



# Salem Activities August

2021

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p><b>12-1</b> Peer Paths to Employment <b>2-3</b> Wellness 101 <b>3-4:30</b> ABLE Music Jams*</p>	<p>3</p> <p><b>12-1</b> Yoga* <b>2-3</b> Trauma Healing &amp; Recovery <b>3-5</b> Tuesday Wellness Activity* Paint By Number</p>	<p>4</p> <p><b>10-11</b> Let's Talk <b>12-1</b> Aging Mastery <b>2-3</b> Voices &amp; Visions</p>	<p>5</p> <p><b>10-11</b> What's Eating You? <b>12-1</b> Chair Yoga <b>1-2</b> Guided Meditation <b>2-3</b> Self-Empowerment <b>3-4</b> LGBTQIA+</p>	<p>6</p> <p><b>10-12</b> All Volunteer Meeting <b>1-3</b> CEU Training- Opioids</p>
<p>9</p> <p><b>12-1</b> Peer Paths to Employment <b>2-3</b> Wellness 101 <b>3-4:30</b> ABLE Music Jams*</p>	<p>10</p> <p><b>12-1</b> Yoga* <b>2-3</b> Trauma Healing &amp; Recovery <b>3-5</b> Tuesday Wellness Activity* Collage &amp; Essence Bags</p>	<p>11</p> <p><b>10-11</b> Let's Talk <b>12-1</b> Aging Mastery <b>2-3</b> Voices &amp; Visions</p>	<p>12</p> <p><b>10-11</b> What's Eating You? <b>12-1</b> Chair Yoga <b>1-2</b> Guided Meditation <b>2-3</b> Self-Empowerment <b>3-4</b> LGBTQIA+</p>	<p>13</p> <p><b>10-12</b> New Volunteer Orientation <b>1-3</b> CEU Training-Opioids</p>
<p>16</p> <p><b>12-1</b> Peer Paths to Employment <b>2-3</b> Wellness 101 <b>3-4:30</b> ABLE Music Jams*</p>	<p>17</p> <p><b>12-1</b> Yoga* <b>2-3</b> Trauma Healing &amp; Recovery <b>3-5</b> Tuesday Wellness Activity* Scrapbooking</p>	<p>18</p> <p><b>10-11</b> Let's Talk <b>12-1</b> Aging Mastery <b>2-3</b> Voices &amp; Visions</p>	<p>19</p> <p><b>10-11</b> What's Eating You? <b>12-1</b> Chair Yoga <b>1-2</b> Guided Meditation <b>2-3</b> Self-Empowerment <b>3-4</b> LGBTQIA+</p>	<p>20</p> <p><b>10-12</b> Trauma Informed Meeting (Greg Trotter) <b>1-3</b> CEU Training-Opioids</p>
<p>23</p> <p><b>12-1</b> Peer Paths to Employment <b>2-3</b> Wellness 101 <b>3-4:30</b> ABLE Music Jams*</p>	<p>24</p> <p><b>12-1</b> Yoga* <b>2-3</b> Trauma Healing &amp; Recovery <b>3-5</b> Tuesday Wellness Activity* Essential Oils / Scrapbooking</p>	<p>25</p> <p><b>10-11</b> Let's Talk <b>12-1</b> Aging Mastery <b>2-3</b> Voices &amp; Visions</p>	<p>26</p> <p><b>10-11</b> What's Eating You? <b>12-1</b> Chair Yoga <b>1-2</b> Guided Meditation <b>2-3</b> Self-Empowerment <b>3-4</b> LGBTQIA+</p>	<p>27</p> <p><b>10-12</b> Facilitator Meeting <b>1-3</b> CEU Training-Opioids</p>
<p>30</p> <p><b>12-1</b> Peer Paths to Employment <b>2-3</b> Wellness 101 <b>3-4:30</b> ABLE Music Jams*</p>	<p>31</p> <p><b>12-1</b> Yoga* <b>2-3</b> Trauma Healing &amp; Recovery <b>3-5</b> Tuesday Wellness Activity* Beads – Necklaces, Bracelets &amp; Rings</p>			

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

\*= in person only group

Go to [www.projectable.org](http://www.projectable.org) to join us online!

## 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.

**Aging Mastery:** In this supportive and educational, group you will be asked to think seriously about what growing older means to you. Your preconceptions will be challenged and we hope you will be motivated to positively overcome the mental hurdles related to aging. We will learn about the basics of age mastery and the six dimensions of aging. If you struggle with "growing up" this group is for you!

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

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

**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.

**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.

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

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

**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.

**Guided Meditation:** Provides a focal point and gentle instructions to support connection and letting go of self judgment.

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

**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.

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

New to Project ABLE? Stop by our office for a **Welcome to ABLE** orientation.

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Check out our website @ [www.projectable.org](http://www.projectable.org)

**Phone: (503) 363-3260.**