



October 2023



Peer Resource and Recovery Center: 509 Market St. East Liverpool OH. 330-385-7000

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:30-11:00 Current events 11:00-12:00 Realistic expectation with medication 1:00-2:00 How to maximize your recovery 2:00-3:00 Craft Corner	3 Closed for Fall Harvest Party at Firestone Park	4 10:30-11:00 Walk or Announcements 11:00-12:00 Narcissism Personality Disorder 12:30-1:45 PRRC BINGO 2:00-3:00 Scene it	5 10:30-11:00 Guided meditation 11:00-12:00 SAD-Seasonal Affective Disorder 1:00-2:00 Fear or Facts MH 2:10-3:00 Family Feud	6 10:30-11:00 Highs-N-Lows 11:00-12:00 Karaoke or open mic 1:00-2:00 Name that tune 2:10-3:00 Sequence or cards Jersey Day
9 10:30-11:00 Fast fitness 11:00-12:00 AOD Disorder 1:00-2:00-Taking responsibility 2:10-3:00 Uno or sequence	10 10:30-11:00 Check In: goal progress 11:00-12:00 How to maximize your recovery 1:00- 2:30 Paint-N-Sip Halloween 2:30-3:00 Music	11 10:30-11:00 Stretch bands or walk 11:00-12:00 Gambling addiction 1:00-2:00 Work-ordered day 2:10- 3:00 Charades	12 10:30-10:45 Meditation 11:00-12:00 Red flags & Green flags 1:00-2:00 DBT Skills 2:10-3:00 Brain teasers	13 10:30-12:30 Ghost Raceway 1:00-2:00 Member led group discussion or journaling 2:00-3:00 Puzzles or cards Jersey Day
16 10:30-11:00 Clip Chat 11:00-12:00 Facing Your Fears 1:00-2:00 Fall Crafts 2:00-3:00 Pop Culture Trivia	17 10:30-11:00 Balloon Badminton 11:00-12:00 "But" gets you nowhere 1:00-2:00 Left, Right, Center Game 2:10-3:00 Pictionary	18 10:30-1:30 <i>Lunch-N-Fun</i> "Breaking the Cycle of Domestic Violence" with Jaime Urmson & Karen Mercer 1:30-2:30 Wood Forest Bank- Budgeting Help 2:30-3:00 Trivia	19 10:30-11:00 Relaxation Techniques 11:00-12:00 Making Excuses to Progress 1:00-2:00 Pumpkin Painting 2:10-3:00 Hygiene Helpers	20 10:30-11:00 Check In-Mood 11:00- 12:00 Aroma Therapy Challenge 1:00- 2:00 Karaoke 2:10-3:00 Corn hole or golf Jersey Day
23 10:30-11:00 Deep breathing stretches 11:00-12:00 Open-Mindedness in Recovery 1:00-2:00 Help with Time Management 2:10-3:00 Spoons or cards	24 10:30-11:00 Current events 11:00-12:00 Problem solving; critical thinking 1:00- 2:00 Setting Boundaries 2:00-3:00 Name 5	25 10:30-11:00 Clip chat 11:00-12:00 Cooking with Glo 1:00-2:00 Work ordered day or puzzles 2:00- 3:00 Craft Corner	26 10:30-10:50 Check In & walk 11:00-1:30 Bowling Outing <i>Must sign up by 10/13</i> limited spaces available; First 30 members to sign up 2:00-3:00 Halloween Trivia	27 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 Jersey Day
30 10:30-11:00 Quote 11:00-12:00 Phobias 1:00-2:00 Coping Skills for Depression 2:10- 3:00 Scene it	31 10:30-12:30 Cinema Therapy Movie & Snacks "The Mummy" 1:00-2:00 Calendar Skills 2:10-3:00 Team building			