

April 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p>April's theme: Spring into recovery</p>				
<p>3</p> <p>10:30-11:00 Current Events or walk 11:00-12:00 Improving Self-awareness 1:00-2:00 Jeopardy 2:10-3:00 Puzzles or cards</p>	<p>4</p> <p>10:30-11:00 WTD 11:00-12:00 Managing frustration 1:00- 2:30 Basket craft 2:30-3:00 Name that tune</p>	<p>5</p> <p>10:30-11:00 Yoga 11:00-12:00 Gaslighting 12:45-1:30 PRRC BINGO 2:10- 3:00 Charades</p>	<p>6</p> <p>10:30-10:45 Quote 11:00-12:00 Wheel game Symptom check 1:00-2:00 Easter wood crafts 2:10- 3:00 Family Feud <i>Young Adults 1-3</i></p>	<p>7</p> <p>10:30-11:00 Highs N lows 11:00-12:30 Rabbit raceway 1:00-2:00 Noodle hockey 2:10-3:00 Cards or Corn Hole</p>
<p>10</p> <p>10:30-11:00 Clip chat 11:00-12:00 Types of self-care 1:00-2:00 Paint N Sip pallet knife flowers 2:10-3:00 Scene it</p>	<p>11</p> <p>10:30-11:00 Fast fitness 11:00- 12:00 Stress management 1:00-2:00 Brain teasers 2:10-3:00 Pictionary</p>	<p>12</p> <p>10:30-11:00 Mindfulness 11:00- 12:00 Event, thought, emotion, behavior 1:00-2:00 Hygiene helpers 2:10-3:00 SPA Day</p>	<p>13</p> <p>10:30-11:00 Balloon badminton 11:00-12:00 Constructive feedback 1:00-2:00 Doctors check ups 2:10-3:00 Jewelry making <i>Young Adults 1-3</i></p>	<p>14</p> <p>10:30-11:00 Fast fitness 11:00-12:00 Karaoke or open mic 1:00-2:00 Leisure 2:10-3:00 Music</p>
<p>17</p> <p>10:30-11:00 Quote 11:00-12:00 Motivation 1:00-2:00 Driver's license process 2:10-3:00 Creating your mantra</p>	<p>18</p> <p>10:30-11:00 Meditation 11:00-12:00 Learning styles 1:00- 2:45 Work ordered day- May events or Sports talk</p>	<p>19</p> <p>10:30-1:30 Lunch-n-Fun "Being your own advocate" with Maureen Waybright 1:45-2:45 Wheel of Personal Knowledge</p>	<p>20</p> <p>10:30-10:50 Relaxation techniques 11:00-12:00 Balanced Life 1:00-2:00 Budgeting- price is right 2:10-3:00 Puzzles <i>Young Adults 1-3</i></p>	<p>21</p> <p>10:30-11:00 Highs N lows 11:00-12:00 Karaoke or music by request 1:00-2:00 Sequence 2:00-3:00 Trivia crack</p>
<p>24</p> <p>10:30-11:00 Stretch bands 11:00-12:00 Making amends 1:00-2:00 Jeopardy- Decade Edition 2:10- 3:00 SPA Day</p>	<p>25</p> <p>10:30-12:30 Movie & Snacks- "I am Sam" 1:00- 2:00 Developmental disability awareness 2:10- 3:00 Family Feud</p>	<p>26</p> <p>10:30-11:00 WTD 11:00-12:00 Cooking Lesson 1:00-2:00 Victim to survivor mindset 2:10-3:00 Charades</p>	<p>27</p> <p>10:30-11:00 Question Jenga 11:00-12:00 Conflict resolution role play 1:00-2:00 Sand art 2:10-3:00 Name 5 <i>Young Adults 1-3</i></p>	<p>28</p> <p>10:30-11:00 Clip Chat 11:00-12:00 Member led group discussion "Perception" 1:00-2:00 Cards 2:00-3:00 Scene it</p>