



# March 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 10:30-11:00 Clip chat 11:00-12:00 Danger of assumptions 1:00-2:00- Family Feud	<b>2</b> 10:30-11:00 Stretch bands 11:00-12:00 Staying positive under stress 1:00- 2:00 Lets make a deal	<b>3</b> 10:30-11:00 WTD 11:00-12:00 How my behavior affects others 12:30-1:45 PRRC BINGO	<b>4</b> 10:30-10:50 Meditation 11:00-12:00 Safety plan 1:00-2:00 PRRC BINGO	<b>5</b> 10:30- 11:00 Highs N Lows 11:00-12:00 Karaoke or music by request 12:30- 2:00 NAMI Connections
<b>8</b> 10:30-11:00 Current events 11:00-12:00 Clients rights & responsibilities 1:00-2:00 ESPN sports talk or Pot of Gold craft	<b>9</b> 10:30-10:50 Fast fitness 11:00-12:00 Using critical thinking skills 1:00- 2:00 Scene it- team building game	<b>10</b> 10:30-1:30 Lunch N fun With Bob Dunn "Boundaries: How to say No, and when to say yes" (please sign up by 3/3)	<b>11</b> 10:30-11:00 Quote 11:00-12:00 Safety Plan 1:00-2:00 History of St. Patrick's Day & leprechaun craft	<b>12</b> 10:30-11:30 Shamrock shakes & group discussion. 11:30-12:00 Music 12:30-2:00 Golf & corn hole competition or trivia
<b>15</b> 10:30-11:00 Chair exercises 11:00-12:00 Healthy Vs. Unhealthy secrets 1:00-2:00- Corn hole competition or music	<b>16</b> 10:30-11:00 Stretch band 11:00- 12:00 "Why change can be good" 12:30-2:00 Paint N sip	<b>17</b> 10:30-1:30 Lunch N Fun With PRRC staff "Boundaries: How to say no and when to say yes" (Please sign up by 3/10)	<b>18</b> 10:30-11:00 WTD 11:00-12:00 Blaming & labeling 1:00-2:00 Gnome craft	<b>19</b> 10:30-11:00 Highs N Lows 11:00-12:00 Karaoke or group discussion 1:00-2:00 NAMI Connections
<b>22</b> 10:30-11:00 Clip chat 11:00-12:00 Using critical thinking skills.I 1:00-2:00 Jeopardy	<b>23</b> 10:30-11:00 WTD 11:00-12:00 Help for better sleep 1:00-2:00 Budgeting: The price is right	<b>24</b> 10:30- 11:00 Quote 11:00-12:00 Cooking lesson 1:00-2:00 Benefits to honesty	<b>25</b> 10:30-11:00 Balloon bad mitten 11:00-12:00 Changing relationship habits 1:00 -2:00 Easter craft	<b>26</b> 10:30- 11:30 Coffee social I group discussion 11:30- 12:00 Check in 1:00-2:00 MARCH Madness BINGO
<b>29</b> 10:30-11:00 Quote 11:00- 12:00 Interpersonal effectiveness skills 1:00-2:00 Family Feud	<b>30</b> 10:30-12:30 Movie & snack "Jumanji" Welcome to the jungle 1:00-2:00 Coping skills list	<b>31</b> 10:30-11:00 Clip chat 11:00-12:00 Improving self esteem 1:00-2:00 Charades	<p><b>March theme: Self improvement</b></p> 	

