



# October 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	10:30-11:00 WTD 11:00-12:00 Managing Stress 1:00-2:00 Computer Skill Basics 2:10-3:00 Music by Request	10:30-10:50 Member-led Announcements 11:00-12:00 Clip Chat SUD Recovery Story 1:00-2:00 PRRC BINGO 2:00-3:00 Name 5	10:30-11:00 Strech Bands or Walk 11:00-12:00 Hot Seat 1:00-2:00 Brain Teasers 2:10-3:00 Craft Corner-Holiday	10:30-11:00Check In 11:00-12:00 Karaoke or Open Mic 1:00-2:00 Board Game Competition 2:00-3:00 Music
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
10:30-11:00 Current Events 11:00-12:00 Who Am I Without Anxiety? 1:00-2:00 Bag of Tricks for Self-Care 2:00-3:00 Jeopardy or Puzzles	10:30-10:45 Chair Yoga 11:00-12:00 Help for Sleep 1:00- 2:00 Work Ordered Day for Veterans 2:00-3:00 Music	10:30-11:00 WTD 11:00 to 12:00 SAD 1:00-2:00 Social Anxiety 2:10-3:00 SPA Day <b>WRAP 10 am- 3pm</b> <b>Sign up by 9/25 with Maureen</b>	10:30-10:50 Ice Breakers 11:00-12:00 SUD Support 1:00-2:00 Codependency 2:10-3:00 Open Paint Craft <b>WRAP 10 am-3pm</b> <b>Sign up by 9/25 with Maureen</b>	10:30-11:00 Music in Motion- Line Dancing 11:00-12:00 Member Led Group Discussion 1:00-2:00 Karaoke 2:30- 3:00 Pictionary
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
10:30-11:00 WTD 11:00-12:00 Gratitude Group 1:00-2:00 Money Matters 2:00-3:00 Ladder Ball or Corn Hole	10:30-11:00 Meditation 11:00-12:00 Discovering Your Strengths 1:00-2:00 Work Ordered Day for Veterans 2:10-3:00 Family Feud	10:30-11:00 Quotes 11:00-12:00 Domestic Violence-Breaking the Cycle 1:00-2:00 Hallmarks of Healthy Relationships 2:10-3:00 Pictionary	10:30-11:00 Fast Fitness 11:00-12:00 Conflict Resolution-Role Play 1:00-2:00 Craft Corner 2:00-3:00 Corn Hole	10:30-12:00 Scarecrow Race Way Competition 1:00-2:00 Member-Led Open Discussion 2:10-3:00 Head Bands or Monopoly
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
10:30-11:00 Current Events 11:00-12:00 The Mask of Fear 1:00-2:30 Paint-n-Sip Scarecrow Painting 2:30-3:00 Music	10:30-1:30 <i>Lunch-n-Fun</i> "Stinking Thinking: Changing Your Thoughts" with Chad Jakubowski 1:45-2:00 Takeaways 2:00- 3:00 Trivia	10:30-11:00 Body Scan 11:00-12:00 Marijuana Effects on Mental health 1:00- 2:00 Social Skills Jeopardy 2:10-3:00 Spoons or Uno	10:30-11:00 Meditation 11:00-12:00 Anorexia 101 1:00-2:00 Work-Ordered Day 2:10- 3:00 Craft Corner	10:30-1:30 Bowling Outing At Walnut Lanes Must sign up by 10/11 1:30- 2:30 Highs-n-Lows 2:30-3:00 Music
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
10:30-11:00 Quote 11:00-12:00 Character Traits of Mentally Strong 1:00-2:00 Let's Make a Deal 2:00-3:00 Scene it	10:30-12:30 Movie & Snacks "Lord of the Rings" Members' Choice 1:30-2:30 Sequence or UNO	10:30-11:00 Clip Chat 11:00- 12:00 Cooking Lesson 1:00-2:00 Adjustment Disorders 2:00-3:00 Name 5	10:30-12:00 PRRC Fear Factor Competition 1:00-2:00 BINGO 2:00-3:00 Music	



