



January 2025

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| | | 1 | 2 | 3 |
| | | Closed for New Years Day | 10:30-11:00 WTD 11:00-12:00 Dreams Revisited 1:00-2:00 Work Ordered Day Gratitude Group 2:10-3:00 Sequence or Name That Tune | 10:30- 11:15 Highs N lows 11:15-12:30 Breakfast Club & Member Planning SWAT 1:00-2:00 SWAT Breakouts 2:00-3:00 Sequence or Pictionary |
| 6 | 7 | 8 | 9 | 10 |
| 10:30-11:00 Clip Chat 11:00-12:00 Emotional Intelligence 1:00-2:00 Winter Decorations or cards 2:00-3:00 Jeopardy or Puzzles | 10:30-10:45 Chair Exercise 11:00-12:00 Increasing Social Awareness 1:00- 2:00 Planning & Organizing 2:00-2:45 Music | 10:30-11:00 Ice Breakers 11:00 to 12:00 Boundaries Peer Support & Professional Ethics 1:00-2:00 BINGO 2:10-3:00 Charades or Pictionary | 10:30-11:00 Deep Breathing 11:00-12:00 Presenting Your Self- Role Play 1:00-2:00 Brain Teasers 2:10-3:00 Winter safety | 10:30-12:00 Penguin Raceway 1:00-2:00 Check In 2:00-3:00 Music by Request or Cards |
| 13 | 14 | 15 | 16 | 17 |
| 10:30-11:00 Mindfulness 11:00-12:00 Regulating Emotion 1:00-2:00 Music for Mood 2:00-3:00 Art Inspired | 10:30-11:00 Fast Fitness 11:00-12:00 SMART goals 1:00-2:00 Money Matters 2:10-3:00 Music for Mood | 10:30-1:30 Lunch N Fun Wellness, Mind, Body & Spirit with Maureen Waybright (sign up by 1/8) 1:30-2:00 Takeaways & goals 2:00-3:00 Pop Culture | 10:30-11:00 Question Jenga 11:00-12:00 Anger Management Skills 1:00-2:00 Brain teasers 2:00-3:00 Corn Hole or Music | 10:30-11:00 Highs-N-Lows 11:00-12:00 Coffee or Cocoa Social Member-Led Open Discussion 1:00-2:00 Karaoke or Open Mic 2:10-3:00 Golf or Corn Hole Competition |
| 20 | 21 | 22 | 23 | 24 |
| Closed for Martin Luther King Day | 10:30-12:30 Movie & Snack "10,000 BC 1:00-2:00 Building Trust 2:10-3:00 Family Feud | 10:30-11:00 Clip Chat 11:00- 12:00 Clean Pain VS. Dirty Pain 1:00-2:00 Life Scape 2:00-3:00 Trivia | 10:30-11:00 Meditation 11:00-12:00 Decision Making Skills 1:00-2:00 Craft Corner 2:10- 3:00 Organizing skills | 10:30-11:00 2 Little, 2 Much 11:00-12:00 Karaoke or Open Mic 1:00-2:00 BINGO 2:30-3:00 Brain Teasers |
| 27 | 28 | 29 | 30 | 31 |
| 10:30-11:00 Current Events 11:00-12:00 Strength Builders 1:00-2:00 Paint N Sip Snowmen 2:10-3:00 Music by request | 10:30-11:00 Meditation 11:00-12:00 People, Places, Things, 1:00-2:00 Jeopardy 2:30-3:00 Trivia Crack | 10:30- 11:00 Clip chat 11:00-12:00 Cooking with Glo 1:00-2:00 Stopping Self-Sabotage 2:00-3:00 Socialization | 10:30-11:00 Line dancing 11:00-12:00 Hobbies in Recovery 1:00-2:00 Work Ordered Day Project 2:00-3:00 Music | 10:30-11:00 Clip Chat 11:00-12:00 Coffee & Cocoa Social Group Discussion Progress 1:00-2:00 Karaoke 2:00-3:00 Brain Teasers |



