






# December 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>December's theme: Unwrap HOPE</p> 		<p>1</p> <p>10:30-11:00 WTD 11:00-12:00 Hope group 12:30-1:45 PRRC BINGO 2:00-3:00 Spoons</p>	<p>2</p> <p>10:30-10:50 Meditation 11:00-12:00 DBT skills 1:00-2:00 Homemade Christmas card making 2:10-3:00 Lets make a deal</p>	<p>3</p> <p>10:30- 11:00 Highs N lows 11:00-12:00 Tree decorating or group discussion 1:00- 2: 30 Reindeer races 2:30-3:00 Music or computers</p>
<p>6</p> <p>10:30-11:00 Clip chat 11:00-12:00 Positive affirmations 1:00-2:30 Center piece craft or journaling 2:30-3:00 computers or puzzles</p>	<p>7</p> <p>10:30-11:00- WTD 11:00- 12:00 Impulsive behavior 1:00-1:45 Journaling prompt 2:00- 3:00 Family feud</p>	<p>8</p> <p>10:30-11:00 Stretch bands 11:00-12:00 Expectations: Hopeful &amp; realistic 1:00-2:00 Ornament craft with Glo 2:10-3:00 SPA Day or sequence</p>	<p>9</p> <p>10:30-10:50 Deep breathing 11:00-12:00 Social skills 1:00-2:00 Wooden tree craft 2:10-3:00 Pictionary or Uno</p>	<p>10</p> <p>10:30-11:00 Check In 11:00-12:00 Coffee or cocoa social- Group discussion 1:00-2:00 Cookie decorating 2:00-3:00 Karaoke or puzzles</p>
<p>13</p> <p>10:30-11:00 Current events 11:00-12:00 Co-dependency 1:00- 2:30 Paint &amp; sip (cocoa) Holiday painting 2:30-3:00 Music</p>	<p>14</p> <p>10:30-11:00 Quote 11:00- 12:00 Mood management 1:00-2:00 Giving &amp; receiving 2:00-3:00 Brain teasers</p>	<p>15</p> <p>10:30-1:30 Lunch N Fun "Stopping stigma and moving to empowerment" with Maureen (please sign up by 12/8 space is limited) 1:45-2:45 Trivia or Takeaways</p>	<p>16</p> <p>10:30-11:00 Relaxation techniques 11:00-12:00 Crisis planning 1:00-2:00 Reducing holiday stress 2:10-3:00 Ornament craft or sports talk</p>	<p>17</p> <p><b>Holiday party located at First United Methodist church, 114 East Washington St. Lisbon (Must sign up by 12/3)</b></p>
<p>20</p> <p>10:30-11:00 Walk or MS 11:00-12:00 Self love 1:00-2:00 Scene It (team building) 2:10-3:00 Jeopardy holiday edition</p>	<p>21</p> <p>10:30- 12:15 Holiday movie &amp; snack "A Christmas Carol" or journaling 1:30-2:10 Emotions-Check in 2:20-3:00 Trivia crack</p>	<p>22</p> <p>10:30-11:00 Quote 11:00-12:00 "Encouragement" stocking stuffers 1:00-2:30 Holiday BINGO 2:30-3:00 Music</p>	<p>23</p> <p><b>Closed for Christmas holiday</b></p> 	<p>24</p> <p><b>Closed Christmas Eve</b></p> 
<p>27</p> <p>10:30-11:00 Current events 11:00-12:00 Dealing with disappointment 1:00-2:00 Winter safety 2:10-3:00 Name that tune (Holiday edition)</p>	<p>28</p> <p>10:30-11:00 Clip chat 11:00-12:00 Prioritizing 1:00-2:00 Goals &amp; aspirations 2:10-3:00 UNO or sequence</p>	<p>29</p> <p>10:30-11:00 WTD 11:00-12:00 Cooking with Glo 1:00-2:00 Team trivia challenge 2:10-3:00 SPA Day</p>	<p>30</p> <p>10:30-11:00 Quote 11:00-12:00 Self-reflection in recovery 1:00-2:00 Doctors check - ups 2:10-3:00 Name 3</p>	<p>31</p> <p><b>Closed for New Year's Eve</b></p> 

