




McMinnville Activities

May

2019

| Mon | Tue | Wed | Thu | Fri |
|--|--|---|---|---|
| | | 9:30-10:00 Facilitator Meeting 1 10:30-11:30 Yoga 12:00-1:00 Just Chillin' | 2 10:00-11:00 Get Moving w/ABLE 11:00-12:00 Journaling and Calendars | 3 11:00-12:00 Trauma Healing & Recovery 12:00-1:00 Crafty Corner |
| 6 10:00-11:00 Exploring Recovery for A Better Life Experience 11:30-12:30 Self-empowerment | 9:00-10:00 Volunteer Meeting 7 10:00-11:00 Get Moving w/ABLE 11:00-1:00 Healthy Living 1:00-2:00 H.O.P.E. | 8 10:30-11:30 Yoga 12:00-1:00 Just Chillin' | 9 10:00-11:00 Get Moving w/ABLE 11:00-12:00 Journaling and Calendars | 10 11:00-12:00 Trauma Healing & Recovery 12:00-1:00 Crafty Corner |
| 13 10:00-11:00 Exploring Recovery for A Better Life Experience 11:30-12:30 Self-empowerment | 14 10:00-11:00 Get Moving w/ABLE 11:00-1:00 Healthy Living 1:00-2:00 H.O.P.E. | 15 10:30-11:30 Yoga 12:00-1:00 Just Chillin' | 16 10:00-11:00 Get Moving w/ABLE 11:00-12:00 Journaling and Calendars | 17 11:00-12:00 Trauma Healing & Recovery 12:00-1:00 Crafty Corner |
| 20 10:00-11:00 Exploring Recovery for A Better Life Experience 11:30-12:30 Self-empowerment | 9:00-10:00 Volunteer Meeting 21 10:00-11:00 Get Moving w/ABLE 11:00-1:00 Healthy Living 1:00-2:00 H.O.P.E. | 22 10:30-11:30 Yoga 12:00-3:00 Potluck and Movie! | 23 10:00-11:00 Get Moving w/ABLE 11:00-12:00 Journaling and Calendars | 24 11:00-12:00 Trauma Healing & Recovery 12:00-1:00 Crafty Corner |
| 27 CLOSED in observance of Memorial day  | 28 10:00-11:00 Get Moving w/ABLE 11:00-1:00 Healthy Living 1:00-2:00 H.O.P.E. | 29 10:30-11:30 Yoga 12:00-1:00 Just Chillin' | 30 10:00-11:00 Get Moving w/ABLE 11:00-12:00 Journaling and Calendars | 31 11:00-12:00 Trauma Healing & Recovery 12:00-1:00 Crafty Corner |



www.facebook.com/projectableinc

On the web at: www.projectable.org

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Calendar Event Descriptions

Exploring Recovery for A Better Life Experience Join us as we explore the 10 components of recovery. May will be focused on Self-direction.

Self-Empowerment: Being your own permission giver can be an important part of recovery. Together we'll discover just how amazing we all are!

Get Moving w/ABLE: Whether an easy stroll around Mac, or dancing around to some music at PA, we'll all "get moving" together. Come join the fun!

Healthy Living: We will explore multiple facets of healthful living, including cooking, shopping, exercising, etc.

Yoga: Enjoy a stress-reducing, restorative class with a supportive, experienced instructor. All levels are welcome.

Just Chillin': This will be a social hour to get to know us, see who we are and what we do, and make connections.

NOTE: May 22nd will be a Potluck and Movie, in observance of Memorial Day. Please join us, and bring a friend!

Volunteer Meeting: The first and second Tuesday of each month. Looking forward to seeing all Mac volunteers there!

Journaling and Calendars: Join us to practice journaling and share calendar making and keeping skills.

Trauma Healing and Recovery Group: You are not alone. Connect with others recovering from trauma in a supportive group setting.

Crafty Corner: Join us as we get artsy-craftsy! Something new each week! If you have an amazing skill, talent, or want to share something that makes you happy, let us know. *All supplies provided*

H.O.P.E. (Hold On, Possibilities Exist!): This peer led activity is focused on daily success. Our topic for the month of May will be "finding joy".

All Classes and workshops are FREE and open to everyone.

New to Project ABLE? Stop by our office for a Welcome to ABLE. See Calendar for dates and times.

McMinnville Campus
117 NE 5th St, Suite C
McMinnville, OR
M-F 10:00 am – 3:00 pm

