




November 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
10:30-11:00 Current events 11:00-12:00 Stages of change 1:00-2:00- Family Feud	10:30-11:00 quote 11:00- 12:00 The value of traditions 1:00- 2:00 Golf tournament or brain teasers	10:30-11:00 WTD 11:00-12:00 Friendships 12:30-1:45 PRRC Thanksgiving BINGO	10:30-10:50 Meditation 11:00-12:00 Learning your triggers 12:30-1:45 PRRC BINGO	10:30- 11:00 Hot cocoa social -Group discussion 11:00-12:00 Karaoke or music by request 12:30- 2:00 NAMI Connections
9	10	11	12	13
10:30-11:00 Good News 11:00-12:00 How to deal with resentment 1:00-2:00 Charades	10:30-10:45 WTD 11:00-12:00 Building strong social skills 1:00- 2:00 Holiday sip & paint	10:30-1:30 Lunch N Fun With Georgia Smith "A Grateful Heart" (please sign up by 11/4)	10:30-10:50 Balloon badminton 11:00-12:00 Problem solving 1:00-2:00 Fall craft lanterns	10:30-11:00 Highs N Lows 11:00-12:00 Music speaks 12:30-2:00 Teambuilding Competition, corn hole & golf
16	17	18	19	20
10:30-11:00 Chair exercise 11:00-12:00 SAD- Seasonal affective disorder 1:00-2:00-Jeopardy	10:30-11:00 Deep breathing 11:00- 12:00 How to show appreciation 1:00-2:00 Journaling prompt competition	10:30-1:30 Lunch N Fun With PRRC staff "A Grateful Heart" (Please sign up by 11/11)	10:30-11:00 Humor share 11:00-12:00 Budgeting for the holidays 1:00-2:00 Centerpiece craft	10:30-11:00 Hot cocoa social- Group discussion 11:00-12:00 Karaoke or group discussion 1:00-2:00 NAMI Connections
23	24	25	26	27
10:30-11:00 Current events 11:00-12:00 Major depressive disorder 1:00-2:00 Scene It (team building) or trivia	10:30-11:00 Quote 11:00- 12:00 Spirituality-Prayer & meditation 1:00-2:00 Let's make a deal	10:30-11:00 PRRC Thanksgiving tradition 11:00-12:00 Cooking lesson (pie edition) 1:00-2:00 Holiday edition trivia	Closed for Thanksgiving 	Closed for Thanksgiving holiday
30			November's Theme: Attitude of gratitude	
10:30-11:00 Stretch bands 11:00-12:00 Navigating family during the holidays 1:00-2:00 Jeopardy				