



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
10:30-11:00 Current events 11:00-12:00 Types of Love 1:00-2:00- Family Feud	10:30-11:00 quote 11:00- 12:00 Loving Behaviors 1:00- 2:00 Golf tournament or brain teasers	10:30-11:00 WTD 11:00-12:00 Help with Co-dependency 12:30-1:45 PRRC BINGO	10:30-10:50 Meditation 11:00-12:00 Love addiction 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
8	9	10	11	12
10:30-11:15 Clip chat 11:15-12:00 Stopping resentment in relationships 1:00-2:00 Charades	10:30-10:45 Guided meditation 11:00-12:00 Improving Communications 1:00- 2:00 Trivia	10:30-1:30 Lunch N fun "Hope & Healing" with Georgia (please sign up by 2/3) 1:30-2:00 Music	10:30-10:50 Deep breathing exercise 11:00-12:00 Healthy VS toxic relationships 1:00-2:00 Stained glass heart art	10:30-11:15 Highs N Lows 11:00-12:00 Group discussion or cornhole 12:30-2:00 NAMI Connections
15	16	17	18	19
10:30-11:00 WTD 11:00-12:00 Family & Couples Counseling 1:00-2:00- Golf or brain teasers	10:30-11:00 Quote 11:00- 12:15 Paint N sip "Snowy field" 1:00-2:00 "The price is right" -Budgeting	10:30-1:30 Lunch N Fun "Hope & Healing" with Erica (Please sign up by 2/10) Music	10:30-11:00 Guided meditation 11:00-12:00 Thinking Court (Role play) 1:00-2:00 Jewelry box craft	10:30-11:00 Members quotes 11:00-12:00 Karaoke or group discussion 12:30-2:00 NAMI Connections
22	23	24	25	26
10:30-11:00 Chair exercises 11:00-12:00 Domestic Violence awareness 1:00-2:00 Jeopardy	10:30-12:30 Movie & snacks "One true thing" Or journaling prompt 1:00- 2:00 Group discussion	10:30-11:00 Clip chat 11:00-12:00 Cooking lesson 1:00- 2:00 Lets make a deal	10:30-11:00 WTD 11:00- 12:00 Dealing grief and loss during a pandemic 1:00-2:00 Clover wreath	10:30-11:00 Highs n Lows 11:00-12:00 "Scene it" group competition 12:30-2:00 NAMI Connections
February's theme: "All things Love"				

