



August 2019

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 10:00-11:00am Art Club at the Palms 11:00am-12:00pm Aqua Club at North Austin YMCA**	2	3
4	5 11:00am-12:00pm Walking Club	6 9:30-10:30am Gardening Club 10:30am-11:30am Art Club 11:30am-1:00pm Healthy Eating 1:00-2:00pm Good Chemistry	7 11:30am-1:00pm Healthy Eating 1:00pm-2:00pm Good Chemistry	8 10:00-11:00am Art Club at the Palms 11:00am-12:00pm Aqua Club at North Austin YMCA**	9	10
11	12 11:00am-12:00pm Walking Club	13 9:30-10:30am Gardening Club 10:30am-11:30am Art Club 11:30am-1:00pm Healthy Eating 1:00-2:00pm Good Chemistry	14 11:30am-1:00pm Healthy Eating 1:00pm-2:00pm Good Chemistry	15 10:00-11:00am Art Club at the Palms 11:00am-12:00pm Aqua Club at North Austin YMCA**	16	17 Peer Social 11:00am – 1:00pm CiCi's Pizza 9717 N Lamar



August 2019

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

18	19	20	21	22	23	24
11:00am-12:00pm Walking Club	9:30-10:30am Gardening Club 10:30am-11:30am Art Club 11:30am-1:00pm Healthy Eating 1:00-2:00pm Good Chemistry	11:30am-1:00pm Healthy Eating 1:00pm-2:00pm Good Chemistry	10:00-11:00am Art Club at the Palms 11:00am-12:00pm Aqua Club at North Austin YMCA**			
25	26	27	28	29	30	31
11:00am-12:00pm Walking Club 6:00 – 7:30pm Board Meeting	9:30-10:30am Gardening Club 10:30am-11:30am Art Club 11:30am-1:00pm Healthy Eating 1:00-2:00pm Good Chemistry	11:30am-1:00pm Healthy Eating 1:00pm-2:00pm Good Chemistry	10:00-11:00am Art Club at the Palms 11:00am-12:00pm Aqua Club at North Austin YMCA** 1:00-2:00pm *NEW* Good Chemistry			Family Dinner 5:00-7:00pm Threadgill's 6414 N. Lamar

LOCATIONS:

Art Club: In the Community or at PLANCTX, Austin State Hospital, Bldg 781, Rm 415
Art Club at the Palms: 8600 North Lamar
Aqua Club: North Austin YMCA, 1000 W Rundberg Ln, Austin, TX 78758
Board Meeting: PLANCTX, Austin State Hospital, Bldg 781, Rm 415
Gardening Club – Sunshine Gardens, 4814 Sunshine Dr.

LOCATIONS:

Lunch Bunch: The Palms, 8600 North Lamar
Good Chemistry on Tuesdays: The Palms, 8600 North Lamar
Good Chemistry on Wednesdays: 6th Floor, Skyline Terrace, 1212 W Ben White
Good Chemistry on Thursdays: Gateway Apartments, 505 Swanee, meet in parking lot
Healthy Eating: Community Kitchen, 1st Floor, Skyline Terrace, 1212 W Ben White
Walking Club: Barton Creek Mall, 2901 S. Cap. Texas Hwy