

Meetings and Classes will be held in the community room.

Maria Herrera  
[mherrera@lifestepsusa.org](mailto:mherrera@lifestepsusa.org)


Resident Message Line:  
 855-395-4463

Drop by or call for an appointment.

# University Gardens

## January 2024

# JANUARY

Monday, January 1, 2024	Monday, January 22, 2024	Monday, January 29, 2024	Reminders
<p><b><u>Social Services:</u></b> DSS, Maria Herrera will be available to assist you between <b>11:30 am – 6:15 pm</b> <i>(Please note, the time includes a 30 min. meal break)</i></p>  <p><b><u>Class: Budget Goals for 2024:</u></b> 11:45 am – 1:15 pm</p> <p><b><u>Health and Wellness/Case Management:</u></b> 2:00 pm- 3:00 pm Linkage and referrals to community resources.</p> <p><b><u>Class: JOBS – Warehouse Employment</u></b> 3:00 pm – 4:00 pm</p> <p><b><u>Bingo:</u></b> 4:15 pm- 6:15 pm Join us in the community room for some BINGO fun. You will have a chance to win prizes.</p>	<p><b><u>Social Services:</u></b> DSS, Maria Herrera will be available to assist you between <b>11:30 am - 6:15 pm</b> <i>(Please note, the time includes a 30 min. meal break)</i></p> <p><b><u>Class: Budget Goals for 2024:</u></b> 11:45 am – 1:15 pm</p> <p><b><u>Health and Wellness/Case Management:</u></b> 2:00 pm- 3:00 pm Linkage and referrals to community resources.</p> <p><b><u>Class: JOBS – Warehouse Employment</u></b> 3:00 pm – 4:00 pm</p> <p><b><u>Bingo:</u></b> 4:15 pm- 6:15 pm Join us in the community room for some BINGO fun. You will have a chance to win prizes.</p>	<p><b><u>Social Services:</u></b> DSS, Maria Herrera will be available to assist you between <b>11:30 am - 6:15 pm</b> <i>(Please note, the time includes a 30 min. meal break)</i></p> <p><b><u>Class: The Art of Forgiveness:</u></b> 11:45 am – 1:15 pm</p> <p><b><u>Technology 101 Workshop:</u></b> 2:00 pm- 3:00 pm Join DSS in the community for questions regarding smartphones, tablets, and laptops.</p> <p><b><u>Class: Needs vs. Wants:</u></b> 3:00 pm – 4:00 pm</p> <p><b><u>New Year Resolutions:</u></b> 4:15 pm- 6:15 pm Join us in the community room for an activity. Everyone is welcome.</p>	<p><b><u>LifeSTEPS will be closed:</u></b></p> <p>Monday, January 1                  &amp;                  Monday, January 15</p> <p><b><u>Tuesday, January 09, 2024</u></b>  <b>UG Monthly Safety Meeting</b>                  For more information see Safety Meeting Flyer                  5:30 pm</p>



Life Skills Training & Educational Programs

Empowerment. Impact. Community.  
 One STEP at a time.

