




McMinnville  
  
 May

2022

Mon	Tue	Wed	Thu	Fri
<p style="text-align: right;">2</p> <p><b>11-12pm</b> Exploring Recovery  <b>12-2 pm</b> Trauma &amp; Anger  <b>2-3pm</b> Get Moving@ Planit Fitness</p>	<p style="text-align: right;">3</p> <p><b>11-2pm</b> Tabletop Role Play  <b>2-3pm</b> DDA</p>	<p style="text-align: right;">4</p> <p><b>11-12 pm</b> Peer Yoga  <b>12-2pm</b> Craft Day  <b>2-3pm</b> Spiritual Wellness</p>	<p style="text-align: right;">5</p> <p><b>11-12pm</b> Journaling  <b>12-2pm</b> Cards &amp; Board Games  <b>2-3pm</b> DDA</p>	<p style="text-align: right;">6</p> <p><b>*10-12pm</b> All Volunteers  <b>* 1-3pm:</b> CEU Training</p>
<p style="text-align: right;">9</p> <p><b>11-12pm</b> Exploring Recovery  <b>12-2 pm</b> Trauma &amp; Trust  <b>2-3pm</b> Get Moving@ Planit Fitness</p>	<p style="text-align: right;">10</p> <p><b>11-2pm</b> Tabletop Role Play  <b>2-3pm</b> DDA</p>	<p style="text-align: right;">11</p> <p><b>11-12 pm</b> Peer Yoga  <b>12-2pm</b> Neighborhood Clean Up  <b>2-3pm</b> Social Wellness</p>	<p style="text-align: right;">12</p> <p><b>11-12pm</b> Journaling  <b>12-2pm</b> Cards &amp; Board Games  <b>2-3pm</b> DDA</p>	<p style="text-align: right;">13</p> <p><b>*10-12pm</b> Volunteer Orientation  <b>* 1-3pm:</b> CEU Training</p>
<p style="text-align: right;">16</p> <p><b>11-12pm</b> Exploring Recovery  <b>12-2 pm</b> Trauma &amp; Joy  <b>2-3pm</b> Get Moving@ Planit Fitness</p>	<p style="text-align: right;">17</p> <p><b>11-2pm</b> Tabletop Role Play  <b>2-3pm</b> DDA</p>	<p style="text-align: right;">18</p> <p><b>11-12 pm</b> Peer Yoga  <b>12-2pm</b> Shopping  <b>2-3pm</b> Financial Wellness</p>	<p style="text-align: right;">19</p> <p><b>11-12pm</b> Journaling  <b>12-2pm</b> Un-Birthday Tea ☺  <b>2-3pm</b> DDA</p>	<p style="text-align: right;">20</p> <p><b>*10-12pm</b> Trauma Informed  <b>* 1-3 pm</b> CEU Training</p>
<p style="text-align: right;">23</p> <p><b>11-12pm</b> Exploring Recovery  <b>12-2 pm</b> Trauma &amp; Anticipation  <b>2-3pm</b> Get Moving@ Planit Fitness</p>	<p style="text-align: right;">24</p> <p><b>11-2pm</b> Tabletop Role Play  <b>2-3pm</b> DDA</p>	<p style="text-align: right;">25</p> <p><b>11-12 pm</b> Peer Yoga  <b>12-2pm</b> Painting with Peers  <b>2-3pm</b> Emotional Wellness</p>	<p style="text-align: right;">26</p> <p><b>11-12pm</b> Journaling  <b>12-2pm</b> Cards &amp; Board Games  <b>2-3pm</b> DDA</p>	<p style="text-align: right;">27</p> <p><b>*10-12 pm</b> Facilitator Meeting  <b>* 1-3pm:</b> CEU Training</p>
<p style="text-align: right;">30</p> <p><b>Closed in Observance of</b>   <b>Memorial Day</b> </p>	<p style="text-align: right;">31</p> <p><b>11-2pm</b> Tabletop Role Play  <b>2-3pm</b> DDA</p>			

All groups are in person. Asterix (\*) groups are also available in Zoom.  
 To request Zoom for other groups, please call the Mac office. During inclement weather all groups will be via Zoom  
 To log into zoom, go to: [projectable.org/what-we-do/activities](https://projectable.org/what-we-do/activities)

**Project ABLE, Inc.**  
**640 NE 3<sup>rd</sup> ST**  
**Phone: 503-474-5509**  
**9am-4pm Monday through Friday**



## Calendar Event Descriptions

### Monday

**Exploring Recovery: w/Deb** Join us as we explore the 10 components of recovery. This will be a revolving 10-week activity, each week focused on 1 of the components of recovery.

**Trauma Healing: w/Tracy** Connect with others who are also healing from trauma in a supportive group setting.

**Get Moving: w/ Emil** @ Planet Fitness. Please sign up for this event and inquire about cost. Donations are greatly appreciated.

### Tuesday

**Tabletop Role Play: w/James** This activity supports growth in social and emotion life skills, creative problem solving and collaboration.

### Wednesday

**Peer Yoga: w/Tracy** This activity, is led by peers and follows Yoga sessions online. Modify moves to fit your needs or just come and breathe.

*OHP and Marketplace Assist: Call to schedule an appointment with Tracy*

*Volunteer Meeting: the first and third Friday of the month.*

*Volunteer Orientation: The second Friday of the month.*

*CEU Trainings: Every Friday excluding holidays*

**Special Day:** ☉

**Un-Birthday Tea: finger food, tea and fun with Peers. Bring a crazy paper hat to enter a contest and there will be prizes for the winners!**

**New to Project ABLE?** Stop by our office for a “Welcome to ABLE”  
**Interested in volunteering?** Stop by and check out our volunteering opportunities!  
McMinnville Campus  
640 NE 3<sup>rd</sup> St

**Self-Esteem: w/ Tracy** Together we will engage with the community and learn life skills to build ourselves up! Activities include shopping, city clean-up, singing, crafting and painting

**Dimensions of Wellness: w/ Tracy** This peer led activity will focus on how we approach life. We can write our own narrative. Come join us as we explore each of the dimensions of wellness.

### Thursday

**Journaling: w/David** Join us to practice assorted styles and strategies of journaling and share with peers in a safe place.

**Cards & Board Games: w/Gwendolyn** Come play games with peers in a friendly atmosphere. Bringing personal snacks is optional. Let go and live!

**DDA: w/Emil** Dual Diagnosis Anonymous – Each “DDA group has one primary purpose – to carry its message of hope and recovery to those who still suffer from the effects of Dual Diagnosis.”