




November 2022

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



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	10:30-11:00 Quote 11:00- 12:00 Healthy competition 1:00- 2:00 Budgeting for the holidays 2:15-3:00 Scene it	10:30-10:50 Member led Announcements 11:00-12:00 Wellness wheel 12:45-1:45 PRRC BINGO 2:00-3:00 SPA- Day	10:30-11:00 Grounding exercises 11:00-12:00 Living with a TBI-Traumatic brain injury 1:00-2:00 Thanksgiving name card craft 2:10-3:00 Grocery savings	10:30-11:00 Music in motion 11:00-12:00 Karaoke or music by request 1:00- 2:00 Sequence or spoons 2:10-3:00 Name 5
7	8	9	10	11
10:30-11:00 Clip chat 11:00-12:00 Family values 1:00-2:00 Family tree art 2:00-3:00 Journaling or Puzzles	10:30-10:45 Chair yoga 11:00-12:00 Pet therapy 1:00- 2:00 Gratitude journaling 2:00-2:45 This, That & everything	10:30-11:00 WTD 11:00 to 12:00 Dealing with loss & grief 1:00-2:00 Planning & organizing skills-drinks 2:10-3:00 Pictionary	10:30-10:50 Meditation 11:00-12:00 Dealing with a narcissism 1:00-2:00 Group gratitude art project or cards 2:10-3:00	10:30-11:00 Highs N lows 11:00-12:00 Member's lead group discussion 1:00- 2:00 BINGO 2:00-3:00 Corn hole or golfing
14	15	16	17	18
10:30-11:00 Check In 11:00-12:00 Battling Isolation 1:00-2:00 Hot seat 2:10-3:00 Family Feud	10:30-11:00 Music in motion 11:00- 12:00 Alzheimer's 1:00-2:00 Aroma therapy 2:10-3:00 Lets make a deal- Budgeting	10:30-1:30 Lunch N fun Practices of Mindfulness with Chad Jakubowski 1:30-2:00 Takeaways 2:10-3:00 Name that tune	10:30-11:00 Stretch bands 11:00-12:00 Chronic illness & your mental health 1:00-1:45 DBT skills-opposite action 2:00-3:00 music trivia	10:30-12:30 PRRC Turkey Trot raceway 1:30- 2:30 Apple cider & member lead group discussion 12:45-2:00 BINGO 2:10-3:00 Name that tune
21	22	23	24	25
10:30-11:00 Current events 11:00-12:00 Increasing self-worth 1:00-2:00 Self-portrait art or open art 2:10-3:00 Music by request	10:30-12:30 Movie & snacks "The Upside" 1:00-2:00 Question Jenga 2:10-3:00 Uno or Group art project	10:30-11:00 Clip chat 11:00-12:00 PRRC Thanksgiving tradition 1:00-2:00 Pie celebration 2:15-3:00 Family feud trivia challenge	Closed for Thanksgiving 	Closed for Thanksgiving holiday
28	29	30		
10:30-11:00 Quote 11:00-12:00 Awareness & sensitivity 1:00-2:45 Paint & sip Fall scene, sign up by 11/9 2:45-3:00 music	10:30-11:00 Meditation 11:00-12:00 Self efficacy 1:00-2:30 Community resources Jeopardy 2:30-3:00 Cards	10:30-11:00 Strech bands 11:00-12:00 Cooking Lesson 1:00-2:00 Client right & Responsibilities 2:00-3:00 Charades		