



Salem Activities October 2021

Project ABLE
1599 State St NE
Salem, OR 97301
503-363-3260

Mon	Tue	Wed	Thu	Fri
				1 10-12 *All Volunteer Meeting 1-3 *CEU Training Veterans Resources with RJ
4 12-1 *Peer Paths to Employment 2-3 *Wellness 101 3-4 ABLE Music Jams	5 12-1 Yoga 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Plant Sticks	6 10-11 *Let's Talk 11-12 * Veterans Coffee 12-1 *Aging Mastery 1-2 Dual Diagnosis Anonymous 2-3 *Voices & Visions	7 10-11 *What's Eating You? 12-1 *Chair Yoga 1-2 *Guided Meditation 2-3 *Self-Empowerment 3-4 *LGBTQIA+	8 10-12 *Volunteer Orientation 1-3 *CEU Training Boundaries with Myrna
11 Columbus Day Project ABLE Closed	12 12-1 Yoga 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Spiders	13 10-11 *Let's Talk 11-12 * Veterans Coffee 12-1 *Aging Mastery 1-2 Dual Diagnosis Anonymous 2-3 *Voices & Visions	14 10-11 *What's Eating You? 12-1 *Chair Yoga 1-2 *Guided Meditation 2-3 *Self-Empowerment 3-4 *LGBTQIA+	15 10-12 *Trauma Informed Meeting 1-3 *CEU Training Emergency Response Training with Brett
18 12-1 *Peer Paths to Employment 2-3 *Wellness 101 3-4 ABLE Music Jams	19 12-1 Yoga 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Ghosts	20 10-11 *Let's Talk 11-12 * Veterans Coffee 12-1 *Aging Mastery 1-2 Dual Diagnosis Anonymous 2-3 *Voices & Visions	21 10-11 *What's Eating You? 12-1 *Chair Yoga 1-2 *Guided Meditation 2-3 *Self-Empowerment 3-4 *LGBTQIA+	22 10-12 *Facilitator Meeting 12-3 *CEU Training WRAP with Kyla & David
25 12-1 *Peer Paths to Employment 2-3 *Wellness 101 3-4 ABLE Music Jams	26 12-1 Yoga 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Paper Mache' Flowers	27 10-11 *Let's Talk 11-12 * Veterans Coffee 12-1 *Aging Mastery 1-2 Dual Diagnosis Anonymous 2-3 *Voices & Visions	28 10-11 *What's Eating You? 12-1 *Chair Yoga 1-2 *Guided Meditation 2-3 *Self-Empowerment 3-4 *LGBTQIA+	29 Halloween Party! 1pm – 3pm

*= Available online and in person. To join us via zoom, go to <https://projectable.org/what-we-do/activities/> and click on the blue bar below the calendars.

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?

Feel free to stop by our office for a Welcome to ABLE
1599 State St. NE, Salem, OR 97301
(503)-363-3260

Please visit our website at www.projectable.org