



# August 2022

**The C.U.B.E**  
**Community United By Empowerment**  
 490 E. 13<sup>th</sup> Street Merced, CA 95341  
 209-381-6800 Ext 3608



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>11am Morning Meditation (PSS)            12pm-2pm Social hour            2pm DMV Study Group (PSS)            5pm Movie Group (PSS)</p>	<p>2</p> <p>11am Art Expression (CS)            12pm-2pm Social hour            2:00pm Worry &amp; Rumination (anxiety) (PSS)            5pm Recreational Game Hour (JN)</p>	<p>3</p> <p>11am Life skills (HS)            12pm-2pm Social hour            2pm Music Expression (JN)</p>	<p>4</p> <p>10am Morning Meditation (PSS)            12pm-2pm Social hour            2pm Recreational Game Hour (HS)</p>	<p>5</p> <p>10am Cooking @ the CUBE (PSS)            11am Life-skills clean up (PSS)            12pm-2pm Social hour            2pm Art Expression (CS)</p>
<p>8</p> <p>11am Morning Meditation (PSS)            12pm-2pm Social hour            2pm DMV Study Group (PSS)            5pm Movie Group (PSS)</p>	<p>9</p> <p>11am Art Expression (CS)            12pm-2pm Social hour            2:00pm Worry &amp; Rumination (anxiety) (PSS)            5pm Recreational Game Hour (JN)</p>	<p>10</p> <p>11am Life skills (HS)            12pm-2pm Social hour            2pm Music Expression (JN)</p>	<p>11</p> <p>10am Morning Meditation (PSS)            11am TAY Advisory Committee (PSS)            12pm-2pm Social hour            2pm Recreational Game Hour (HS)</p>	<p>12</p> <p>10am Cooking @ the CUBE (PSS)            11am Life-skills clean up (PSS)            12pm-2pm Social hour            2pm Art Expression (CS)</p>
<p>15</p> <p>11am Morning Meditation (PSS)            12pm-2pm Social hour            2pm DMV Study Group (PSS)            5pm Movie Group (PSS)</p>	<p>16</p> <p>11am Art Expression (CS)            12pm-2pm Social hour            2:00pm Worry &amp; Rumination (anxiety) (CS)            5pm Recreational Game Hour (JN)</p>	<p>17 Cierra Out Vacation Aug17-23</p> <p>11am Life skills (HS)            12pm-2pm Social hour            2pm Music Expression (JN)</p>	<p>18</p> <p>10am Morning Meditation (PSS)            12pm-2pm Social hour            2pm Recreational Game Hour (HS)</p>	<p>19</p> <p>10am Cooking @ the CUBE (PSS)            11am Life-skills clean up (PSS)            12pm-2pm Social hour            2pm Art Expression (CS)</p>
<p>22</p> <p>11am Morning Meditation (PSS)            12pm-2pm Social hour            2pm DMV Study Group (PSS)            5pm Movie Group (PSS)</p>	<p>23</p> <p>11am Art Expression (CS)            12pm-2pm Social hour            2:00pm Worry &amp; Rumination (anxiety) (PSS)            5pm Recreational Game Hour (JN))</p>	<p>24 REDIRECT Outreach 6-7- Cierra</p> <p>11am Life skills (HS)            12pm-2pm Social hour            2pm Music Expression (JN)</p>	<p>25</p> <p>10am Morning Meditation (PSS)            11am TAY Advisory Committee (PSS)            12pm-2pm Social hour            2pm Recreational Game Hour (HS)</p>	<p>26</p> <p>CUBE Closed 8-2- ALL STAFF MTG            2pm Art Expression (CS)</p>
<p>29</p> <p>11am Morning Meditation (PSS)            12pm-2pm Social hour            2pm DMV Study Group (PSS)            5pm Movie Group (PSS)</p>	<p>30</p> <p>11am Art Expression (PSS)            12pm-2pm Social hour            2:00pm Worry &amp; Rumination (anxiety) (CS)            5pm Recreational Game Hour (JN)</p>	<p>31</p> <p>11am Life skills (HS)            12pm-2pm Social hour            2pm Music Expression (JN)</p>	<p><b>*Ages 16-21*</b></p>	<p><b>** C.U.B.E Snacks &amp; nutrition groups will take place upon <u>FOOD AVAILABILITY ONLY!</u></b></p>