



Salem Activities November 2021

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

Mon	Tue	Wed	Thu	Fri
1 12-1 *Peer Paths to Employment 2-3 *Wellness 101 3-4 ABLE Music Jams	2 12-1 Yoga 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Papier Mache' flowers	3 10-11 *Let's Talk 11-12* Veteran's Coffee 12-1 *Aging Mastery 1-2 Dual Diagnosis Anonymous 2-3 *Voices & Visions	4 10-11 *What's Eating You? 12-1 *Chair Yoga 1-2 *Guided Meditation 2-3 *Self-Empowerment 3-4 *LGBTQIA+	5 10-12 *All Volunteer Meeting 1-3 * CEU Training Stress and Burnout with Carlene
8 12-1 *Peer Paths to Employment 2-3 *Wellness 101 3-4 ABLE Music Jams	9 12-1 Yoga 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Bird Feeders	10 10-11 *Let's Talk 11-12 * Veteran's Coffee 12-1 *Aging Mastery 1-2 Dual Diagnosis Anonymous 2-3 *Voices & Visions	11 Veteran's Day Project ABLE Closed	12 10-12 *Facilitator Meeting 1-3* CEU Training Dealing with Debt with Eric
15 12-1 *Peer Paths to Employment 2-3 *Wellness 101 3-4 ABLE Music Jams	16 12-1 Yoga 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Turkeys	17 10-11 *Let's Talk 11-12 *Veteran's Coffee 12-1 *Aging Mastery 1-2 Dual Diagnosis Anonymous 2-3 *Voices & Visions	18 10-11 *What's Eating You? 12-1 *Chair Yoga 1-2 *Guided Meditation 2-3 *Self-Empowerment 3-4 *LGBTQIA+ Potluck In Person only	19 10-12 *Trauma Informed Meeting 1-3 *CEU Training Peer Paths to Wellness with Julie
22 12-1 *Peer Paths to Employment 2-3 *Wellness 101 3-4 ABLE Music Jams	23 12-1 Yoga 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Cornucopias	24 10-11 *Let's Talk 11-12 *Veteran's Coffee 12-1 *Aging Mastery 1-3 Cooking Party Zoom only	25 Thanksgiving Project ABLE closed	26 Thanksgiving Holiday Project ABLE closed
29 12-1 *Peer Paths to Employment 2-3 *Wellness 101 3-4 ABLE Music Jams	30 12-1 Yoga 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Collage			

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

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

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Please visit our website at www.projectable.org