



August 2021

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
10:30-11:00 Current events 11:00-12:00 8 ways to stay refreshed in your recovery 1:00-2:00- Jeopardy 2:10-3:00 Golf or music	10:30-11:00 Quote 11:00- 12:00 Moving on & letting go. 1:00- 2:00 Budgeting for fun 2:15-3:00 Scene it	10:30-10:50 Meditation 11:00-12:00 Self-care 12:30-1:45 PRRC BINGO 2:00-3:00 SPA- Day	<i>Closed for Luau picnic</i> 	10:30- 11:00 Highs N lows 11:00-12:00 Karaoke or music by request 12:30- 2:00 NAMI Connections 2:10-3:00 Name 5
9	10	11	12	13
10:30-11:00 Clip chat 11:00-12:00 Joyful perspective 1:00-1:45 Charades 2:00-3:00 Journaling or Puzzles	10:30-10:45 Chair yoga 11:00-12:00 Relaxation for recovery 1:00- 2:00 Beach in a bottle craft 2:00-2:45 Music	10:30-1:30 Lunch N Fun "Supporting a loved one with an addiction disorder" (Please sign up by 8/4) 1:45- 2:45 Takeaways or Pictionary	10:30-10:50 Meditation 11:00-12:00 regulating emotions "Anger" 1:00-2:00 Social skills for meeting new people 2:10-3:00 Group art project	10:30-11:45 Breakfast club group discussion 12:30-2:00 Teambuilding Competition, corn hole & golf 2:00-3:00 Scene It
16	17	18	19	20
10:30-11:00 WTD 11:00-12:00 Fear of Abandonment 1:00-2:00 New coping skills 2:10-3:00 computers or puzzles	10:30-11:00 Mindfulness 11:00- 12:00 Getting enough sleep? 1:00-2:00 Aroma therapy 2:10-3:00 Group art project	10:30-11:00 Fast fitness 11:00-12:00 Revictimization 1:00-2:00 Root beer floats & members lead group 2:10-3:00 Jeopardy	10:30-11:00 Walk or stretch bands 11:00-12:00 DBT skills 1:00-1:45 Fan etiquette (manners) 2:00-3:00 Corn hole or music	10:30-11:00 Highs N lows 11:00-12:00 Group 12:30-2:00 NAMI Connections 2:10-3:00 BINGO
23	24	25	26	27
10:30-11:00 Current events 11:00-12:00 Social anxiety 101 1:00-2:00 Wellness box 2:10-3:00 Inspirational art	10:30-12:30 Movie & snacks "Click" 1:00-2:00 Prioritizing 2:10-3:00 Paint & Sip (member lead) or puzzles	10:30-11:00 Clip chat 11:00-12:00 Cooking with Glo 1:00-2:00 Hygiene tips 2:15-3:00 SPA- day	10:30-11:00 WTD 11:00-12:00 Dealing with difficult people. 1:00-2:00 Self -Esteem 2:10- 3:00 Inspiration boards or music	10:30-11:00 Squat challenge-member lead 11:00-12:00 Karaoke or open mic 1:00-2:30 Lets make a deal 2:30-3:00 Brain teasers
30	31			
10:30-11:00 Quote 11:00-12:00 Awareness & sensitivity- EQ 1:00-2:00 Healthy goal setting 2:10-3:00 Spoons	10:30-11:00 WTD 11:00-12:00 The power of play 1:00-2:30 Paint N Pour group art project 2:30-3:00 Cards			

