



# October 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 9:30-10:30am <b>Gardening Club</b> 10:30am-11:30am <b>Art Club</b> 11:30am-1:00pm <b>Healthy Eating</b> 1:00-2:00pm <b>Good Chemistry</b>	2 11:30am-1:00pm <b>Healthy Eating</b> 1:00pm-2:00pm <b>Good Chemistry</b>	3 10:00-11:00am <b>Art Club at the Palms</b>  11:00am-12:00pm <b>Aqua Club at North Austin YMCA**</b>  1:00-2:00pm <b>Good Chemistry</b>	4	5
6	7 11:00am-12:00pm <b>Walking Club</b>	8 9:30-10:30am <b>Gardening Club</b> 10:30am-11:30am <b>Art Club</b> 11:30am-1:00pm <b>Healthy Eating</b> 1:00-2:00pm <b>Good Chemistry</b>	9 11:30am-1:00pm <b>Healthy Eating</b> 1:00pm-2:00pm <b>Good Chemistry</b>	10 10:00-11:00am <b>Art Club at the Palms</b>  11:00am-12:00pm <b>Aqua Club at North Austin YMCA**</b>  1:00-2:00pm <b>Good Chemistry</b>	11	12
13	14 11:00am-12:00pm <b>Walking Club</b>	15 9:30-10:30am <b>Gardening Club</b> 10:30am-11:30am <b>Art Club</b> 11:30am-1:00pm <b>Healthy Eating</b> 1:00-2:00pm <b>Good Chemistry</b>	16 11:30am-1:00pm <b>Healthy Eating</b> 1:00pm-2:00pm <b>Good Chemistry</b>	17 10:00-11:00am <b>Art Club at the Palms</b>  11:00am-12:00pm <b>Aqua Club at North Austin YMCA**</b>  1:00-2:00pm <b>Good Chemistry</b>	18	19 <b>Peer Social</b> 11:00am – 1:00pm <b>Picnic at Garrison District Park</b> 6001 Manchaca Road Austin, TX 78745



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20	21	22	23	24	25	26
<p>11:00am-12:00pm <b>Walking Club</b></p>	<p>9:30-10:30am <b>Gardening Club</b> 10:30am-11:30am <b>Art Club</b> 11:30am-1:00pm <b>Healthy Eating</b> 1:00-2:00pm <b>Good Chemistry</b></p>	<p>11:30am-1:00pm <b>Healthy Eating</b> 1:00pm-2:00pm <b>Good Chemistry</b></p>	<p>10:00-11:00am <b>Art Club at the Palms</b>  11:00am-12:00pm <b>Aqua Club at North Austin YMCA**</b>  1:00-2:00pm <b>Good Chemistry</b></p>	<p>10:00-11:00am <b>Art Club at the Palms</b>  11:00am-12:00pm <b>Aqua Club at North Austin YMCA**</b>  1:00-2:00pm <b>Good Chemistry</b></p>	<p><b>Family Dinner</b> 5:00-7:00pm El Dorado Café 3300 W. Anderson Lane Austin, TX 78757</p>	
27	28	29	30	31		
<p>11:00am-12:00pm <b>Walking Club</b></p>	<p>9:30-10:30am <b>Gardening Club</b> 10:30am-11:30am <b>Art Club</b> 11:30am-1:00pm <b>Healthy Eating</b> 1:00-2:00pm <b>Good Chemistry</b>  6:00 – 7:30pm <b>Board Meeting</b></p>	<p>11:30am-1:00pm <b>Healthy Eating</b>  1:00pm-2:00pm <b>Good Chemistry</b></p>	<p>11:30am-1:00pm <b>Healthy Eating</b>  1:00pm-2:00pm <b>Good Chemistry</b></p>	<p>10:00-11:00am <b>Art Club at the Palms</b>  11:00am-12:00pm <b>Aqua Club at North Austin YMCA**</b>  1:00-2:00pm <b>Good Chemistry</b></p>		

### 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:

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