



# August 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
10:30-11:00 Check In 11:00-12:00 Self awareness 1:00-2:00 Luau decorations or puzzles 2:10-3:00 Jeopardy	10:30-11:00 Quote 11:00- 12:00 Taking inventory 1:00- 2:00 Brain teasers 2:15-3:00 Name 3	10:30-11:00 WTD 11:00-12:00 Crisis planning 12:45-1:45 PRRC BINGO 2:00-3:00 Scene it	10:30-11:00 WTD 11:00-12:00 DID 1:00-2:00 Jewelry making crafts 2:10-3:00 Ways to save	Closed for Lua celebration held at Firestone- park (Sign up by 7/27) 
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
10:30-11:00 Clip chat 11:00-12:00 Ways to increase motivation 1:00-2:00 Paint N sip Beach scene 2:00-3:00 Journaling or Puzzles	10:30-10:45 Chair yoga 11:00-12:00 Tourette's' 1:00- 2:00 Family Feud 2:00-2:45 Uno or sequence	10:30-11:00 WTD 11:00 to 12:00 Reading social cues (role play) 1:00-2:00 SPA Day 2:10-3:00 Pictionary	10:30-10:50 Meditation 11:00-12:00 Help with Hording 1:00-2:00 DBT Skills 2:10-3:00 Group art project	10:30-11:00 Walk or MS 11:00-12:00 Gut check 1:00-2:00 Family Feud 2:00-3:00 Corn hole or golfing
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
10:30-11:00 Fast fitness 11:00-12:00 Nicotine addiction 1:00-2:00 Sand art 2:10-3:00 Family Feud	10:30-11:00 Mindfulness 11:00- 12:00 Crisis planning 1:00-2:00 Pet Therapy 2:10-3:00 Lets make a deal- Budgeting	10:30-11:00 Stretch bands 11:00-12:00 Informed consent 1:00-2:00 Hygiene helpers 2:10-3:00 Name that tune	10:30-11:00 Quote 11:00-12:00 Reading social ques 1:00-1:45 DBT skills 2:00-3:00 Corn hole or music	10:30-11:00 Highs N lows 11:00-12:00 Member lead Open discussion 12:45-1:45 BINGO 2:00-3:00 Sequence or cards
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
10:30-11:00 Current events 11:00-12:00 Managing depression 1:00-2:00 Craft corner 2:10-3:00 Inspirational art	10:30-12:30 Movie & snacks "Dr Strange" 1:00-2:00 Safety around the house 2:10-3:00 Uno or Group art project	10:30-1:30 Lunch N Fun Physical fitness& your mental health with Bob Dunn 1:45-2:00 Takeaways 2:10-3:00 Movie trivia	10:30-11:00 WTD 11:00-12:00 Ruminating 1:00-2:00 Group responsibilities 2:10- 3:00 Music Trivia	10:30-11:00 2 little 2 much 11:00-12:00 Karaoke or open mic 1:00-2:30 Lets make a deal 2:30-3:00 Brain teasers
<b>29</b>	<b>30</b>	<b>31</b>		
10:30-11:00 Quote 11:00-12:00 Hot seat 1:00-2:45 Group art painting project 2:45-3:00 Trivia crack	10:30-11:00 Meditation 11:00-12:00 Anger management skills 1:00-2:30 Jeopardy 2:30-3:00 Cards or puzzles	10:30-11:00 Yoga 11:00-12:00 Cooking Lesson 1:00-2:00 Medication compliance 2:00-3:00 Charades		

