

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>February's theme: Choose Love!</b></p> 	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	10:30-11:00 Meditation 11:00-12:00 Love Languages 1:00-2:00 Banner craft 2:10-3:00 Window decorating or Trivia	10:30-11:00 Clip chat 11:00-12:00 Trauma group 12:30-1:45 PRRC BINGO 2:00-3:00 Wheel of personal knowledge	10:30-10:50 WTD 11:00-12:00 Triggers 1:00-2:00 Heart health 2:00-3:00 Mardi Gras mask craft (member led) or journaling	10:30- 11:00 Check In 11:00-12:00 Hot cocoa bar & focus group-Advertising 1:00-2:00 bowling or golf 2:00- 3:00 Sequence
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
10:30-11:00 Clip chat 11:00-12:00 4 stages of addiction 1:00-2:00 Family Feud 2:10-3:00 SPA Day	10:30-11:00 Stretch bands or walk 11:00-12:00 Help for impulsive behavior 1:00- 2:00 Valentine craft 2:10-3:00 Name 5	10:30-11:00 Quote 11:00-12:00 Conflict resolution skills 1:00-2:00 Team building wheel 2:10-3:00 Music	10:30-10:50 WTD 11:00-12:00 Stages of grief 12:00-1:00 Budgeting for Nutrition 1:00- 2:00 Culture shock	10:30-11:00 Quote & Announcements 11:00- 12:30 PRRC Got <b>Talent Show</b> (must sign up by February 2) 1:00-2:00 Pot luck social 2:10-3:00 UNO or cards
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
10:30-11:00 Fast Fitness 11:00-12:00 What I love about you... encouragement 1:00-2:00-Jeopardy (Love addition) 2:10-3:00 Better sleep	10:30-11:00 WTD 11:00- 12:00 Increasing self-love 12:30-2:00 anxiety disorders 2:10-3:00 Brain teasers	10:30-1:30 Lunch N fun "Help for Social Anxiety with Bob Dunn 1:30-2:00 Takeaways 2:10-3:00 Name That Tune or puzzles	10:30 -11:00 Meditation 11:00-12:00 DBT skills practice- Improv 1:00-2:00 Levels of communication 2:10-3:00 Let's make a deal	10:30-11:00 High N Lows 11:00-12:00 Karaoke or group discussion 12:30- 1:45 BINGO 2:00-3:00 Team trivia challenge
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
10:30-11:00 Walk or MS 11:00-12:00 Tips for medication adherence 1:00-2:45 Paint N sip or music	10:30-12:30 Movie & snacks "A walk to remember" 1:00-2:00 Decision making skills 2:10-3:00 Games	10:30-11:00 Guided meditation 11:00- 12:00 Cooking Lesson 1:00-2:00 Social skills 2:10-3:00 SPA Day	10:30-11:00 Quote 11:00-12:00 Mania 1:00- 2:00 Types of therapy 2:10-3:00 Jewelry making	10:30-11:15 Group Accountability 11:15-12:00 Family feud 1:00-2:00 Golf or cornhole 2:10-3:00 Music or UNO
<b>28</b>				
10:30-11:00 Current events 11:00-12:00 Forgiveness 1:00-2:00 Group art project- paint pour 2:10-3:00 Spirituality & recovery				

