






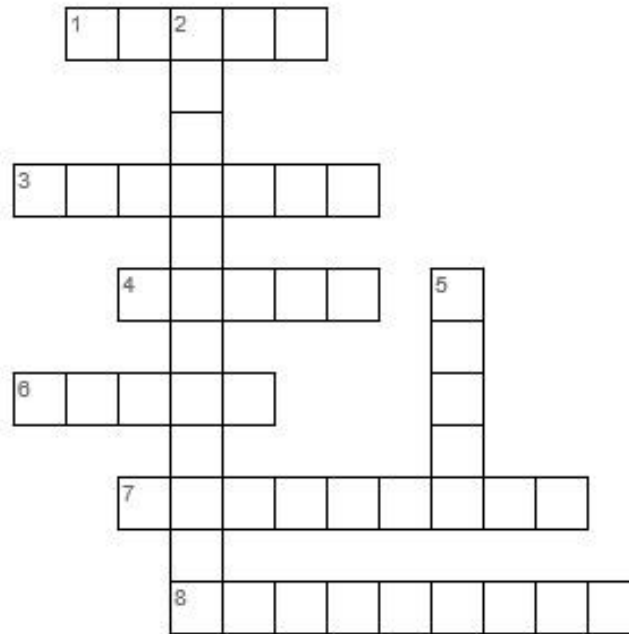


# Transition House, Inc. – May 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Q: Which website did Chewbacca get arrested for creating?</p> <p>A: Wookieleaks</p>	<p>1 Monday Funday: Apples to Apples 10:00am</p> <p>Dollar Tree 2:00pm</p>	<p>2 Stress Management 10:00am</p> <p>Gifts of Hope 3:30pm</p>	<p>3 Community Meeting 9:30am</p> <p>What gets in the Way of Wellness 3:30pm</p>	<p> Rogue One Movie 12:00pm Grocery Shopping 2:00pm</p>	<p>5 Meal Planning: Budgeting 10:00am</p> <p>Music Wellness 3:30pm</p>	<p>6 No Diet Day</p> 
7	<p>8 Monday Funday: Man Bites Dog 10:00am</p> <p>Boomerang Diner 12:00pm</p>	<p>9 Stress Management: Nutrition and Stress 10:00am</p> <p>Gifts of Hope 3:30pm</p>	<p>10 Community Meeting 9:30am</p> <p>Authenticity 3:30pm</p>	<p>11 Community Living Group 10:00am (closed group)</p> <p>Grocery Shopping 2:00pm</p>	<p>12 Meal Planning: Weekly Meal Prep 10:00am</p> <p>Fred Jones Museum 1:30pm</p> <p>Music Wellness 3:30pm</p>	13
<p>14 Dance Like a Chicken Day</p> 	<p>15 Steve Boyer 10:00am</p>	<p>16 Stress Management 10:00am</p> <p>Farm Market* 4:00pm</p> <p>Gifts of Hope 3:30pm 3:30pm</p>	<p>17 Community Meeting 9:30am</p> <p>Social Anxiety 3:30pm</p>	<p>18 Community Living Group 10:00am (closed group)</p> <p>Grocery Shopping 2:00pm</p>	<p>19 Meal Planning: Shopping for groceries 10:00am</p> <p>Music Wellness 3:30pm</p>	20
21	<p>22 Monday Funday: Team Building 10:00am</p> <p>Birthday Party at Lake 1:30pm</p>	<p>23 Stress Management 10:00am</p> <p>Gifts of Hope 3:30pm</p>	<p>24 Community Meeting 9:30am</p> <p>Sooner Mall at 2:00pm</p> <p>Wellness Group 3:30pm</p>	<p>25 Community Living Group 10:00am (closed group)</p> <p>Grocery Shopping 2:00pm</p>	<p>26 Meal Planning: Making Meals 10:00am</p> <p>Office closed at noon for Staff SWARA</p>	<p>27 Sunscreen Day</p> 
28	<p>29 OFFICE CLOSED</p> 	<p>30 Stress Management 10:00am</p> <p>Gifts of Hope 3:30pm</p>	<p>31 Community Meeting 9:30am</p> <p>Pop's on Route 66 at 12:00pm</p> <p>Wellness Group 3:30pm</p>	<p>If you are interested in any Transition House activities, please contact Kaitlyn Kipps at 405-360-7926 to schedule pick-up. All Transition House Outreach activities are subject to change.</p> <p><b>Notice to All Transitional Living Program clients:</b> Community Meeting begins at 9:30am Monday – Friday</p> <p>*Farm Market accepts SNAP according to website</p>		

## Healthy Self Esteem



### Across

- 1 \_\_\_\_\_ from your mistakes
- 3 \_\_\_\_\_ in everything you do
- 4 You do this when you are happy
- 6 Knowing how valuable you are is called self \_\_\_\_
- 7 Be \_\_\_\_\_ with your decisions and judgements
- 8 The opposite of weaknesses

### Down

- 2 Positive \_\_\_\_\_ are positive thoughts about yourself
- 5 Self esteem is how much you \_\_\_\_ yourself