



April 2022



509 Market St. East Liverpool OH.43920, 330-385-7000

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>April's theme: Motivation "Spring into new opportunities"</p>			<p style="text-align: right;">1</p> <p>10:30- 11:00 Highs N Lows 11:00-12:00 Rabbit raceway 1:00- 2:00 Golf or corn hole competition 2:10- 3:00 puzzles</p>
<p style="text-align: right;">4</p> <p>10:30-11:00 Clip chat 11:00-12:00 Crisis planning 1:00-2:00 Hot air balloon craft 2:10-3:00 Uno or spoons</p>	<p style="text-align: right;">5</p> <p>10:30-11:00 Current events 11:00-12:00 Impulse control 1:00- 2:00 Brain teaser 2:10-3:00 Budgeting</p>	<p style="text-align: right;">6</p> <p>10:30-11:00 Stretch bands or walk 11:00-12:00 DID 12:45-1:45 PRRC BINGO 2:00-3:00 Wind chime craft</p>	<p style="text-align: right;">7</p> <p>10:30-10:50 Walk or chair exercises 11:00-12:00 False guilt 1:00- 2:00 Comparisons 2:10-3:00 SPA Day</p>	<p style="text-align: right;">8</p> <p>10:30-11:00 Highs N Lows 11:00-12:00 What is Tourette's? 1:00-2:00 Wheel of chance 2:10-3:00 Family Feud</p>
<p style="text-align: right;">11</p> <p>10:30-11:00 Yoga 11:00-12:00 Dealing with criticism 1:00-2:00-Jeopardy or Journaling prompts 2:10-3:00 Puzzles</p>	<p style="text-align: right;">12</p> <p>10:30-11:00 WTD 11:00- 12:00 Raising sensitivity 1:00-2:30 Team building competition 2:30- 3:00 music</p>	<p style="text-align: right;">13</p> <p>10:30-11:00 Clip chat 11:00-12:00 My Journey 1:30-2:00 Floats 2:10-3:00 Who's role, is it?</p>	<p style="text-align: right;">14</p> <p>10:30-11:00 Quote 11:00-12:00 Self sabotage? 1:00-2:00 Gardening activity 2:10-3:00 brain teasers</p>	<p style="text-align: right;">15</p> <p>10:30-11:00 Clip chat 11:00-12:00 Karaoke 1:00-2:00 Easter Eggs 2:10-3:00 Name that tune</p>
<p style="text-align: right;">18</p> <p>10:30-11:00 Walk or MS 11:00-12:00 Tips for intrusive thoughts 1:00-2:00 Aroma therapy 2:10-3:00 SPA Day</p>	<p style="text-align: right;">19</p> <p><i>Closed for Spring Fling party. Contact Maureen for details</i></p>	<p style="text-align: right;">20</p> <p>10:30-1:30 Lunch N Fun "Making and keeping friends" with Maureen (Sign up by 4/13) 1:30- 2:00 Takeaways</p>	<p style="text-align: right;">21</p> <p>10:30-11:00 Check In 11:00-12:00 Skills for Anger management 1:00- 2:00 Sensory needs 2:10-3:00 Charades</p>	<p style="text-align: right;">22</p> <p>10:30-11:00 Line dance exercises 11:00-12:00 Member lead group discussion 12:30- 2:00 BINGO 2:10-3:00 Music</p>
<p style="text-align: right;">25</p> <p>10:30-11:00 Fast fitness 11:00-12:00 Improving Self-confidence 1:00-2:30 Paint & sip spring setting or 2:30-3:00 computers</p>	<p style="text-align: right;">26</p> <p>10:30-12:30 Movie & snacks "Divergent" 1:00-2:00 Social difficulties 2:10-3:00 Name 5</p>	<p style="text-align: right;">27</p> <p>10:30-11:00 WTD 11:00-12:00 Cooking Lesson 1:00-2:00 Adulting 2:10-3:00 Trivia crack</p>	<p style="text-align: right;">28</p> <p>10:30-11:00 Mindfulness meditation 11:00-12:00 DBT skills 1:00-2:00 Group art project 2:10-3:00 Jeopardy</p>	<p style="text-align: right;">29</p> <p>10:30-1:30 Bowling outing to Walnut lanes (must sign up by 18th) 2:00-3:00 Focus group</p>