


October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>October's theme: Changing with the times</p> 			<p>1</p> <p>10:30-10:50 Meditation 11:00-12:00 Facing your fears 1:00-2:00 Fall craft</p>	<p>2</p> <p>10:30- 11:00 Highs N lows 11:00-12:00 Karaoke or member lead group discussion 12:30- 2:00 NAMI Connections</p>
<p>5</p> <p>10:30-11:00 Quote 11:00-12:00 SAD seasonal affective disorder 1:00-2:00 Team trivia challenge</p>	<p>6</p> <p>10:30-11:00 Current events 11:00-12:00 Hoarding 1:00- 2:00 Organizing 101</p>	<p>7</p> <p>10:30-11:00 Yoga 11:00-12:00 Progress not perfection 12:30-1:45 PRRC BINGO</p>	<p>8</p> <p>10:30-10:50 Walk or chair exercises 11:00-12:00 Perspective taking (Role play) 12:30-1:45 PRRC BINGO</p>	<p>9</p> <p>10:30-11:00 Highs N Lows 11:00-12:00 Teambuilding Competition, corn hole & ladder golf 12:30-2:00 NAMI Connections</p>
<p>12</p> <p>10:30-11:00 Fast fitness 11:00-12:00 Sensitivity and awareness 1:00-2:00-Jeopardy</p>	<p>13</p> <p>10:30-11:00 Deep breathing 11:00- 12:00 Personal information: How and when to share 1:00-2:00 Pictionary</p>	<p>14</p> <p>10:30-1:30 Lunch N Fun Diversity, Acceptance & Tolerance with Maureen & Erica (please sign up by 10/5) 1:30-2:00 Trivia</p>	<p>15</p> <p>10:30-11:00 Relaxation techniques 11:00-12:00 Help with Mood changes 1:00-2:00 Pumpkin painting (sign up by October 2)</p>	<p>16</p> <p>10:30-11:00 High N Lows 11:00-12:00 Karaoke or group discussion 1:00-2:00 Lets make a deal</p>
<p>19</p> <p>10:30-11:00 Walk or MS 11:00-12:00 Help with procrastination 1:00-2:00 Scene It (team building)</p>	<p>20</p> <p>10:30-11:00 Quote 11:00- 12:00 Spiritual support 1:00-2:00 Lets make a Deal</p>	<p>21</p> <p>10:30-1:30 Lunch N Fun Diversity, Acceptance & Tolerance with Maureen & Erica (please sign up by 10/12) 1:30-2:00 Music</p>	<p>22</p> <p>10:30-11:00 Check In 11:00-12:00 Money Smart with Woodforest bank 1:00-2:00 Paint Pour picture frames</p>	<p>23</p> <p>10:30-11:00 Walk or chair exercises 11:00-12:00 Open Mic journaling 12:30-2:00 NAMI Connections</p>
<p>26</p> <p>10:30-11:00 Current events 11:00-12:00 Phobias Conquering fear 1:00-2:00 Jeopardy</p>	<p>27</p> <p>10:30-11:00 Fast fitness 11:00-12:00 Increasing self-awareness 1:00-2:00 charades</p>	<p>28</p> <p>10:30-11:00 WTD 11:00-12:00 Cooking Lesson 1:00-2:00 Respecting boundaries</p>	<p>29</p> <p>10:30-11:00 Positive affirmations 11:00-12:00 Tips for boredom 1:00-2:00 Improv or brain teasers</p>	<p>30</p> <p>10:30-11:10 Highs N Lows 11:10- 12:10 Karaoke or group discussion 1:00- 2:00 Team building Trivia Halloween addition & snacks</p>