

OCTOBER NEWSLETTER

Book Club 

One of the best gifts of sobriety, and most significant areas of life to be developed, is personal interests or hobbies. After treatment, we quickly realize just how much time we used to spend chasing, affording, and using our substance of choice. It is common to experience anxiety through boredom in early recovery. It is healthy to pursue activities that are just for enjoyment, as long as they are healthy. And reading is one of those activities.

If you would like to join the FORC Book Club in time for our first read, please text Book Club to 916-291-7211 before Halloween.

 **Spooky Speaker Jam**

Join us for a spooktacular speaker jam on October 25th. We have a great alumni speaker with over 1 year of sobriety and he's bringing his sponsor! We will have plenty of desserts, plenty of laughs, and two contest winners will be announced.

You can enter the drawing by wearing a costume to the speaker jam (see rules below) AND you can post a creative pumpkin picture on the app. Carve it, paint it, put little lights and gnomes on it, we want to see it all and pumpkins kick-off the spirit of the holiday season!



I Found It on Phoenix!

You can check this section monthly for cool events that I find on the Phoenix app. This month I found **Dark Thirty Crossfit!** Join the Phoenix Sober Active Community for an hour of FREE crossfit! All ability levels are welcome. These classes are inclusive and accessible for everyone with 48 (or more) hours of sobriety.

Thursdays @ 5:30pm
1230 Harter Ave Suite G, Woodland CA 95776

Welcome these alumni who joined us in September!

- Clinton
- Jacob
- Danielle
- Dana
- Arturo
- Stephen
- Haley
- Joan
- Blas
- Justin
- Elizabeth
- Jessie
- Janet
- Jackson Tyler
- Eric
- Eric
- Yoel
- John
- Cory
- Dustin
- Andrew
- James
- Ryan
- Brittany
- Anthony
- David
- Jessica
- Amber
- Angelica
- David
- Ashley
- Iryna
- James
- Richard
- Trevin
- Rachel
- Tinovell
- Megan
- Michelle
- Jennifer
- Jessica
- Courtnie
- Alexander

October Birthday Blast!

Birthdays are a big deal. We celebrate milestones of 30-60-90 days, 6-9 months, and all annuals at our Only On Tuesday alumni meeting. Birthday night is the last Tuesday of the month, every month. Join us for cupcakes, cookies, and fun!



- Cynthia W.
- Matthew S.
- Sophie M.
- Deidre D.
- Marion C.
- Bryce K.
- Baasim K.
- Daphne H.
- Jaime P.

