

January 2023



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<i>Closed for New Years holiday</i>	10:30-11:00 One word - ART for inspiration 11:00-12:00 Strengths focused mindset 1:00-2:00 New year's resolutions -goals 2:10- 3:00 Pictionary	10:30-11:00 Walk or Announcements 11:00-12:00 Getting into the workforce 12:30-1:45 PRRC BINGO 2:00-3:00 Scene it	10:30-11:00 Guided meditation 11:00-12:00 Stress reducers 1:00-2:00 Music trivia 2:10-3:00 Organizing basics or computers <i>Young adults 1-3</i>	10:30-11:00 Highs N lows 11:00-12:30 Karaoke or open mic 1:00-2:00 Name that tune 2:10-3:00 sequence or cards
9	10	11	12	13
10:30-11:00 Fast fitness 11:00-12:00 Appreciating changes 1:00-2:00-Taking responsibility 2:10-3:00 Paint & Sip (sign up by 1/3)	10:30-11:00 Check In: goal progress 11:00-12:00 Appreciating changes 1:00- 2:30 Painting-member lead or puzzles 2:30-3:00 Music	10:30-11:00 Stretch bands 11:00-12:00 Anorexia 1:00-2:00 Preventing homelessness 2:10- 3:00 Charades	10:30-10:45 Meditation 11:00-12:00 Social Etiquette 1:00-2:00 Psychology of play (team relay) 2:10- 3:00 Brain teasers <i>Young adults 1-3</i>	10:30-12:30 Penguin raceway 1:00-2:00 Member led group discussion or journaling 2:00-3:00 Puzzles or cards
16	17	18	19	20
<i>Closed for Martin Luther King Day</i>	10:30-11:00 Chair exercises 11:00- 12:00 Improving focus & concentration 1:00-2:00 Left, right, center 2:10-3:00 Pictionary	10:30-1:30 Lunch N Fun "Accountability in recovery" With Alex Double 1:30-2:00 takeaways 2:10-3:00 Trivia	10:30-11:00 Relaxation techniques 11:00-12:00 Winter crafts 1:00-2:00 DBT skills 2:10-3:00 Hygiene helpers <i>Young adults 1-3</i>	10:30-11:00 Check In- mood 11:00- 12:30 Journaling prompts competition open mic 1:00- 2:00 2:10-3:00 Corn hole or golf
23	24	25	26	27
10:30-11:00 Deep breathing stretches 11:00-12:00 Managing goals you already have 1:00-2:00 Help with Time management 2:10-3:00 Spoons or cards	10:30-11:00 Current events 11:00-12:00 Problem solving; critical thinking Skills 1:00- 2:00 Boundaries	10:30-11:00 Clip chat 11:00-12:00 Cooking with Glo 1:00-2:45 Work ordered day or puzzles	10:30-10:50 Stretch bands 11:00-12:00 Boundaries 1:00-2:00 Red flag role play 2:10-3:00 The price is right Budgeting <i>Young adults 1-3</i>	10:30-11:00 Highs N lows 11:00-12:00 Coffee social-group discussion 1:00-2:30 BINGO 2:30-3:00 Music by request or Karaoke
30	31			
10:30-11:00 Yoga 11:00-12:00 Nutrition- Fruit & Veggie Smoothies 1:00-2:00 Jeopardy 2:10- 3:00 Name that tune	10:30-12:30 Movie & snacks "Father Stu" 1:00- 2:00 Motivation 2:10- 3:00 Journaling or Scene it			