November Calendar 2026

Monday	Tuesday	Wednesday	Thursday	Frriday	Saturday
2	3	4	5	6	7
			8:00 Open 9:00 Morning Meeting 10:00 Tasks/Making Lunch 12:00 Lunch Time 1:00 Afternoon Meeting 1:30 Afternoon Tasks 3:30 Close	8:00 Open 9:00 Morning Meeting 10:00 Tasks/Making Lunch 12:00 Lunch Time 1:00 Afternoon Meeting 1:30 Afternoon Tasks 3:30 Close	
9	10	11	12	13	14
8:00 Open 9:00 Morning Meeting 10:00 Tasks/Making Lunch 12:00 Lunch Time 1:00 Afternoon Meeting 1:30 Afternoon Tasks 3:30 Close	8:00 Open 9:00 Morning Meeting 10:00 Tasks/Making Lunch 12:00 Lunch Time 1:00 Afternoon Meeting 1:30 Afternoon Tasks 3:30 Close	8:00 Open 9:00 Morning Meeting 10:00 Tasks/Making Lunch 12:00 Lunch Time 1:00 Afternoon Meeting 1:30 Afternoon Tasks 3:30 Close	CLOSED for Staff Training	8:00 Open 9:00 Morning Meeting 10:00 Tasks/Making Lunch 12:00 Lunch Time 1:00 Afternoon Meeting 1:30 Afternoon Tasks 3:30 Close	Saturday Social at the WPB Green Market 8:30am-11:30am
16	17	18	19	20	21
8:00 Open 9:00 Morning Meeting 10:00 Tasks/Making Lunch 12:00 Lunch Time 1:00 Afternoon Meeting 1:30 Afternoon Tasks 3:30 Close	8:00 Open 9:00 Morning Meeting 10:00 Tasks/Making Lunch 12:00 Lunch Time 1:00 Afternoon Meeting 1:30 Afternoon Tasks 3:30 Close	8:00 Open 9:00 Morning Meeting 10:00 Tasks/Making Lunch 12:00 Lunch Time 1:00 Afternoon Meeting 1:30 Afternoon Tasks 3:30 Close	8:00 Open 9:00 Morning Meeting 10:00 Tasks/Making Lunch 12:00 Lunch Time 1:00 Afternoon Meeting 1:30 Afternoon Tasks 3:30 Close	8:00 Open 9:00 Morning Meeting 10:00 Tasks/Making Lunch 12:00 Lunch Time 1:00 Afternoon Meeting 1:30 Afternoon Tasks 3:30 Close	
23	24	25	26	27	28
8:00 Open 9:00 Morning Meeting 10:00 Tasks/Making Lunch 12:00 Lunch Time 1:00 Afternoon Meeting 1:30 Afternoon Tasks 3:30 Close	8:00 Open 9:00 Morning Meeting 10:00 Tasks/Making Lunch 12:00 Lunch Time 1:00 Afternoon Meeting 1:30 Afternoon Tasks 3:30 Close	8:00 Open 9:00 Morning Meeting 10:00 Tasks/Making Lunch 12:00 Lunch Time 1:00 Afternoon Meeting 1:30 Afternoon Tasks 3:30 Close	TBD	TBD	
30					
8:00 Open 9:00 Morning Meeting 10:00 Tasks/Making Lunch 12:00 Lunch Time 1:00 Afternoon Meeting 1:30 Afternoon Tasks 3:30 Close					

FERN ST. CLUBHOUSE

Fern Street Clubhouse

909 Fern Street
West Palm Beach, FL
33401
561-832-3755 ext. 1

Our mission is to create a supportive community where all people can flourish.
Mental Health America of the Palm Beaches
www.mentalhealthpbc.org

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sun
2	**3**	**4**	**5**	**6**	**7/8**
8 AM - Coffee Talk 10 AM - Gratitude Group 11 AM - Open Process Group	8 AM - Coffee Talk 10 AM - Wrap Plan Development 11 AM - Art & Music 1-3 PM Open Process Group	8 AM - Coffee Talk 9 AM - Body Movement 10 AM - Finding Your Strengths 11 am - Journaling Group	8 AM - Coffee Talk 10 AM - Mindfulness Group 11 AM - Art/Music	8 AM - Coffee Talk 11 AM - Movie Day 1 - 3 PM Open Process	
9	**10**	**11**	**12**	**13**	**14/15**
8 AM - Coffee Talk 10 AM - Gratitude Group 11 AM - Open Process Group	8 AM - Coffee Talk 10 AM - Wrap Plan Development 11 AM - Art & Music 1-3 PM Open Process Group	8 AM - Coffee Talk 9 AM - Body Movement 10 AM - Finding Your Strengths 11 am - Journaling Group	~~8 AM - Coffee Talk~~ ~~10 AM - Mindfulness Group~~ ~~11 AM - Art/Music~~ CLOSED	8 AM - Coffee Talk 11 AM - Movie Day 1 - 3 PM Open Process	
16	**17**	**18**	**19**	**20**	**21/22**
8 AM - Coffee Talk 10 AM - Gratitude Group 11 AM - Open Process Group	8 AM - Coffee Talk 10 AM - Wrap Plan Development 11 AM - Art & Music 1-3 PM Open Process Group	8 AM - Coffee Talk 9 AM - Body Movement 10 AM - Finding Your Strengths 11 am - Journaling Group	8 AM - Coffee Talk 10 AM - Mindfulness Group 11 AM - Art/Music	8 AM - Coffee Talk 11 AM - Movie Day 1 - 3 PM Open Process	
23	**24**	**25**	**26**	**27**	**29/29**
8 AM - Coffee Talk 10 AM - Gratitude Group 11 AM - Open Process Group	8 AM - Coffee Talk 10 AM - Wrap Plan Development 11 AM - Art & Music 1-3 PM Open Process Group	8 AM - Coffee Talk 9 AM - Body Movement 10 AM - Finding Your Strengths 11 am - Journaling Group	**HAPPY THANKSGIVING!!**	**HAPPY THANKSGIVING!!**	
30					
8 AM - Coffee Talk 10 AM - Gratitude Group 11 AM - Open Process Group					

Mental Health America of the Palm Beaches

MHA
Peer Place North

909 Fern Street
West Palm Beach, FL 33407

561-832-3755

www.MentalHealthPBC.org

Our Mission is to create a supportive community where all people can flourish.

Mental Health America of the Palm Beaches

November

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
8am-9am– Morning Set-up/Meeting 9am-10am– Education Prep 10am-12pm– Individual Goals 12pm-1pm– Plan Menu List 1pm-2:30pm– Wellness Snacks (Smoothies)	8am-9am– Morning Set-up/Meeting– Breakfast 9am-10am– Nature Walk & Fresh Air 10am-12pm– Wellness Education Exercises –Flawless 1pm-2pm– Computer Fundamentals 2pm-3pm– Wellness Exercises	8am-9am– Morning Set-up/Meeting 9:30-11:30am– Shopping for Clubhouse 12pm-1pm– Lunch 1pm-2pm– Computer Fundamentals 2pm-3pm– Individual Goals	8am-9am– Morning Set-up/Meeting 9am-10am– Nature Walk & Fresh Air—Cycling 10am-12pm-Culinary Lunch 1pm-2pm– Education Prep– Health 2pm-3pm– Social Engagement	8am-9am– Morning Set-up/Meeting 9am-10:30am- Breakfast 10:30am-12pm-Education Prep 1pm-3pm Individual Goals Clean Up Time	
9	10	11	12	13	14
8am-9am– Morning Set-up/Meeting 9am-10am– Education Prep 10am-12pm– Individual Goals 12pm-1pm– Plan Menu List 1pm-2:30pm– Wellness Snacks (Smoothies)	8am-9am– Morning Set-up/Meeting– Breakfast 9am-10am– Nature Walk & Fresh Air 10am-12pm– Wellness Education Exercises –Flawless 1pm-2pm– Computer Fundamentals 2pm-3pm– Wellness Exercises	8am-9am– Morning Set-up/Meeting 9:30-11:30am– Shopping for Clubhouse 12pm-1pm– Lunch 1pm-2pm– Computer Fundamentals 2pm-3pm– Individual Goals	8am-9am– Morning Set-up/Meeting 9am-10am– Nature Walk & Fresh Air—Cycling 10am-12pm-Culinary Lunch 1pm-2pm– Education Prep– Health 2pm-3pm– Social Engagement	8am-9am– Morning Set-up/Meeting 9am-10:30am- Breakfast 10:30am-12pm– Education Prep 1pm-3pm Individual Goals	**"Saturday Social"** **12pm-2pm** **Movie Madness at Glades Clubhouse**
16	17	18	19	20	21
8am-9am– Morning Set-up/Meeting 9am-10am– Education Prep 10am-12pm– Individual Goals 12pm-1pm– Plan Menu List 1pm-2:30pm– Wellness Snacks (Smoothies)	8am-9am– Morning Set-up/Meeting-Breakfast 9am-10am– Nature Walk & Fresh Air 10am-12pm– Wellness Education Exercises—Flawless 1pm-2pm– Computer Fundamentals 2pm-3pm– 31Exercises	8am-11am– Morning Set-up/Meeting 11:00am– 1pm-**THANKSGIVING Luncheon w/Advisory Board** 12pm-1pm– Lunch 1pm-2pm– Computer fundamentals 2pm-3pm– Individual Goals	8am-9am– Morning Set-up/Meeting 9am-10am– Nature Walk & Fresh Air—Cycling 10am-12pm-Culinary Lunch 1pm-2pm– Education Prep-Health 2pm-3pm– Social Engagement	8am-9am– Morning Set-up/Meeting 9am-10:30am- Breakfast 10:30am-12pm– Education Prep 1pm-3pm Individual Goals	
23	24	25	26	27	28
8am-9am– Morning Set-up/Meeting 9am-10am– Education Prep 10am-12pm– Individual Goals 12pm-1pm– Plan Menu List 1pm-2:30pm– Wellness Snacks (Smoothies)	8am-9am– Morning Set-up/Meeting-Breakfast 9am-10am– Nature Walk & Fresh Air 10am-12pm– Wellness Education Exercises -Flawless 1pm-2pm–Computer Fundamentals 2pm -3pm– Wellness Exercises	8am-9am– Morning Set-up/Meeting 9:30-11:30am– Shopping for Clubhouse 12pm-1pm– Lunch 1pm-2pm– Computer Fundamentals 2pm-3pm– Individual Goals	8am-9am– Morning Set-up/Meeting 9am-10am– Nature Walk & Fresh Air—Cycling 10am-12pm-Culinary Lunch **" THANKSGIVING DAY"**	8am-9am– Morning Set-up/Meeting 9am-10:30am- Breakfast 10:30am-12pm– Education Prep 1pm-3pm Individual Goals Clean Up Time	
30					
8am-9am– Morning Set-up/Meeting 9am-10am– Education Prep 10am-12pm– Individual Goals 12pm-1pm– Plan Menu List 1pm-2:30pm– Wellness Snacks (Smoothies)					

Mental Health America of the Palm Beaches

2026

MHA Glades Clubhouse

1101 w Ave A

Belle Glade Florida 33430

561-832-3755

Select 3 for Glades

www.MentalHealthPBC.org

Hours: 8am-3:30pm

Our Mission is to create a supportive community where all people can flourish.

~Mental Health America of