



# February 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b>
			10:30-11:00 Stretch bands 11:00-12:00 Relationship skills 1:00-2:00 Overcoming isolation 2:10-3:00 Sequence or Uno	10:30- 11:00 Highs N lows 11:00-12:00 Open Mic or Karaoke 1:00-2:00 Suicide Prevention Discussion 2:00-3:00 Board games
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
10:30-11:00 Current events 11:00-12:00 Help for Over Thinking 1:00-2:00 Team Building Exercises 2:00-3:00 Jeopardy or Puzzles	10:30-11:00 Fast fitness 11:00-12:00 Nurturing Behavior 1:00- 2:00 Work Ordered Day- Membership 2:00-3:00 Money management	10:30-11:00 Ice breakers 11:00 - 12:00 Red Flags in Romance 1:00-2:00 PRRC BINGO 2:10-3:00 Pictionary or Scrabble	10:30-10:50 Balloon Badminton 11:00-12:00 Problem Gambling 1:00-2:00 Valentine Craft 2:10-3:00 Conversation Starters	10:30-11:00 Check In 11:00-12:00 Tailgate Competition 12:00-1:00 Tailgate Party 1:00- 2:00 Karaoke 2:00-3:00 Trivia <b>Jersey Day</b>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
10:30-11:00 Clip chat 11:00-12:00 Survival mode 1:00-2:00 Self-care 2:00-3:00 Family Feud	10:30-11:00 Meditation 11:00-12:00 Accountability 1:00-2:00 Personality Disorders Cluster A 2:10-3:00 Music by request	10:30-11:00 Quote 11:00-12:00 Love addiction 12:30-1:00 Sweet Treats 1:00-2:00 Personality Disorder Cluster B 2:10-3:00 SPA Day	10:30-11:00 Question Jenga 11:00-12:00 Personality Disorder Cluster C 1:00-2:00 Jewelry crafts 2:00-3:00 This, That & Everything	10:30-12:00 Cupid Raceway 1:00-2:00 Check In 2:10-3:00 Head Bands or Noodle Hockey
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
10:30-11:00 Current Events 11:00-12:00 Hording 1:00-2:00 Paint N Sip "Rainy Day" 2:10-3:00 Jeopardy	10:30-12:30 Movie & Snacks "50 First Dates" 1:00-1:30 Takeaways 1:30-2:10 Winter Safety 2:10-3:00 Family Feud	10:30-1:30 Lunch N Fun "Codependent Relationship" with Nicole Miller 1:45-2:15 Takeaways 2:15-3:00 Trivia	10:30-11:00 Meditation 11:00-12:00 Exploring your talents & strengths 1:00-2:00 Craft Corner 2:10- 3:00 Scene It	10:30-11:00 2 Little, 2 Much 11:00-12:00 Karaoke or Open Mic 1:00-2:00 BINGO 2:10-3:00 Brain Teasers
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	
10:30-11:00 Yoga 11:00-12:00 Increasing self- love 1:00-2:00 Doctor's check up 2:00-3:00 Pictionary	10:30-11:00 Meditation 11:00-12:00 Hygiene help 1:00-2:00 Work Ordered Day- Spring planning 2:10-3:00 Trivia Crack	10:30- 11:00 Clip chat 11:00-12:00 Cooking with Glo 1:00-2:00 How to maintain healthy relationships 2:00-3:00 Pick Your Brain	10:30-11:00 Mindfulness 11:00-12:00 Improving focus & concentration 1:00-2:00 Brain teasers 2:00-3:00 Puzzles or Cards	





