


May 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	10:30-11:00 Meditation 11:00-12:00 Celebrating progress 1:00- 2:00 Understanding mental health 101 2:15-3:00 Scene it	10:30-10:50 Member led Announcements 11:00-12:00 Recovery Mindset 12:45-1:45 PRRC BINGO 2:00-3:00 SPA- Day	10:30-11:00 Grounding exercises 11:00-12:00 Personalizing 1:00-2:00 Jewelry making crafts 2:10-3:00 The Price is right	10:30- 11:00 Highs N lows 11:00-12:30 PRRC Kentucky derby race 1:30- 2:30 Refreshment's snack & prizes 2:30-3:00 Music by request
9	10	11	12	13
10:30-11:00 Clip chat 11:00-12:00 Advocacy 1:00-2:00 PRRC culture 2:00-3:00 Center decorations or sports talk	10:30-10:45 Chair yoga 11:00-12:00 Treatment options 1:00- 2:00 Brain teasers 2:00-2:45 Family Feud	10:30-11:00 WTD 11:00 -12:00 "My Journey" 1:00-2:00 Self love 2:10-3:00 Pictionary	10:30-10:50 Meditation 11:00-12:00 Accepting diagnosis 1:00-2:00 Jeopardy 2:10-3:00 Group art project	10:30-11:00 Dandelions 11:00-12:00 Celebrating MH Awareness 1:00-2:00 sequence or puzzles 2:00-3:00 Noodle Hockey
16	17	18	19	20
10:30-11:00 Fast fitness 11:00-12:00 Reducing Stigma 1:00-2:00 Modeling recovery in the community 2:10-3:00 Jewelry making crafts	10:30-11:00 Mindfulness 11:00- 12:00 Asking for help 1:00-2:30 Paint N Sip or Sports talk 2:30-3:00 Music	10:30-1:30 Lunch N Fun Schizophrenia & Schizoaffective awareness With Erica (sign up by 5/11) 1:30-2:00 Takeaways 2:10-3:00 Spoons or UNO	10:30-11:00 Quote 11:00-12:00 Client Rights & Responsibilities 1:00-2:00 DBT skills 2:00-3:00 Corn hole or golf	10:30-11:00 Highs N lows 11:00-12:00 Member lead group discussion 12:45-2:00 BINGO 2:10-3:00 Name that tune
23	24	25	26	27
10:30-11:00 Current events 11:00-12:00 Freedom from co-dependency 1:00-2:00 Golf or corn hole 2:10-3:00 MH Jeopardy	10:30-12:30 Movie & snacks "Black Widow" 1:00-2:00 Honest communication 2:10-3:00 Uno or Group art project	10:30-11:00 Clip chat 11:00-12:00 Cooking lessons 1:00-2:00 Focus group 2:15-3:00 SPA- day	10:30-11:00 Walk 11:00-12:00 1:00-2:00 Benefits of gardening 2:10- 3:00 Lets make a deal- Budgeting	<i>Closed for Recovery conference</i>
30	31			
10:30-11:00 Quote 11:00-12:00 Treatment options 1:00-2:00 Recovery Collage craft 2:00-3:00 Trivia Challenge	10:30-11:00 Meditation 11:00-12:00 2 little 2 much 1:00-2:00 Name 5 2:10-3:00 Brain teasers			

