rm 415  
**Caregivers' Group:** Canteen A&B, Austin State Hospital, 4100 Guadalupe Street

### LOCATIONS:

**Gardening Group:** locations vary, see calendar  
**Good Chemistry:** 6<sup>th</sup> Floor, Skyline Terrace, 1212 W Ben White  
**Healthy Eating:** Community Kitchen, 1<sup>st</sup> Floor, Skyline Terrace, 1212 W Ben White  
**Walking Club:** Barton Creek Mall, 2901 S. Cap. Texas Hwy