FITNESS, MIND/BODY & WELLNESS GROUPS

Lifetime Fitness (*Exercise, Flow*) **Mon, Tue, Wed, Thurs, Fri 7:45-8:45; Mon, Wed, Fri, Sat. 11:00-11:45** Join us as we learn and practice lifelong skills to keep fit. If you have your own individual routine on the cardio/weight machines, this is your time to access the equipment.

1:1 Fitness (*Exercise, Flow*) **Tues. 1:00– 2:30; assigned times.** Personalized training & help in meeting fitness goals. Receive special 1:1 attention by a certified personal trainer. You will have a chance to learn some of the newest fitness trends and have a program to meet your fitness goals.

Mall Fitness (*Exercise, Flow*) Join us early **Tues.-Fri. 7:00am Sat 8:15** to rev up your metabolism by power walking, jogging or brisk running on the mall!

Fitness Club: (*Exercise, Flow*) **First Friday of the month 1:00-2:30** Are you active and want to be rewarded for your participation in the rehab fitness groups? Earn points for attending: fitness, yoga, Pilates and mall walking. Celebrate the group's collective success as well as recognize the top performers of the month! Earn 300 points to participate.

Yoga - Stretching Beyond Limitation (*Exercise, Meditation, Flow*) ***Tues. 9:30-10:30*** Explore the ancient art of KUNDALINI YOGA. Discover the mind-body connection that assists us in moving away from our limiting beliefs by stretching, breathing and chanting. Open to people of all fitness levels.

Tai Chi & Qi Gong (*Exercise, Flow, Meditation*) **Wed. 9:30-10:30** Discover a set of easy exercises and slow movements that increase health and vitality. Open to people of all fitness levels.

Yoga - Healing Sound Group (*Exercise, Mediation, Flow*) **Fri. 9:30-10:30** Unwind with an easy 10 minute yoga set that promotes relaxation and allows us to get in to a stress releasing 30 minute meditation while listening to the sounds of the healing gong. Open to people of all fitness levels.

Wellness Awareness (*Personal Growth*) ***Referral*** **Tues. 9:30-10:30** A 6 week course provides support, education and motivation for those dealing with obesity and/or chronic diseases such as hypertension, diabetes or cancer. Gather support in your quest to eat healthy and maintain a healthy body weight.

Meditation & Mindfulness (*Meditation, Flow*) **Mon. 9:30-10:00** Engage in meditation, finding a mind-body connection that promotes inner peace, relaxation and well-being.

NEW! **Exploring Mental Health Through Sports** (*Personal Growth*) ***Referral*** **Thurs. 1:00-2:00** Learning is always more fun through sports! This group is designed to help explore many topics/concerns/ issues related to mental health from your standpoint with a sports influence.

Variety Fitness (*Exercise, Flow*) **Tues./Thurs 11:00-11:45**Need a break from your repetitive workout routine? Come check out a fitness option just for you! A variety of groups including team sports and more will be offered! Check the Variety Fitness Fliers for more info on the rotating schedule.

NEW! **Core Exercise** (*Exercise*) **Fri. 9:30-10:30**This group is ***by assignment only***. By strengthening the center of your body you'll increase physical ability, range of motion and balance. Come and work on building a base for your fitness goals by starting with the essential core.

COMMUNITY REINTEGRATION ACTIVITIES

AA Outings (*Community*) **Wed. 11:15– 2:15** Level 1 or higher & interested in maintaining a substance free lifestyle, join your peers in community AA meetings. Develop community support.

Leisure Outings (*Community*) **Thurs. 12:45– 3:00; Fri. 8:45-12:15** Level 1 or higher with outing privileges. Attend outings to learn about recreation activities that are available to you in the community. Expand your horizons and experience the best the Phoenix Valley has to offer for wellness, enjoyment and community re-integration.

Leisure Outing Planning Group (*Personal Growth, Community*) **Mon. 1:00-2:00** Required for patients attending outings. Learn about yourself, the types of leisure activities you are most drawn to and where you can find these leisure resources in the community. Join us as we plan future outings based upon your personal leisure preferences.

NEW! **Vocational Reintegration & Recovery Group** (*Personal Growth*) ***Referral*** **Tues. 9:30-10:30** This group is designed to help equip you with the necessary tools needed to pursue employment opportunities. You will learn how to interview, resume writing, and how to follow up on a job lead. This class will also assess your strengths and weaknesses and try to help match them up to an ideal profession.

12 Step Meetings (*Community*) **Outings Weds. 11:15–2:15** 12 step meetings are led by members of the community who belong to Alcoholics Anonymous and/or Narcotics Anonymous. Your treatment team may make the recommendation or refer yourself.

PAID WORK OPPORTUNITIES

BY REFFERAL ONLY

MARC Program (*Cooperation, Community*) **Mon. 1:00-3:00** MARC is a paid program for Magellan patients. Simple assembly of products in a factory like line of workers.

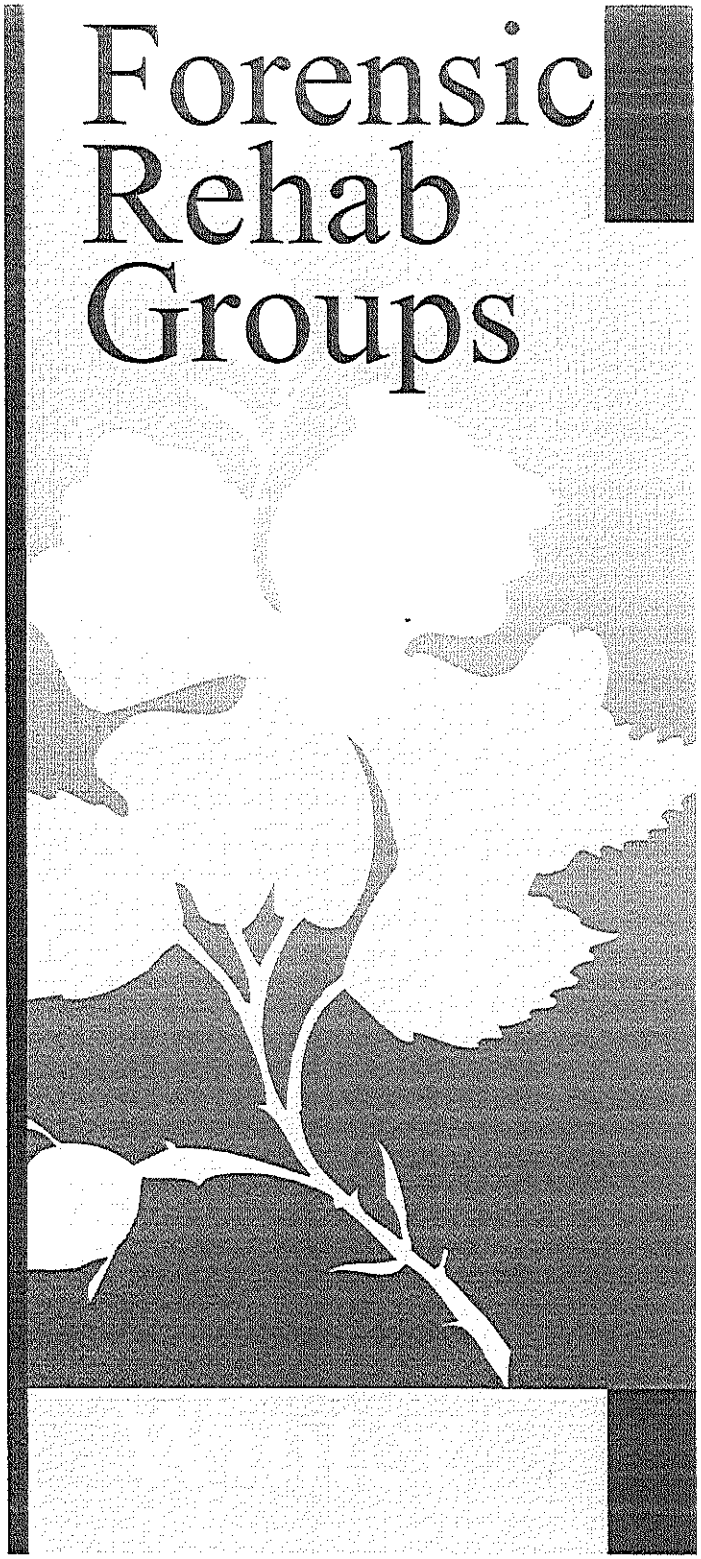
The Therapeutic Vocational Training Program (Meaningful Experience, Flow) **Assigned Times.** Varied training sites such as Café, Grounds Crews, Recycling crew, Cleaning Crew, Task Skills, Gardening, and Tool Time. Programs build skills toward independent employment including timeliness, following directions, quality of work, safety & communication skills.

ON UNIT GROUPS

Leisure/Therapeutic Activities on Unit (*Community*) **See unit schedules for times.** join us on select units as we bring games, karaoke and a variety of other activities. A fun time to let go and enjoy life!

Therapeutic Rehab 1:1 Sessions (*Flow, Cooperation*) **Assigned times.** 1:1 sessions are conducted both on or off a given treatment unit by Rehab referral.

Forensic Rehab Groups



RECOVERY/MENTAL HEALTH GROUPS
BY REFERRAL ONLY

12 Step Meetings *(Community)* **Women's AA: 2nd and 4th Mon. of the month 4:00-5:00; AA Weds. 4:00-5:00** 12 step meetings are led by members of the community who belong to Alcoholics Anonymous and/ or Narcotics Anonymous. Your treatment team may make the recommendation or refer yourself.

The Journey of Recovery through Mandalas *(Personal Growth)* **Thurs. 1:00-2:30** Mandala is a Sanskrit word for "magic circle". Mandalas offer a profound way to examine our inner meaning, to integrate that understanding with our physical selves and to feel connected to the greater universe. It's a journey of self discovery.

Recovery Through Expressive Arts *(Personal Growth, Cooperation, Flow)* **Tues. 10:45-11:45** We invite you to open your eyes, ears, minds and hearts to see the potential that is waiting within you. Through art we will create a personal "Medicine Wheel" to help us explore the magic and wonder of the natural world. We will connect with the support available to us in nature to sustain us while we walk this path of recovery.

NEW! **Recovery Through Song Writing** *(Personal Growth, Flow)* **Thurs. 11-11:45** "Music is good for the heart and soul". Join us in this group process as we explore key topics to successful recovery as we write our own lyrics to popular tunes. All music genres of patient interest will be included.

Exploring Mental Health Through Music *(Personal Growth)* **Mon. 9:30-10:30; Wed. 11:00-11:45** Learning is always more fun with music! Explore many topics/ concerns/issues related to Mental Health from your standpoint with a musical twist.

Road to Recovery *(Community, Personal Growth)* **Wed. 7:15-8:45** Volunteer your ideas, time and creative energy to those that need it most. Help the homeless, women's shelters, struggling families, veterans, people with disabilities and people with serious illnesses. Reach out and make a difference with this service project oriented group.

Beginning Road 2 Recovery Group *(Community, Personal Growth)* **Mon. 10:45-11:45** This is a place where you can come and use your ideas and skills to give back to the community. It's an introductory group that'll work hand-in-hand with Road 2 Recovery acquiring skills that can be used going forward in your life. We will live the FISH Philosophy for making things Fun, Individualized, Service Oriented and Helpful. So come and be a part of building our community together one project at a time!

RECOVERY CONTINUED

Recovery and Me *(Personal Growth, Flow)* **Mon. 1:00-2:00** Join us as we learn more about our individual selves! We will assist you in becoming more aware of things that make you uniquely you. In this group, we will help you develop a "sensory diet" specific to your own personal preferences. Come learn more about yourself as we explore what makes you tick!

EXPRESSIVE ARTS GROUPS

Musical Theater *(Personal Growth, Cooperation, Share My Talents)* ***Referral*** **Thurs. 9:30-10:30** This group will write, stage, rehearse and perform a musical theater production. Discover your expressive talents in helping to create an original work of performance art.

Magnificent T-shirt Design *(Flow, Variety)* **Fri. 1:30-2:30** Design your own works of art on T-shirts. Work with a variety of mediums including fabric paint, dyes, beads, stamps and air brush.

Guitar Skills *(Flow, Community, Share My Talents)* **Tues. 9:30-11:00** For beginners and those guitar students that need a refresher course on the fundamentals of guitar playing or the student that wants to refine their skills.

Music Performance *(Flow, Community, Share My Talents)* **Fri. (all) 1:00– 2:00** Calling all Rock Stars! Here's your chance to shine and learn to work together in a cooperative music performing group. We will have opportunities for concert performance on grounds as the group evolves.

Magnificent Mural Making *(Cooperation, Share My Talents)* **Wed. 9:30-10:30** Are you awestruck by dynamic larger than life images... then this venue is for you! Muralists are selected based on their skill & their ability to work cooperatively.

Open Art Studio *(Flow, Cooperation)* **Mon. 10:30-12:00; Sat 1:00-2:30** Time to use your personal art supplies and rehab's markers/paper to create your masterpieces. (Personal beads are allowed in thisgroup).

Women's Creative Writing Group *(Share My Talents)* **1st and 3rd Mon. of the Month 4:00-5:00** A creative writing course that encourages creativity and builds the skills of self-expression through short readings, journaling, and narrative and visualization exercises.

NEW! **Choir Group** *(Community, Cooperation)* **Weds. 1-2:30** Whether you are a new or experienced singer, come and explore the job of making music with your own personal instrument: your voice!

NEW! **Music Moves Me** *(Personal Growth)* ***Referral*** **Thurs. 10:45-11:45** Ever wonder why music affects us so much? This is your opportunity to find out! Come prepared to shake, rattle and learn about you!

LEISURE ACTIVITY GROUPS

Library *(Flow)* **Thurs. 11:00-11:45** This is a time set aside to look through a magazine, find a book to enjoy or check out resource materials. Books can be reserved and checked out through the larger Hospital-Wide Library system.

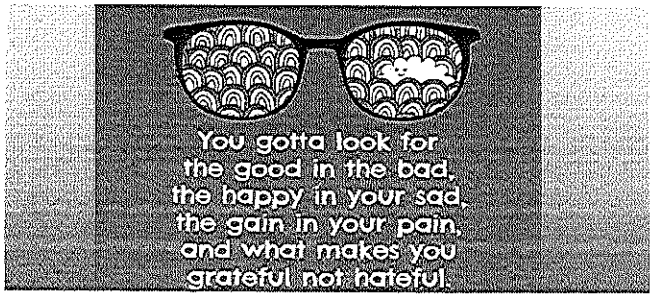
T.G.I.F. *(Community)* **Fri. 3:30-5:00** You can never be sure what the Rehab staff are dreaming up...but one thing is always guaranteed, and that is FUN! Join us for an entertaining and often silly time where we kick back and enjoy each other's company.

Therapeutic Activities of Opportunity *(Variety)* This term refers to all of the above groups, if they are not on your treatment plan. When attending these groups, you are demonstrating that you can use your leisure time in an appropriate way. So be sure to attend as many as you can!

RCA Awards *(Community)* Once a month a special dinner is served to 6 patients who have received the |following awards: **Healthy Leisure:** Given to one who is using their free time for healthy fun. **Citizenship:** Given to one who is doing their share to make their unit or this hospital a better place. **Most Improved:** Given to one who has made gains in their treatment this past month. **Respect:** Given to one who treats others with respect. They are tolerant and accepting of others and their differences. **Resiliency:** Given to one who has had to overcome obstacles in the recent past. They demonstrated the ability to persevere and adapt when things went awry. **Caring:** Given to one who is known for doing Acts of Kindness. They help others and are kind.

Animal Assisted Activity *(Cooperation, Flow)* **Last Thurs. of the Month 8:00-10:00 on unit.** Opportunities to interact with our four legged friends will be available to you throughout the semester.

Community Gardening *(Community)* **Fri. 12:00-1:00** Help grow a variety of different plants and expand your knowledge on horticulture in this leisure gardening group.

NEW! **L.O.L.** *(Variety, Flow, Meaningful Activity)* **Tues. 2:00-3:00** Having fun and finding meaning in your free time helps you feel ALIVE and supports a recovery lifestyle. Join us as we play games designed to increase the L.O.L. moments in your life... Laughing Out Loud; Loving Our Lives; Learning Outrageous Leisure

NEW! **Nails Group** *(Variety)* **Thurs. 1:00-2:30** Get creative and learn new techniques for fabulous nails!