



November 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:30- 11:00 Recovery Check In 11:00-12:00 Open Mic or Karaoke 1:00-2:00 Corn Hole Competition 2:00-3:00 Board games
4 10:30-11:00 Current events 11:00-12:00 Fear of Abandonment 1:00-2:00 Team Building Exercises 2:00-3:00 Name That Tune	5 10:30-11:00 Fast fitness 11:00-12:00 Processing Feelings & Emotions 1:00- 2:00 Diabetes & Our Mental Health 2:00-3:00 Money Management	6 10:30-11:00 Ice breakers- Wants Vs Needs game 11:00 -12:00 Maslow's Hierarchy of Needs 1:00-2:00 PRRC BINGO 2:10-3:00 Pictionary or Scrabble	7 10:30-10:50 Clip Chat 11:00-12:00 Impact of Words 1:00-2:00 Self- Affirmation Craft 2:10-3:00 Name 5	8 10:30-11:00 Music N Motion 11:00-12:00 Member Led Group- Small Groups/Support 1:00- 2:00 Karaoke 2:00-3:00 Sequence
11 10:30-11:00 Music Monday 11:00-12:00 Realistic Expectations 1:00-2:00 Self-Care 2:00-3:00 Family Feud	12 10:30-11:00 Meditation 11:00-12:00 Celebrating Sober Skills 1:00-2:00 The Nature of Mistakes & Imperfections 2:10-3:00 Music by request	13 10:30-11:00 Quote 11:00-12:00 Cost, Benefit Analysis 1:00-2:00 Consequences Court 2:10-3:00 SPA Day	14 10:30-11:00 Question Jenga 11:00-12:00 Anger Management Skills 1:00-2:00 Group Art Project 2:00-3:00 This, That & Everything	15 10:30-11:00 Clip chat 11:00-12:00 Cider & Member Led Group Discussion "Fear" 2:10-3:00 Cards or Noodle Hockey
18 10:30-11:00 Current Events 11:00-12:00 Sensitivity & Awareness 1:00-2:00 Paint N Sip Fall Harvest Painting 2:10-3:00 Jeopardy	19 10:30-12:30 Movie & Snacks "The Help" 1:00-1:30 Takeaways 1:30-3:00 Family Feud	20 10:30-1:30 Lunch N Fun "Grief & Loss: Dealing with the Loss of a Loved One" with Nicole Cline-Miller 1:45-2:15 Takeaways 2:15-3:00 Trivia	21 10:30-11:00 Meditation 11:00-12:00 Exploring Your Talents & Strengths 1:00-2:00 Work Ordered Day-Traditions 2:10- 3:00 Scene It	22 10:30-12:00 Turkey Trot Raceway 1:00-2:00 BINGO 2:10-3:00 Music by request
25 10:30-11:00 Chair Yoga 11:00-12:00 Roadblocks to Recovery 1:00-2:00 Gratitude Journaling 2:00-3:00 Pictionary	26 10:30-11:00 Quote 11:00-12:00 Help with Memory & Focus 1:00-2:00 Calendar Skills 2:10-3:00 Trivia Crack	27 10:30- 11:00 PRRC Tradition 11:00-12:00 Cooking with Glo 12:30-1:00 Pie Celebration & Holiday Trivia	28 <i>Closed for Thanksgiving</i> 	29 <i>Closed for Holiday</i> 



