

2026

ADULT SERVICES



SUMMER WELLNESS CATALOG



204 South Main Street



INTERESTED IN ANY WELLNESS GROUPS?

HERE IS THE PROCESS OF SIGNING UP FOR GROUPS:

- 1. RECEIVE A WELLNESS CATALOG FROM YOUR PRIMARY CLINICIAN OR CARE MANAGER. THE WELLNESS CATALOGS WILL ALSO BE AVAILABLE IN THE WAITING ROOM AND AT THE FRONT DESK OF VARIOUS BUILDINGS.**
 - 2. REVIEW THE CATALOG WITH YOUR PRIMARY CARE MANAGER OR CLINICIAN.**
 - 3. WORK ON UPDATING YOUR TREATMENT PLAN IF NEEDED.**
 - 4. CREATE A PRIMARY GOAL FOR EACH GROUP YOU WOULD LIKE TO JOIN. FROM THERE YOUR REFERRAL WILL BE SENT TO THE WELLNESS WING.**
 - 5. THE WELLNESS WING WILL GIVE YOU A CALL BEFORE THE CYCLE STARTS TO LET YOU KNOW WHICH GROUPS YOU WERE ACCEPTED INTO.**
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Literary Explorers

Monday 10am - 11am



Join us as we gather at 7 Court Square for our weekly journey into the enchanting world of books. Each week we delve into the art of book-finding, enhance our research skills, and broadening our literary horizons at the Rutland Free Library. This engaging group not only fosters a love for reading but also promotes critical thinking and strengthens our community connections. **If it rains, we plan to meet at 204 South Main Street and to do a silent book read from the books we have checked out recently at the library, followed by a discussion of our new reads.**

Starts June 1st

Music in the Park

Monday 11am - 12pm



Join us at 7 Court Square for Music in the Park, where the melodies of the world come alive under the open sky. This unique gathering invites you to explore a diverse array of musical genres, from classic rock and reggae to European funk and beyond. Whether you're seeking a new musical discovery or a moment of reflection through sound, our sessions promise an enriching experience. Let music be your guide as we enjoy the rhythms and harmonies that connect us all. **In case of rain, we'll gather at 204 South Main Street to continue our musical journey indoors, enjoying tunes on vinyl.**

Starts June 1st

Bocce Club

Monday 12pm - 1pm

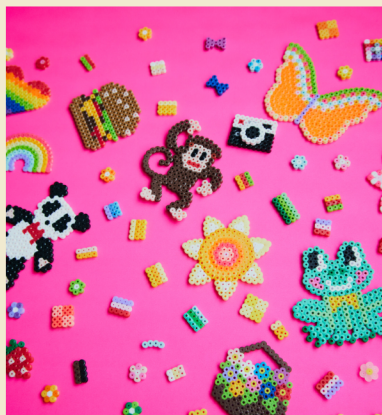


Join us at 7 Court Square in the park for an engaging game of Bocce, the Italian pastime that has delighted players for centuries. Whether you're a seasoned bowler or a curious beginner, Bocce offers a delightful blend of strategy and fun. It's a fantastic way to enjoy the outdoors, get some light exercise, and connect with friends in a relaxed setting. Come roll with us and experience the joy of this timeless game! **If it happens to rain, we plan to meet at Lincoln Place and participate in indoor sport options like cornhole and foosball.**

Starts June 1st

Perler Beading

Monday 1pm - 2:30pm



Join our vibrant Perler Beading group, where creativity meets relaxation! Dive into the art of designing colorful, intricate patterns using tiny beads that fuse together to create stunning works of art. This activity not only enhances fine motor skills but also provides a meditative escape, perfect for unwinding and expressing individuality. Whether you're a beginner or an experienced crafter, our group offers a welcoming space to explore your artistic talents and connect with fellow enthusiasts. Let's bead, relax, and create something beautiful together!

Starts June 1st

Book Club

Monday 2:30pm - 4pm



Dive into a world of wonder with our upcoming Book Club! Our facilitators are on a thrilling quest to select the perfect book that promises both intrigue and inspiration. The suspense will be worth it as the book title is revealed when you receive your acceptance call! At the end of each group, we'll gather for a lively discussion, where you can share your insights while sipping on a comforting cup of hot chocolate or tea. Dive into this delightful experience and connect with fellow book enthusiasts in a warm and welcoming atmosphere!

Starts June 1st

Reel & Relax

Tuesday 10am - 3pm



Join our Fishing group for a serene and refreshing outdoor experience! Each week, we embark on a journey to a different picturesque location around Rutland County, where you can enjoy a full day of fishing. We provide bait and fishing rods, ensuring you have all the necessary tools to reel in a great catch. **Please remember to bring your own Vermont Fishing License to participate.** Whether you're a seasoned angler or a beginner, this is a perfect opportunity to unwind and connect with nature.

Starts June 2nd

Diamond Dots



Tuesday 11am - 12:30pm

Discover the intricate art of Diamond Painting, a unique combination of painting by numbers and cross-stitching. Engage in the meticulous placement of thousands of diamond gems onto an adhesive canvas, creating stunning artwork that reflects your personal touch. This activity not only fosters creativity but also provides a wonderful opportunity to connect with others in a relaxing and enjoyable setting. Embrace the joy of crafting your own masterpiece while sharing the experience with fellow enthusiasts.

Starts June 2nd

Serene Streaming



Tuesday 12:30pm - 2pm

Join us for Serene Streaming, where we dive into the captivating world of "The Traitors." This thrilling reality competition takes us on a journey of intrigue and suspense with a classic whodunit theme. Together, we'll sharpen our sleuthing skills as we analyze clues, discuss theories, and work collaboratively to uncover the secrets of who's behind the intrigue. Perfect for mystery lovers and those looking to engage in stimulating conversation.

Starts June 2nd

Tabletop Games



Tuesday 2pm - 3pm

Discover the joy of tabletop games, where each week brings the opportunity to engage with classics like Scrabble, Yahtzee, Skip-Bo, and an assortment of card games. You can even bring a favorite game from home to share with others. Engaging in these games can boost your mood, encourage strategic thinking, and offer a sense of accomplishment. Whether you're strategizing your next move or simply enjoying the camaraderie, tabletop games offer a refreshing way to recharge and connect.

Starts June 2nd

BINGO



Tuesday 3pm - 4pm

Get ready for an exciting twist on the classic game of BINGO! Participants will receive punchcards to track their progress, adding an extra layer of excitement as each BINGO is achieved. As you mark off more BINGOs, the anticipation builds towards winning a bigger prize once you hit 10. This engaging activity not only offers fun but also promotes a sense of achievement and community among participants. Dive in and experience the thrill of the game, all while nurturing personal wellness and camaraderie.

Starts June 2nd

Coffee Hour

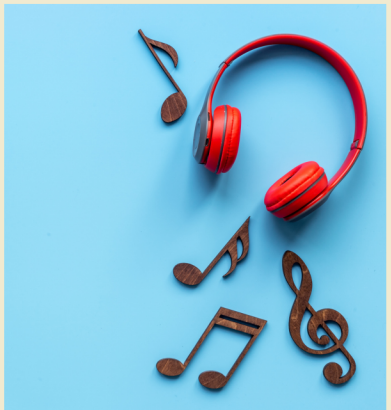


Wednesday & Friday 10am - 11am

Join your peers for a cup of coffee and some invigorating discussion. Discussions in this group range from current events, to entertainment preferences and news, to how the current group cycle is going. It is a chance to engage in healthy appropriate socialization and is offered Wednesday and Friday.

Starts the First Week of June

The Magic of Music



Wednesday 11am - 12pm

Music plays many roles in our lives, from being the background at fun life events, to being an emotional outlet, and even being a way to cope through difficult times. The Magic of Music group will explore various genres of music to expand listeners musical tastes. The group aims to introduce folks to new and exciting music, and to also engage with music in a thoughtful and reflective way. We will be listening to tunes from classic rock, to reggae, to European funk, and more!

Starts June 3rd

Creative Expression

Wednesday 12pm - 2pm



Unleash your creativity with our diverse range of artistic activities, including junk journaling, jewelry making, acrylic painting, and collaging. Dive into perler beading, crocheting, knitting, card making, and drawing to explore new forms of expression. Each week, we offer a structured project to inspire you, perfect for those who are seeking ideas or need a starting point. Whether you're an experienced artist or a curious beginner, there's something for everyone to enjoy and express themselves.

Starts June 3rd

Superhero Group

Wednesday 2pm - 3pm



Join the Superhero Group and become a local hero by participating in meaningful community service projects around town. This five-week group is designed for individuals ready to roll up their sleeves and contribute to their community through various volunteer activities. Whether it's cleaning up parks or paying the parking meters, you'll gain valuable experience and make lasting impacts. Embrace the spirit of giving back and discover the superhero within you!

Starts June 3rd for 5 weeks

Gratitude & Growth

Wednesday 2pm - 3pm



Join us for a transformative experience with the Gratitude Group, a five-week journey designed to cultivate appreciation and positivity in your daily life. Through interactive sessions, participants will explore various gratitude practices and learn how to incorporate them into their routines to enhance well-being and resilience. This group offers a supportive environment to share experiences and foster a community of gratitude, making it an uplifting addition to anyone's personal growth journey.

Starts July 15th for 5 weeks

Identity Haven



Wednesday 3pm - 4pm

Are you a part of the transgender community and seeking a supportive space? Identity Haven is here for you! This intimate, close-knit group offers the opportunity to explore gender identity, self-expression, and essential coping skills to help navigate life's challenges. We foster a strong sense of community, providing a welcoming environment for individuals at all stages of their "coming-out" journey. Join us to connect, share experiences, and empower each other on the path to living in harmony with your identity.

Starts June 3rd

Learn to Ride the Bus



Thursday 10am -12pm

With new locations and offices to visit, this initiative ensures that both new and existing clients can confidently and safely navigate the bus system. Scheduled at various times throughout the spring cycle, participants will gain practical skills to effectively utilize public transportation to attend appointments. This group serves as an excellent opportunity to foster independence and enhance mobility within the community. Whether you're familiar with the routes or just starting, this experience will be enlightening and empowering.

Available Dates:

• June 4th • July 2nd • July 30th

Grocery Shopping - Aldi



Thursday 10am - 12pm

Join us for an enjoyable and stress-free trip to Aldi's, where you'll discover a unique grocery shopping experience that offers comfort and great deals in bulk. If you're struggling to find the motivation to shop, let us make it easier for you. Come along for some friendly company and helpful tips on snagging the best bargains while filling your cart with essentials. Let's turn grocery shopping into a rewarding and social activity together!

Available Dates:

• June 18th • July 16th • August 13th

Walk & Roll for Wellness

Thursday 12pm - 1pm



Join us **every other week** for Walk & Roll for Wellness, where we celebrate the vital connection between physical and mental health through regular activity. Our inclusive group welcomes everyone, including those in wheelchairs, to roll along with us as we venture through the charming routes of Rutland City. We meet at 7 Court Square, providing a wonderful opportunity to enjoy the outdoors, refresh your mind, and enhance your overall well-being. Please bring a water bottle to stay hydrated during our energizing journey together.

Starts June 4th

TED Talk Hour

Thursday 1pm - 2pm



Join us **every other week** for TED Talk Hour, an inspiring group where we delve into thought-provoking TED topics each week. Together, we'll watch powerful TED Talks and engage in lively discussions focusing on themes like resilience, motivation, mindfulness, and more. This is a wonderful opportunity to share insights, reflect on personal experiences, and enhance our understanding of these vital subjects. Let's explore and learn in a supportive community dedicated to personal growth and wellness.

Starts June 4th

You Pick - Movie Group

Thursday 2pm - 4pm



Discover a new cinematic adventure **every other week** with the You Pick: Movie Group! Participants will have the exciting opportunity to choose from a diverse selection of movies available across various streaming platforms. Whether you prefer heartwarming dramas, action-packed thrillers, or light-hearted comedies, there's something for everyone. Make the most of your movie afternoons by exploring different genres and sharing the experience with fellow film enthusiasts. Dive into the world of movies and enjoy the freedom to pick what you watch!

Starts June 4th

Gardening Club



Join our vibrant Gardening Group every other week as we cultivate and transform the green spaces at 204 South Main Street, Court Square, and Pine Street. This initiative not only beautifies our community but also provides a fantastic opportunity for participants to engage in outdoor activities, fostering physical and mental wellness. Whether you're a seasoned gardener or new to the soil, everyone is welcome to contribute and learn in this hands-on experience. Together we'll nurture our environment and ourselves, promoting a sense of community and well-being. Let's grow and thrive together!

Starts June 4th

Thursday 2pm - 4pm

Creative Writing Corner



“Writing is an act of discovering what you think and what you believe.” -Daniel Pink

In Creative Writing we will explore ourselves and the universe through 1, 5, and 10 minute prompts. We will each share, to our comfort level, our stories or poems and provide support and encouragement to each other. No prior experience necessary; we are here to explore and create!

Starts June 5th

Friday 11am - 12pm

The Gaming Lounge



Welcome to The Gaming Lounge, a vibrant hub where community and creativity unite in the exhilarating world of gaming. Join us as we race through Super Mario Kart on the Nintendo Switch and relive the classics with a variety of Wii games. Bring your own favorite games to share and immerse yourself in an inclusive atmosphere where every gamer's interest counts. Plus, enjoy the thrill of exploring our community with Pokémon Go! Remember to keep all games appropriate for a positive and enjoyable experience for everyone.

Starts June 5th

Friday 12pm - 2pm

Mindful Nutrition

Friday 2pm - 3pm



Have you ever been curious about starting healthy habits but don't know where to start? Are you interested in learning more about how to fuel our bodies? Then Mindful Nutrition is the group for you! Combining mindfulness-based practices with basic nutrition knowledge, we will explore the fundamental aspects of caring for our bodies in a judgment free, trauma informed space. From vitamins and minerals to learning how to read a nutrition label, this group will delve into many aspects of bodily wellness to prepare you for anything life may throw your way.

Starts June 5th for 5 weeks

Meditation in the Park

Friday 2pm - 3pm

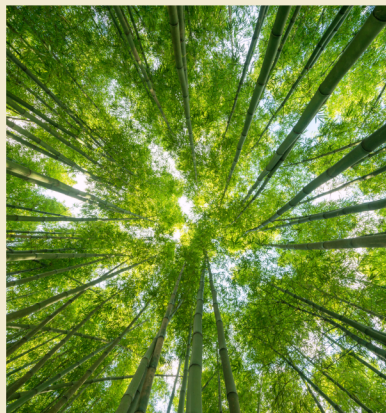


Experience tranquility in the heart of nature with our Meditation in the Park group, meeting at the serene setting of 7 Court Square. Embrace the calming atmosphere as we guide you through peaceful meditation practices designed to refresh your mind and spirit. Whether you're new to meditation or a seasoned practitioner, this group welcomes all levels to connect and rejuvenate in a supportive environment. **In the event of rain, our gathering will move indoors to 204 South Main Street, ensuring a comfortable and uninterrupted session.**

Starts July 17th for *5 weeks*

Navigating Nature

Friday 3pm - 4pm



Let's experience the wilderness together! If you're seeking a guided, enriching outdoor experience that combines movement, learning, and connection to nature then please join our group as we enjoy carefully planned hikes while learning to recognize and understand local plant species in their natural environments. This group emphasizes safety, accessibility, and hands-on discovery, with guidance on plant identification and responsible interaction with the landscape. We hope you will leave feeling more confident outdoors and more knowledgeable about native plants.

Starts June 5th

PRIDE

Friday 3pm - 4pm



Explore the impact of media on the LGBTQ+ community through music, movies, TV shows, and written word. On alternating weeks, we will engage with a piece of media and then the following week have discussion inspired by what we saw, heard, or read. This group is for individuals who identify within the LGBTQ+ community and would like to increase their media literacy and awareness of messages we internalize, for better or for worse, and ways in which we can fortify ourselves to engage with the world around us in a manner that feels both supportive and affirming.

Starts June 5th

This summer, our Thursday groups will transition to a bi-weekly schedule, providing an exciting opportunity for more Lake Days! Individuals can enjoy trips to various State Parks, where we'll indulge in delicious lunches and soak up the sun while swimming and relaxing. Sign-up sheets for these exhilarating Lake Days will be available in the Wellness Wing for those actively engaged in groups (spots will be limited).

Mark your calendars for the special One Off week from July 6th through July 10th, where we will host a grand Lake Day, inviting other programs, and celebrating with our Summer BBQ. This unique week promises an array of fun-filled activities and community bonding. Keep an eye out for sign up sheets in the Wellness Wing for more details and sign up to ensure your spot in these enriching summer experiences!

SUMMER WELLNESS WING WEEKLY SCHEDULE

MONDAY

10:00am-11:00am - Literary Explorers
11:00am-12:00pm - Music in the Park
12:00pm-1:00pm - Bocce Club
1:00pm-2:30pm - Perler Beading
2:30pm-4:00pm - Book Club

TUESDAY

10:00am-3:00pm - Reel & Relax
11:00am-12:30pm - Diamond Dots
12:30pm-2:00pm - Serene Streaming
2:00pm - 3:00pm - Tabletop Games
3:00pm - 4:00pm - BINGO

WEDNESDAY

10:00am-11:00am - Coffee Hour
11:00am-12:00pm - The Magic of Music
12:00pm-2:00pm - Creative Expression
2:00 - 3:00pm - Superhero Group *5 weeks*
2:00pm - 3:00pm - Gratitude & Growth *5weeks*
3:00pm-4:00pm - Identity Haven

THURSDAY

10:00pm-12:00pm - Learn to Ride the Bus (select dates)
10:00pm - 12:00pm - Grocery Shopping - Aldi (select dates)
12:00pm-1:00pm - Walk & Roll for Wellness
1:00pm - 2:00pm - TED Talk Hour
2:00pm - 4:00pm - You Pick Movie Group
2:00pm-4:00pm - Gardening Group

FRIDAY

10:00am-11:00am - Coffee Hour
11:00am-12:00pm - Creative Writing Corner
12:00pm-2:00pm - The Gaming Lounge
2:00pm - 3:00pm - Mindful Nutrition *5 weeks*
2:00pm - 3:00pm - Meditation in the Park *5 weeks*
3:00pm - 4:00pm - Navigating Nature
3:00pm - 4:00pm - PRIDE

June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 st Week 1 →	2 nd	3 rd	4 th	5 th	6 th
7 th	8 th Week 2 →	9 th	10 th	11 th	12 th	13 th
14 th	15 th Week 3 →	16 th	17 th	18 th	19 th	20 th
21 st	22 nd Week 4 →	23 rd	24 th	25 th	26 th	27 th
28 th	29 th Week 5 →	30 th				

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 st Week 5 →	2 nd	3 rd	4 th
5 th	6 th One Off →	7 th Week →	8 th	9 th	10 th	11 th
12 th	13 th Week 6 →	14 th	15 th	16 th	17 th	18 th
19 th	20 th Week 7 →	21 st	22 nd	23 rd	24 th	25 th
26 th	27 th Week 8 →	28 th	29 th	30 th	31 st	

August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 st
2 nd	3 rd Week 9 →	4 th	5 th	6 th	7 th	8 th
9 th	10 th Week 10 →	11 th	12 th	13 th	14 th	15 th
16 th	17 th One-Off →	18 th Week →	19 th	20 th	21 st	22 nd
23 rd	24 th Summer →	25 th Break →	26 th No Groups	27 th	28 th	29 th
30 th	31 st					