

“The ability to be in the present moment is a major component of mental wellness.” Abraham Maslow



Salem Activities MARCH

2020

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;">2</p> <p>10-11 Self-Empowerment 11-12 Get Moving w/ABLE 12-1 Peer Paths to Employment * 1-2 Wellness 101 * 3-4:30 ABLE Music Jams</p>	<p style="text-align: right;">3</p> <p>10-11 LGBTQ+ Group 12-1 Yoga 1:30-2:30 Voices & Visions * 3-5 Tuesday Wellness Activity Movie Night: The Lion King 2</p>	<p style="text-align: right;">4</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;">5</p> <p>10:30-11:30 What's Eating You? * 12-1 Chair Yoga 1-2 DDA 2-3 Let's Talk! 3-5 Thursday Wellness Activity- Conversational Spanish w/ Daisy</p>	<p style="text-align: right;">6</p> <p>9-10 Veterans Coffee 11-12 Get Moving w/ABLE- Dancing 12:30-2 Voices & Visions * 2:30-4 Trauma Healing and Recovery *</p>
<p style="text-align: right;">9</p> <p>10-11 Self-Empowerment 11-12 Get Moving w/ABLE 12-1 Peer Paths to Employment * 1-2 Wellness 101 * 3-4:30 ABLE Music Jams</p>	<p style="text-align: right;">10</p> <p>10-11 LGBTQ+ Group 12-1 Yoga 1:30-2:30 Voices & Visions * 3-5 Tuesday Wellness Activity Pinwheels</p>	<p style="text-align: right;">11</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;">12</p> <p>10:30-11:30 What's Eating You? * 12-1 Chair Yoga 1-2 DDA 2-3 Let's Talk! 3-5 Thursday Wellness Activity- Poetry at ABLE</p>	<p style="text-align: right;">13</p> <p>9-10 Veterans Coffee 11-12 Get Moving w/ABLE- Dancing 12:30-2 Voices & Visions * 2:30-4 Trauma Healing and Recovery *</p>
<p style="text-align: right;">16</p> <p>10-11 Self-Empowerment 11-12 Get Moving w/ABLE 12-1 Peer Paths to Employment * 1-2 Wellness 101 * 3-4:30 ABLE Music Jams</p>	<p style="text-align: right;">17</p> <p>10-11 LGBTQ+ Group 12-1 Yoga 1:30-2:30 Voices & Visions * 3-5 Tuesday Wellness Activity Paper Craft: Bluebirds in A Nest</p>	<p style="text-align: right;">18</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;">19</p> <p>10:30-11:30 What's Eating You? * 12-1 Chair Yoga 1-2 DDA 2-3 Let's Talk! 3-5 Thursday Wellness Activity Paper Straw Flower Craft</p>	<p style="text-align: right;">20</p> <p>9-10 Veterans Coffee 11-12 Get Moving w/ABLE- Dancing 12:30-2 Voices & Visions * 1-2 Volunteer Orientation 2:30-4 Trauma Healing and Recovery *</p>
<p style="text-align: right;">23</p> <p>10-11 Self-Empowerment 11-12 Get Moving w/ABLE 12-1 Peer Paths to Employment * 1-2 Wellness 101 * 3-4:30 ABLE Music Jams</p>	<p style="text-align: right;">24</p> <p>10-11 LGBTQ+ Group 12-1 Yoga 1:30-2:30 Voices & Visions * 3-5 Tuesday Wellness Activity Card Making with Janet</p>	<p style="text-align: right;">25</p> <p>11-2 WRAP® with Kyla and David * 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;">26</p> <p>10:30-11:30 What's Eating You? * 12-1 Chair Yoga 1-2 DDA 2-3 Let's Talk! 3-5 Thursday Wellness Activity Poetry at ABLE</p>	<p style="text-align: right;">27</p> <p>9-10 Veterans Coffee 11-12 Get Moving w/ABLE- Dancing 12:30-2 Voices & Visions * 2:30-4 Trauma Healing and Recovery *</p>
<p style="text-align: right;">30</p> <p>10-11 Self-Empowerment 11-12 Get Moving w/ABLE 12-1 Peer Paths to Employment * 1-2 Wellness 101 * 3-4:30 ABLE Music Jams</p>	<p style="text-align: right;">31</p> <p>10-11 LGBTQ+ Group 12-1 Yoga 1:30-2:30 Voices & Visions * 3-5 Tuesday Wellness Activity Making Kites & Wine Cork Keychains</p>	<p>Groups with an * are eligible for Continuing Education Credit!</p>		

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

Come early, seats fill up fast!!!

Calendar Activities Descriptions

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

Wellness 101: Learn about the 8 dimensions and put them into practice! With Julie

LGBTQ+: We come to gather to find resources in the community and support each other on our journey in life. With Arnie

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. With Brett

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. With Aaron

Wellness Recovery Action Plan (WRAP®):

Join in an interactive group for a self-designed prevention and wellness process for anyone to use to get well, stay well, and make their life the way they want it to be. With Kyla and David.

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

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

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

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. Various Facilitators

What's Eating You?: Gather together with others to discuss what nutrition does for our recovery. With Carol

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

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. With Carol

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

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

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

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

Tuesday & Thursday Activities:

3rd- Paper Straw Flower Craft: Make flowers using paper, straws and pipe cleaners.

10th - Pinwheels with Arnie: Springtime pinwheels to decorate and put together.

17th - Bluebirds in a Nest Paper Craft: A cute design using tissue paper.

24th - Card Making with Janet: Come make cards for all year round with our resident card making guru, Janet!

31st- Kites & Cork Keychains: Easy to make, fun to fly kites and keychains made from corks.

Veterans Coffee: Enjoy coffee with other veterans who understand what you're going through, they've been there too.

New to Project ABLE? Stop by our office for a **Welcome to ABLE** orientation. 1599 State St. NE, Salem OR, 97301

Phone: (503) 363-3260. Interested in Volunteering? Contact Josh at 503-428-6845

Check out our website @ www.projectable.org