



May 2021

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10:30-11:00 Clip chat 11:00-12:00 Mental health awareness 1:00-2:00- Lets make a deal	10:30-11:00 Stretch bands or walk 11:00- 12:00 Stigma free 1:00- 2:00 Horse craft & Center decorations	10:30-11:00 Focus group 11:00-12:00 Eating disorders 12:30-1:45 PRRC BINGO	10:30-10:50 Meditation 11:00-12:00 Personality disorders awareness 12:30-1:45 PRRC BINGO	10:30- 11:00 Highs N Lows 11:00-12:00 PRRC Kentucky derby race & refreshments 12:30- 2:00 NAMI Connections
10	11	12	13	14
10:30-11:00 Current events 11:00-12:00 Bi- polar disorder awareness 1:00-2:00 Price is right budgeting	10:30-10:50 Fast fitness 11:00-12:00 Help for loneliness 1:00- 2:00 Scene it- team building game	10:30-1:30 Lunch N fun with Bob Dunn "Depression & Anxiety" (sign up by 5/5) 1:30-2:00 Takeaways	10:30-11:00 Quote or WTD 11:00-12:00 Responsibility & accountability 1:00-2:00 Gratitude craft	10:30-11:30 Members quotes 11:30-12:00 Karaoke or crocheting group 1:00-2:00 Jeopardy
17	18	19	20	21
10:30-11:00 Chair exercises or walk 11:00-12:00 ADHD awareness 1:00-2:00- Family Fued	10:30-11:00 Relaxation techniques 11:00-12:00 Journaling positivity 12:30-2:00 Paint N sip	10:30-1:30 Lunch N Fun with PRRC staff "Depression & Anxiety" Sign up by 5/12) 1:30-2:00 Takeaways	10:30-11:00 WTD 11:00-12:00 Wall art craft 1:00-2:00 Overcoming toxic shame	Closed for Recovery Conference
24	25	26	27	28
10:30-11:00 WTD 11:00-12:00 Schizophrenia awareness day 1:00-2:00 Jeopardy	10:30-12:30 Movie & snacks "A Beautiful Mind" 1:00-2:00 check in	10:30- 11:00 Quote 11:00-12:00 Cooking with Glo 1:00-2:00 Tips to be empowered in your recovery	10:30-11:00 Clip chat 11:00-12:00 PTSD awareness 1:00 -2:00 Patriotic craft	10:30-11:15 Highs N lows 11:00-12:00 PRRC Preakness race competition & refreshments 1:00-2:00 DBT skills or golf
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Closed for Memorial Day 				May's theme: Mental health awareness month!

