



Salem Activities May

2019

Mon	Tue	Wed	Thu	Fri
		<p style="text-align: right;">1</p> <p>10-12 All Volunteer Meeting 11-12 Get Moving with ABLE (Indoors) 12-1:30 Trauma Healing and Recovery 2-3:30 Healthy Living</p>	<p style="text-align: right;">2</p> <p>10:30-11:30 Over Eater/Under Eater 12-1 Chair Yoga 1-2 DDA 2-3 Let's talk! 3-5 Thursday Wellness Activity Night- Conversational Spanish w/Milagros</p>	<p style="text-align: right;">3</p> <p>11-12 Get Movin' w/ABLE- Dancing 12:30-2 Voices & Visions 2:30-4 Trauma Healing and Recovery</p>
<p style="text-align: right;">6</p> <p>10-11 Self-Empowerment 11-12 Get Movin' w/ABLE 11-12 PPW- Recovery X 10 12-1 Peer Paths to Employment 3-4:30 ABLE Music Jams</p>	<p style="text-align: right;">7</p> <p>12-1 Yoga 1:30-2:30 Voices & Visions 3-5 Tuesday Wellness Activity Night Mothers Day Cards</p>	<p style="text-align: right;">8</p> <p>11-12 Get Moving with ABLE (Indoors) 12-1:30 Trauma Healing and Recovery 2-3:30 Healthy Living</p>	<p style="text-align: right;">9</p> <p>10:30-11:30 Over Eater/Under Eater 12-1 Chair Yoga 1-2 DDA 2-3 Let's talk! 3-5 Thursday Wellness Activity Night- The Eight Dimensions of Wellness</p>	<p style="text-align: right;">10</p> <p>11-12 Get Movin' w/ABLE- Dancing 12:30-2 Voices & Visions 2:30-4 Trauma Healing and Recovery</p>
<p style="text-align: right;">13</p> <p>10-11 Self-Empowerment 11-12 Get Movin' w/ABLE 11-12 PPW- Recovery X 10 12-1 Peer Paths to Employment 3-4:30 ABLE Music Jams</p>	<p style="text-align: right;">14</p> <p>9:30-10:30 Staff Meeting 10:30-12 Coordinator Meeting 12-1 Yoga 1:30-2:30 Voices & Visions 3-5 Tuesday Wellness Activity Night Terrariums w/ Michelle</p>	<p style="text-align: right;">15</p> <p>10-12 Trauma Informed Volunteer Meeting 11-12 Get Moving with ABLE (Indoors) 12-1:30 Trauma Healing and Recovery 2-3:30 Healthy Living</p>	<p style="text-align: right;">16</p> <p>10:30-11:30 Over Eater/Under Eater 12-1 Chair Yoga 1-2 DDA 2-3 Let's talk! 3-5 Thursday Wellness Activity Night- Tips for better communication with Myrna!</p>	<p style="text-align: right;">17</p> <p>11-12 Get Movin' w/ABLE- Dancing 12:30-2 Voices & Visions 1-2 Volunteer Orientation 2-4 Trauma Healing and Recovery</p>
<p style="text-align: right;">20</p> <p>10-11 Self-Empowerment 11-12 Get Movin' w/ABLE 11-12 PPW- Recovery X 10 11:30-2:30 Wellness Recovery Action Plan 12-1 Peer Paths to Employment 3-4:30 ABLE Music Jams</p>	<p style="text-align: right;">21</p> <p>12-1 Yoga 1:30-2:30 Voices & Visions 3-5 Tuesday Wellness Activity Night Iris Folding w/ Dan</p>	<p style="text-align: right;">22</p> <p>11-12 Get Moving with ABLE (Indoors) 12-1:30 Trauma Healing and Recovery 2-3:30 Healthy Living</p>	<p style="text-align: right;">23</p> <p>10:30-11:30 Over Eater/Under Eater 12-1 Chair Yoga 1-2 DDA 2-3 Let's talk! 3-5 Thursday Wellness Activity Night- Tricks of the Trade Vickie</p>	<p style="text-align: right;">24</p> <p>11-12 Get Movin' w/ABLE- Dancing 12:30-2 Voices & Visions 2:30-4 Trauma Healing and Recovery</p>
<p style="text-align: right;">27</p> <p>**Closed in observance of Memorial Day**</p>	<p style="text-align: right;">28</p> <p>12-1 Yoga 1:30-2:30 Voices & Visions 3-5 Tuesday Wellness Activity Night Jewelry w/ Darla</p>	<p style="text-align: right;">29</p> <p>11-12 Get Moving with ABLE (Indoors) 12-1:30 Trauma Healing and Recovery 2-3:30 Healthy Living</p>	<p style="text-align: right;">30</p> <p>10:30-11:30 Over Eater/Under Eater 12-1 Chair Yoga 1-2 DDA 2-3 Let's talk! 3-5 Thursday Wellness Activity</p>	<p style="text-align: right;">31</p> <p>11-12 Get Movin' w/ABLE- Dancing 12:30-2 Voices & Visions 2:30-4 Trauma Healing and Recovery</p>

***Self-Direction *Person-Centered *Empowerment *Holistic *Non-Linear *Strengths-Based *Peer Support *Respect *Responsibility *Hope**



Calendar Activity Descriptions

ABLE Music Jams: If you play an instrument, come jam with other music lovers just for fun. Bring any instrument you like.

Peer Paths To Employment: Why go through a job search alone? Networking with your peers can land you the job you want. Share useful resources, discover what's available, and keep each other motivated.

Peer Paths to Wellness: (PPW) Part of a six-week series that covers topics that support the 8 dimensions of wellness and recovery.

All classes and workshops are FREE and open to everyone. New to Project ABLE? Stop by our office for a **Welcome to ABLE** orientation.

Salem Campus
1599 State Street NE
M-F 9am to 5pm
503-363-3260

www.projectable.org

and check us out on Facebook!

All Volunteer Meeting: If you volunteer with Project ABLE, please attend. Get the latest info so you can stay informed and up-to-date.

Chair Yoga: A gentle yoga class designed specifically for those with mobility issues and/or physical challenges.

Dual Diagnosis Anonymous (DDA): A peer-led approach that empowers individuals with co-occurring issues.

Healthy Living: Explore various aspects of a healthy lifestyle and receive personalized support.

Get Moving w/ABLE: Outdoor or indoor light moving activity or dancing to get you out of your seat and moving for a healthier you.

Over Eater / Under Eater Trauma Support Group: Gather together with others who face weight-related trauma.

Let's Talk: This is a group centered on social situations. Talking about skills to use and ways to communicate in these situations.

Self-Empowerment: Positive self-esteem can be an important aspect of recovery. Together we'll discover how amazing we all are! Give it a try.

Trauma Healing & Recovery: Connect with others recovering from trauma in a supportive group setting.

Trauma Informed Volunteer Meeting: In this meeting for Volunteers, wonderful trauma informed topics are discussed.

W.R.A.P.: Learn new tools for your Wellness.

Voices & Visions: Individuals experiencing voices and visions come together to provide mutual support.

Volunteer Orientation: Find out how you can become a Project ABLE volunteer.

Wellness Activity – Conversational Spanish w/Milagros: Join Milagros and other peers in learning ways to communicate in Spanish. Come and support us in becoming closer together!

Wellness Activity -Tips for better communication w/Myrna: Do you struggle with communication? Come let Myrna support us with some great tips for healthy communication skills!

Wellness Activity – The Eight Dimensions of Wellness: We will be focusing on the 8 dimensions of Wellness, Emotional, Environmental, Financial, Intellectual, Occupational, Physical, Social and Spiritual. How do you include them in your life and recovery?? Join us to learn more.

Wellness Activity -Trick of the Trade w/Vickie: Come share what coping skills help you. Learn new coping strategies and support your peers with theirs.

Yoga: Experience a stress-reducing, restorative class with a supportive, experienced instructor. Beginners are welcome.