



# April 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>April's theme: Motivation "Spring into action"</p>			<p><b>1</b></p> <p>10:30-10:50 Meditation 11:00-12:00 Tools for motivation 1:00-2:00 PRRC BINGO</p>	<p><b>2</b></p> <p>10:30- 11:00 Highs N lows 11:00-12:00 Karaoke or group discussion 12:30- 2:00 NAMI Connections</p>
<p><b>5</b></p> <p>10:30-11:00 Clip chat 11:00-12:00 Dementia &amp; Alzheimer's 101 1:00-2:00 Family Feud</p>	<p><b>6</b></p> <p>10:30-11:00 Current events 11:00-12:00 Managing mood swings 1:00- 2:00 Brain teaser</p>	<p><b>7</b></p> <p>10:30-11:00 Stretch bands or walk 11:00-12:00 Why group? Group purpose &amp; benefits 12:30-1:45 PRRC BINGO</p>	<p><b>8</b></p> <p>10:30-10:50 Walk or chair exercises 11:00-12:00 SMART goals 1:00- 2:00 Succulent craft</p>	<p><b>9</b></p> <p>10:30-11:00 Highs N Lows 11:00-12:00 Fire safety 1:00-2:00 Teambuilding Competition, corn hole &amp; ladder golf</p>
<p><b>12</b></p> <p>10:30-11:00 Mindset Monday 11:00-12:00 Sensitivity and awareness 1:00-2:00-Jeopardy</p>	<p><b>13</b></p> <p>10:30-11:00 WTD 11:00- 12:00 Paint &amp; sip spring setting 12:30-2:00 Pictionary</p>	<p><b>14</b></p> <p>10:30-1:30 Lunch N Fun With Maureen "Self- Love &amp; Self-acceptance" (sign up by 4/7)</p>	<p><b>15</b></p> <p>10:30-11:00 Relaxation techniques 11:00-12:00 Self sabotage? 1:00-2:00 Planting activity</p>	<p><b>16</b></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><b>19</b></p> <p>10:30-11:00 Walk or MS 11:00-12:00 Inspiring motivation 1:00-2:00 Scene It (team building)</p>	<p><b>20</b></p> <p>10:30-11:00 Quote 11:00- 12:00 Dealing with criticism 1:00-2:00 Spring cleaning tips</p>	<p><b>21</b></p> <p>10:30-1:30 Lunch N Fun With Georgia Smith "Hope &amp; Healing" (Sign up by 4/14)</p>	<p><b>22</b></p> <p>10:30-11:00 Check In 11:00-12:00 Flower frame craft 1:00- 2:00 Taking responsibility: Role play</p>	<p><b>23</b></p> <p>10:30-11:00 Walk or chair exercises 11:00-12:00 Open Mic journaling 1:00-2:00 Scene it</p>
<p><b>26</b></p> <p>10:30-11:00 Current events 11:00-12:00 Healthy habits to improve mental health 1:00-2:00 Trivia crack</p>	<p><b>27</b></p> <p>10:30-12:30 Movie &amp; snacks "It's a beautiful day in the neighborhood." 1:00-2:00 Social difficulties</p>	<p><b>28</b></p> <p>10:30-11:00 WTD 11:00-12:00 Cooking Lesson 1:00-2:00 Better Relationship skills</p>	<p><b>29</b></p> <p>10:30-11:00 Mindfulness meditation 11:00-12:00 DBT skills 1:00-2:00 Group art project</p>	<p><b>30</b></p> <p>10:30-11:00 Breakfast club- Donuts &amp; coffee 11:00- 12:00 Group discussion- Future of recovery 1:00- 2:00 Golf or trivia</p>

