



# November 2019

Peer Resource and Recovery Center  
 509 Market Street  
 East Liverpool, Ohio 43920  
 330-385-7000  
[www.helpnetworkneo.org](http://www.helpnetworkneo.org)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
C L O S E D	MS- Morning Stretch WTD- Word of the day SB- Skill building SG- Small Groups DT- Double Trouble	<b>Novembers' theme: Grateful, Thankful, Blessed</b>			1 10:30- 11:00 Highs n Lows 11:00- 12:00- Karaoke 1:00- 2:30 NAMI Connections 2:00-3:00 Puzzles or journaling <b>Jersey Day! Wear your favorite sports team every Friday</b>	2 C L O S E D
3 C L O S E D	4 10:30-11:00-Bowling 11:00- 12:00- SG- Support 1:00- 2:00 SAD 1:00- 2:00 Double Trouble 2:00- 2:30 puzzles or journaling 2:30- 3:00 SB or Computers	5 10:30- 11:00 Sky meditation 11:00 -12:00 <b>Sleep I.Q</b> 1:00- 2:00 <b>Weathering storms</b> 2:30- 3:00 SB or puzzles	6 10:30-1:30 Lunch N Fun "Laughter and Humor in Recovery" with Georgia Smith (must sign up by Nov 1 <sup>st</sup> ) 1:30- 2:30 Pop culture trivia 2:30- 3:00 SB or music	7 10:30- 11:00 Stretch bands 11:00- 12:00- Financial planning for the holidays 1:00- 2:00- Spirituality- "Thanks in everything" 2:00- 3:00 SB or Calendar skills	8 10:30-11:15 Highs n Lows 11:15- 12:00 Coffee social group discussion 1:00- 2:30 NAMI Connections 2:00-3:00 Xbox kinetic <b>Jersey day!</b>	9 C L O S E D
10 C L O S E D	11 <b>Closed due to Veterans day</b>	12 10:30- 12:30 Movie & snacks Movie- "Little Women" 1:00- 2:00 <b>Benefits to Journaling</b> 2:00 -3:00 <b>Helpful Tips for Anger management</b> 2:00- 3:00 SB or Xbox Kinetic	13 10:30-11:30 SG Check In 11:00 -12:00 Adjusting to change 12:30-2:15 PRRC BINGO 2:15-3:00 SB or Left, Right, Center	14 10:30-10:45 Walk 10:45-11:00 WTD 11:00-12:00 Letters of thanks/craft 1:00-2:30 Pumpkin painting (sign up needed) 2:30-3:00 SB or music	15 10:30- 11:00 Highs N Lows 11:00-12:00 Karaoke 1:00-2:30 NAMI Connections or journaling 2:30- 3:00 SB or Corn hole <b>Jersey day!</b>	16 C L O S E D
17 C L O S E D	18 10:30- 11:00 Current events 11:00- 12:00 Forgiveness 1:00- 2:00 Connecting with others (social tips) 1:00-2:00 Double Trouble 2:00-2:45 SB -math	19 <b>Closed for county wide Thanksgiving Feast</b>	20 10:30-11:30 SG- Family matters 11:30- 12:00 Quote 1:00-2:00- Family Feud 2:00- 2:45 Inspirational words 2:30- 3:00 SB or 1 on 1	21 10:30-10:45 Exercise ball routine 10:45-11:00 WTD 11:00-12:00 Help to quit smoking 1:00-2:00 Owl craft 2:00-3:00 SB reading	22 10:30- 11:00- Highs n Lows 11:00- 12:00 Karaoke or puzzles 1:00-2:30 NAMI Connections 2:30- 3:00 SB or music <b>Jersey Day!</b>	23 C L O S E D
24 C L O S E D	25 10:30-11:00 WTD 11:00- 12:00 SG- Goals 1:00- 2:00 Double Trouble 1:00- 2:30 SPA Day or sports talk 2:30- 3:00 SB or Puzzles	26 10:30- 10:45 Getting grounded 10:45- 11:45 <b>Improving Memory</b> 1:00- 2:00 <b>PRRC BINGO</b> (Salem only) Spoons or Sequence 2:00- 3:00- SB or computers	27 10:30-11:00 SG- Gratitude 11:00- 12:00 Cooking with Glo (Lunch provided) 12:30- 1:15 Pie celebration 1:15-2:30-PRRC Thanksgiving tradition 2:30-3:00 Music	28 <b>Closed due to Thanksgiving holiday</b>	29 <b>Closed due to Thanksgiving holiday</b>	C L O S E D

Please Note: The East Liverpool topics highlighted in orange are the same those offered in Salem locations starting at 1PM