




November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
10:30-11:00 Clip chat 11:00-12:00 Grateful attitude 1:00-2:00- Family Feud 2:10-3:00 Trivia challenge	10:30-11:00 WTD 11:00- 12:00 Personal values 1:00- 2:00 Lets make a deal 2:10-3:00 Brain teasers	10:30-11:00 Morning stretch 11:00-12:00 The workforce in recovery 12:30-1:45 PRRC BINGO 2:00-3:00 Music	10:30-10:50 Meditation 11:00-12:00 DBT skills 1:00-2:00 Scarecrow craft 2:10-3:00 "Scene it" or magazines	10:30- 11:00 Hot cocoa social -Group discussion 11:00-12:00 Karaoke or music by request 12:30- 2:00 NAMI Connections 2:10-3:00 Corn hole
8	9	10	11	12
10:30-11:00 Good News 11:00-12:00 Adjusting to season changes 1:00-2:00 Jeopardy 2:00-3:00 Name that tune	10:30-10:45 Deep breathing or walk 11:00-12:00 Social skills 1:00- 2:30 Budgeting for the holidays 2:30-3:00 puzzles or computers	10:30-1:30 Lunch N Fun "Diabetes and your Mental Health" with Bob Dunn 1:45-2:30 Takeaways or team trivia challenge	10:30-10:50 Current events 11:00-12:00 Problem solving or golf 1:00-2:00 Support in sobriety 2:10-3:00 Name 5	10:30-12:00 Turkey trot raceway 1:00-2:00 Jeopardy 2:10-3:00 Sequence or sports talk
15	16	17	18	19
10:30-11:00 Fast fitness 11:00-12:00 Social anxiety 1:00-2:00 Holiday sip & paint or sports talk 2:00-3:00 SPA Day	10:30-11:00 WTD 11:00- 12:00 Nurturing 1:00-2:00 Journaling prompt competition 2:10-3:00 UNO or computers	10:30-11:00 Clip chat 11:00-12:00 Showing appreciation 1:00-2:00 Group art project or games 2:10-3:00 Music	10:30-11:00 Meditation 11:00-12:00 Grief group 1:00-2:00 Scarecrow craft 2:10-3:00 Strength in Spirituality or puzzles	10:30-11:00 Hot cocoa social- Group discussion 11:00-12:00 Thanksgiving BINGO 12:30-2:00 NAMI Connections 2:10-3:00 Spoons
22	23	24	25	26
10:30-11:00 Current events 11:00-12:00 Self esteem 1:00-2:30 Holiday decorations or golf 2:10-3:00 Puzzles	10:30-11:00 Quote 11:00- 12:00 Help for Loneliness 1:00-2:00 Hygiene helpers 2:10-3:00 Fall safety	10:30-11:00 PRRC thanksgiving traditions 11:00-12:00 Cooking lesson (pie edition) 1:00-2:30 Holiday edition trivia	Closed for Thanksgiving 	Closed for Thanksgiving holiday
29	30			
10:30-11:00 Walk or stretch bands 11:00-12:00 Family stressors 1:00-2:00 SPA Day 2:10-3:00 UNO	10:30-12:30 Movie & snacks "Grown-ups" 1:00-2:00 Positive thinking 2:10-3:00 Music		November's Theme: Life of gratitude	

