



March 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:30- 11:00 Highs N lows 11:00-12:00 Open Mic or Karaoke 1:00-2:00 Sequence or cards 2:00-3:00 Board games or Cornhole
4 10:30-11:00 Ice breakers 11:00-12:00 Barriers to recovery 1:00-2:00 Gratitude group 2:00-3:00 Jeopardy or Puzzles	5 10:30-11:00 Fast fitness 11:00-12:00 Accountability 1:00- 2:00 Making amends 2:00-3:00 Money management	6 10:30-11:00 Member led announcements & WTD 11:00 -12:00 HIV Awareness 1:00-2:00 PRRC BINGO 2:10-3:00 Pictionary or Scrabble	7 10:30-10:50 Balloon Badminton 11:00-12:00 Anger issues 1:00-2:00 Craft Corner 2:10-3:00 Conversation Starters	8 10:30-11:00 Clip chat 11:00-12:00 Member led group discussion-ownership 1:00- 2:00 Team Building Exercises 2:00-3:00 Trivia
11 10:30-11:00 Currents Events 11:00-12:00 Healthy coping skills 1:00-2:00 Better sleep 2:00-3:00 Family Feud	12 10:30-11:00 Body scan 11:00-12:00 Improving Communication 1:00-2:00 Boundaries or Men's group 2:10-3:00 Name 5	13 10:30-11:00 Quote 11:00-12:00 Living with TBI 1:00-2:00 FAQ Marijuana 2:10-3:00 SPA Day	14 10:30-11:00 Question Jenga 11:00-12:00 Music Therapy Benefits 1:00-2:00 Drawing Your Feelings 2:00-3:00 Sequence	15 10:30-12:00 Leprechaun Raceway 12:30-1:00 Shamrock shakes 1:00-2:00 Family feud 2:10-3:00 Music by request
18 10:30-11:00 Morning Stretch 11:00-12:00 Strength 1:00-2:30 Paint N Sip-surprise 2:30-3:00 Music by request	19 10:30-12:30 Movie & Snacks "A Dog's purpose" 1:00-2:00 Pet companionship 2:10-3:00 Center decorations or UNO	20 10:30-1:30 Lunch N Fun "Enabling Behaviors" with Georgia Smith" 1:45-2:15 Takeaways 2:15-3:00 Trivia	21 10:30-11:00 Meditation 11:00-12:00 Ways to improve patience 1:00-2:00 Easter crafts 2:10- 3:00 Scene It	22 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
25 10:30-11:00 WTD 11:00-12:00 Fear of Abandonment 1:00-2:00 Self-esteem 2:00-3:00 Music	26 10:30-11:00 Meditation 11:00-12:00 Motivation 1:00-2:00 Nutrition 2:10-3:00 Pictionary	27 10:30-11:00 Clip chat 11:00-12:00 Cooking with Glo 1:00-2:00 Mood disorders 2:05-3:00 Charades	28 10:30-11:00 Mindfulness 11:00-12:00 Building independence 1:00-2:00 Brain teasers 2:00-3:00 Puzzles or Cards	29 10:30-12:30- PRRC Talent show (sign up by 3/22) 1:30- 2:00 Check In 2:00-3:00 Socialization



