






December 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>December's theme: Peace, Hope & Joy</p>	<p>1</p> <p>10:30-11:00 Current event 11:00-12:00 Help with co-dependency 1:00-2:00 Holiday decorations- 1:45 1st day giveaway</p>	<p>2</p> <p>10:30-11:00 WTD 11:00-12:00 Giving & receiving 12:30-1:45 PRRC BINGO 1:45 2nd day giveaway</p>	<p>3</p> <p>10:30-10:50 Meditation 11:00-12:00 Knowing your limits- Budgeting 12:30-1:45 PRRC BINGO 1:45 3rd day giveaway</p>	<p>4</p> <p>10:30- 11:00 Highs N lows 11:00-12:00 Karaoke or group discussion 12:30- 2:00 NAMI Connections 1:45 4th day giveaway</p>
<p>7</p> <p>10:30-11:00 Chair exercises 11:00-12:00 Peaceful thinking 12:45-1:45 Cookie decorating 1:45 5th day giveaway</p>	<p>8</p> <p>10:30-11:00- WTD 11:00- 12:00 Impulsive behavior 1:00-1:45 Family feud 1:45 6th day giveaway</p>	<p>9</p> <p>10:30-11:00 Stretch bands 11:00-12:00 Expectations: Hopeful & realistic 1:00-2:00 Teambuilding competition: Mini Golf or brain teaser puzzles 1:45 7th day giveaway</p>	<p>10</p> <p>10:30-10:50 Deep breathing 11:00-12:00 Sober celebrations 1:00-2:00 Homemade Christmas card making 1:45 8th day giveaway</p>	<p>11</p> <p>10:30-11:00 Check In 11:00-12:00 Coffee or cocoa social- Group discussion 12:30-2:00 NAMI Connections 1:45 9th day giveaway</p>
<p>14</p> <p>10:30-11:00 Current events 11:00-11:45 Holiday stress fixes to bring joy 12:30- 2:00 Paint & sip (cocoa) Holiday painting 1:45 10th day giveaway</p>	<p>15</p> <p>10:30-11:00 Balloon bad mitten 11:00- 12:00 Hope & your mood 1:00-2:00 Jeopardy holiday edition 1:45 11th day giveaway</p>	<p>16</p> <p>10:30-1:30 Lunch N Fun "Making and Keeping Friends" with Maureen & Erica (please sign up by 12/9 space is limited) 1:30-2:00 Trivia 1:45 12th day giveaway</p>	<p>17</p> <p>10:30-11:00 Relaxation techniques 11:00-12:00 Crisis planning 1:00-2:00 Ornament craft</p>	<p>18</p> <p>10:30-11:00 High N Lows 11:00-12:00 Karaoke or group discussion 12:30-2:00 NAMI Connections</p>
<p>21</p> <p>10:30-11:00 Walk or MS 11:00-12:00 Grief 1:00-2:00 Scene It (team building)</p>	<p>22</p> <p>10:30- 12:15 Holiday movie & snack or journaling 1:00-2:00 Emotions- Check in</p>	<p>23</p> <p>10:30-1:30 Lunch N fun "Making and keeping Friends" with Maureen & Erica (please sign up by 12/16) 1:30-2:00 Music</p>	<p>24</p> <p><i>Closed Christmas Eve</i></p> 	<p>25</p> <p><i>Closed for Christmas day</i></p> 
<p>28</p> <p>10:30-11:00 Current events 11:00-12:00 Dealing with disappointment 1:00-2:00 Winter safety</p>	<p>29</p> <p>10:30-11:00 Clip chat 11:00-12:00 Prioritizing 1:00-2:00 Charades</p>	<p>30</p> <p>10:30-11:00 WTD 11:00-12:00 Cooking Lesson 1:00-2:00 Team trivia challenge</p>	<p>31</p> <p><i>Closed for New Year's Day</i></p> 	<p>12 days of Christmas will be a daily drawing for a gift starting from December 1-16th. Participant need to be present to win</p>

