



# January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
10:30-11:00 Clip chat 11:00-12:00 Self awareness 1:00-2:00 New year's resolutions -goals 2:10- 3:00 One word -ART for inspiration	10:30-10:45 Meditation 11:00-12:00 Strengths focused 1:00-2:00 Winter safety tips 2:10- 3:00 Brain teasers	10:30-11:00 walk or Announcements 11:00-12:00 Let's talk GED 12:30-1:45 PRRC BINGO 2:00-3:00 Scene it	10:30-11:00 Guided meditation 11:00-12:00 Stress reducers 1:00-2:00 tracking progress 2:10-3:00 Organizing basics or computers	10:30-11:00 Highs N lows 11:00-12:30 Snow man raceway 1:00-2:00 Name that tune 2:10-3:00 sequence or cards
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
10:30-11:00 Current events 11:00-12:00 Holistic approach for recovery 1:00-2:00 SPA Day 2:10-3:00 Uno or music	10:30-11:00 Check In: goal progress 11:00-12:00 New mindset 1:00- 2:30 Painting-member lead or puzzles 2:30-3:00 Music	10:30-11:00 Stretch bands 11:00-12:00 Eating Disorders 101 1:00-2:00 False guilt 2:10- 3:00 Group art project or computers	10:30-10:50 Meditation 11:00-12:00 Healthy habits to improve your mental health 1:00-2:00 social skills 2:10-3:00 Sequence	10:30-11:00 Highs N Lows 11:00-12:00 Hot cocoa social group discussion 1:00-2:00 Community Resource-Jeopardy 2:00-3:00 Puzzles or cards
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
10:30-11:00 Fast fitness 11:00-12:00 Motivated mindset 1:00-2:00-Taking responsibility 2:10-3:00 Paint & Sip (sign up by 1/10)	10:30-11:00 Deep breathing 11:00- 12:00 Help with focus & distractions 1:00-2:00 Left, right, center 2:10-3:00 Pictionary	10:30-1:30 Lunch N Fun "Achieving more" Setting managing & achieving your goals with Alex Double 1:30-2:00 Takeaways 2:10-3:00 Trivia	10:30-11:00 Relaxation techniques 11:00-12:00 Winter crafts 1:00-2:00 DBT skills 2:10-3:00 Hygiene helpers	10:30-12:30 <i>PRRC's got talent Competition (sign up by 1-14)</i> 1:00-1:45 Highs N lows 2:00-3:00 Corn hole competition
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
10:30-11:00 Walk or MS 11:00-12:00 Nutritional knowledge for brain health 1:00-2:00 Juicing for mental health 2:10-3:00 Spoons or brain teasers	10:30-12:30 Movie & snack "The pursuit of happiness" 1:00-2:00 Resilience building 2:10-3:00 Pictionary or golf	10:30-11:00 Clip chat 11:00-12:00 Cooking with Glo 1:00-1:50 Mind, Body & spirit 2:10-3:00 SPA Day	10:30-10:50 Guided mediation 11:00-12:00 Boundaries 1:00-2:00 Sand art 2:10-3:00 The price is right Budgeting	10:30-11:00 Highs N lows 11:00-12:00 Coffee social-group discussion 1:00-2:30 BINGO 2:30-3:00 Music by request or Karaoke
<b>31</b>				
10:30-11:00 Current events 11:00-12:00 Body dysmorphia disorder 1:00-2:00 Jeopardy 2:10- 3:00 Name that tune				<b>January theme: Celebrating Success</b>