



# July 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
10:30-10:50 Body Scan 11:00-12:00 PTSD 1:00-2:00 Regulating Emotions 2:10-3:00 Corn Hole Competition or Music	<b>Closed for the 4th of July</b> 	10:30-10:50 Member-Led Announcements/Walk 11:00-12:00 Love Addiction? 12:45-1:45 PRRC BINGO 2:00-3:00 This, That & Everything Game	10:30-11:00 Mood Check In 11:00-12:00 Nutrition with Maddy 1:00-2:00 Hygiene Health 2:10-3:00 Brain Teasers <b>Young Adults 1-3</b>	10:30- 11:00 Check In 11:00-12:00 Group Discussion: Compassion 1:00-2:00 Open Mic or Karaoke 2:00-3:00 Name 5 or Cards
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
10:30-11:00 Clip Chat 11:00-12:00 Assumptions 1:00-2:00 Medication Management 2:00-3:00 Journaling or Puzzles	10:30-10:45 Chair Yoga 11:00-12:00 Denial vs. Resistance 1:00- 2:00 The Price Is Right-Budgeting 2:00-2:45 Music	10:30-1:30 Lunch-N-Fun with Daryl Hersh "False" Guilt & Secondary Wounding 1:30 -2:00 Takeaways 2:10-3:00 Pictionary or Scrabble	10:30-10:50 Mindful Meditation 11:00-12:00 Nutrition with Maddy 1:00-2:00 Improving Focus & Concentration 2:10-3:00 Group Art Project <b>Young Adults 1-3</b>	10:30-11:00 Breakfast Club 11:00-12:00 Group Discussion Lunch-N-Fun 2024 1:00-2:00 Board Games or Cards 2:00-3:00 Music by Request or Sequence
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
10:30-11:00 Mindset Monday 11:00-12:00 8 Dimensions of Wellness 1:00-2:00 Benefits of Physical Fitness 2:10-3:00 Family Feud	10:30-11:00 Fast Fitness 11:00-12:00 Improving Professional Relationships 1:00-2:00 Summer Center Decorating 2:10-3:00 Let's Make a Deal-Budgeting	10:30-11:00 WTD 11:00-12:00 Healthy Relationships 1:00-2:00 Types of Relationships 2:10-3:00 Jeopardy	10:30-11:00 Quote 11:00-12:00 Nutrition with Maddy 1:00-1:45 DBT Skills 2:00-3:00 Corn Hole or Music <b>Young Adults 1-3</b>	10:30-11:00 Highs-n-Lows 11:00-12:00 Member-Led Open Discussion 12:45-2:00 BINGO 2:10-3:00 Head Bands or Corn Hole
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
10:30-11:00 Current Events 11:00-12:00 Self-Care Day 1:00-2:00 Paint-n-Sip 2:10-3:00 Jeopardy	10:30-12:30 Movie & Snacks "Independence Day" 1:00-2:00 Recovery & Interdependence 2:10-3:00 Group Art Project	10:30-11:00 Clip Chat 11:00-12:00 Cooking Lesson 1:00-2:00 Signs of Grooming 2:15-3:00 SPA Day/Music	10:30-11:00 WTD 11:00-12:00 Nutrition with Maddy 1:00-2:00 Untwist Your Thinking 2:10- 3:00 Craft Corner <b>Young Adults 1-3</b>	10:30-11:00 2 Little, 2 Much 11:00-12:00 Open Mic Writing Competition 1:00-2:30 Team Trivia 2:30-3:00 Brain Teasers
<b>31</b>				
10:30-11:00 Quote 11:00-12:00 Maintaining Hope 1:00-2:00 Goal Planning 2:00-3:00 Trivia Crack or Sports Talk		July's Theme: Relationship Issues	<b>Young Adult Group every Thursday from 1-3 pm</b> <b>Topic matter is the same as the Thursday's 2<sup>nd</sup> &amp; 3<sup>rd</sup> groups</b>	

