



# December 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>10:30-11:00 Gut Check 11:00-12:00 Impulsivity 1:00-2:00 Holiday cards 2:10-3:00 Grocery store savings</p>	<p>2</p> <p>10:30- 11:00 Highs N lows 11:00-12:00 PRRC reindeer raceway competition 1:30- 2:30 Sequence 2:10-3:00 Name 5</p>
<p>5</p> <p>10:30-11:00 Clip chat 11:00-12:00 Work ordered day-Organizing &amp; Planning 1:00-2:00 Jeopardy holiday addition 2:10-3:00 Scene it</p>	<p>6</p> <p>10:30-10:45 Chair yoga 11:00-12:00 Social wellness 1:00- 2:00 Positive attitude 2:10-3:00 Charades</p>	<p>7</p> <p>10:30-11:00 WTD 11:00 to 12:00 Major depressive disorder 12:30-1:45 PRRC BINGO 2:10-3:00 Pictionary</p>	<p>8</p> <p>10:30-10:50 Wheel of personal knowledge 11:00-12:00 Overeating 1:00-2:00 Holiday crafts 2:10-3:00 Brain teasers</p>	<p>9</p> <p>10:30-11:00 Check In 11:00-12:30 Karaoke 1:00-2:00 Left, right &amp; center 2:10-3:00 Pop culture trivia</p>
<p>12</p> <p>10:30-11:00 Breathing stretching exercise 11:00-12:00 Conflict resolution skills for family gatherings 1:00-2:00 Paint N Sip Holiday 2:10-3:00 Family Feud</p>	<p>13</p> <p>10:30-11:00 Mindfulness 11:00- 12:00 Nurturing family relationships 1:00-2:00 Aroma therapy 2:10-3:00 Cookie decorating</p>	<p>14</p> <p>10:30-11:00 Clip chat 11:00- 12:00 Grief &amp; loss during the holidays 1:00- 2:00 Christmas memorial tree-craft 2:10-3:00 Name that tune</p>	<p>15</p> <p><b>Closed for holiday party located at 114 E Washington St. Lisbon OH.</b></p> 	<p>16</p> <p>10:30-11:00 Highs N lows 11:00-12:00 Member lead Open discussion 12:45-2:00 BINGO 2:10-3:00 Spoons or Sequence</p>
<p>19</p> <p>10:30-11:00 Clip chat 11:00-12:00 Celebrating sober 1:00-2:00 Help with Loneliness 2:10-3:00 Pictionary</p>	<p>20</p> <p>10:30-12:30 Movies &amp; snacks "The Grinch" or a Christmas Carol (members choice) 1:00- 2:00 Positive versus negative mindset?</p>	<p>21</p> <p>10:30-1:30 Lunch N Fun "Gaining your independence" With Glen McMillin 1:30-2:00 Takeaways 2:15-3:00 Music Trivia</p>	<p>22</p> <p>10:30-11:00 WTD 11:00-12:00 Social skills- role play 1:00-2:00 Hot seat 2:10- 3:00 Craft corner</p>	<p>23</p> <p><b>Closed for Christmas Holiday</b></p> 
<p>26</p> <p><b>Closed for Holiday</b></p> 	<p>27</p> <p>10:30-11:00 WTD 11:00-12:00 Anger management skills 1:00-2:00 Budgeting 2:10-3:00 Brain teasers</p>	<p>28</p> <p>10:30-11:00 Clip chat 11:00-12:00 Cooking Lesson 1:00-2:00 Who's role is it? 2:10-3:00 Charades</p>	<p>29</p> <p>10:30-11:00 Meditation 11:00-12:00 Dealing with boredom 1:00-2:00 Accountability 2:00-3:00 Team building</p>	<p>30</p> <p><b>Closed for New Year's holiday</b></p> 

