



January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>January's Theme: New possibilities</p>				<p>1</p> <p>Closed for New Year's Day</p>
<p>4</p> <p>10:30-11:00 Current events 11:00-12:00 Clip chat 1:00-2:00 Family feud or golf</p>	<p>5</p> <p>10:30-11:00 Check In: goal progress 11:00-12:00 New mindset 12:30- 1:45 Paint n Sip Snowman painting</p>	<p>6</p> <p>10:30-11:00 Stretch bands 11:00-12:00 Eating disorders 101 12:30-1:45 PRRC BINGO</p>	<p>7</p> <p>10:30-10:50 Meditation 11:00-12:00 Healthy habits to improve your mental health 12:30-1:45 PRRC BINGO</p>	<p>8</p> <p>10:30-11:00 Highs N Lows 11:00-12:00 Teambuilding Competition, corn hole or golf 12:30-2:00 NAMI Connections</p>
<p>11</p> <p>10:30-11:00 Fast fitness 11:00-12:00 Goal setting SMART goals 1:00-2:00-Jeopardy</p>	<p>12</p> <p>10:30-11:00 Deep breathing 11:00- 12:00 Nutritional knowledge for brain health 1:00-2:00 Pictionary</p>	<p>13</p> <p>10:30-1:30 Lunch N Fun "Discovering new coping skills" with Maureen 1:30-2:00 music by request</p>	<p>14</p> <p>10:30-11:00 Relaxation techniques 11:00-12:00 Winter crafts 1:00-2:00 DBT skills</p>	<p>15</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>18</p> <p>10:30-11:00 Walk or MS 11:00-12:00 Help with focus & distractions 1:00-2:00 Scene It (team building)</p>	<p>19</p> <p>10:30-11:00 Quote 11:00- 12:00 Benefits of journaling for Recovery 1:00-2:00 Lets make a Deal</p>	<p>20</p> <p>10:30-1:30 Lunch N Fun "Discovering new coping skills" with Erica 1:30-2:00 Trivia</p>	<p>21</p> <p>10:30-11:00 Check In 11:00-12:00 When to talk to your doctor 1:00-2:00 Penguin craft</p>	<p>22</p> <p>10:30-11:00 Chair exercises 11:00-12:00 Open Mic journaling or Karaoke 12:30-2:00 NAMI Connections</p>
<p>25</p> <p>10:30-11:00 Current events 11:00-12:00 Body dysmorphic disorder 1:00-2:00 Jeopardy</p>	<p>26</p> <p>10:30-11:00 Fast fitness 11:00-12:00 Social wellness tips 1:00-2:00 Juicing to improve your health</p>	<p>27</p> <p>10:30-11:00 WTD 11:00-12:00 Cooking Lesson 1:00-2:00 Help with guilt & shame</p>	<p>28</p> <p>10:30-11:00 WTD Motivation 11:00-12:00 Depression remedies 1:00-2:00 Improv or brain teasers</p>	<p>29</p> <p>10:30-11:10 Highs N Lows 11:00- 12:00 Peer Awards & recognition 12:30-2:00 NAMI Connections</p>