



# Salem Activities May 2022

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

Mon	Tue	Wed	Thu	Fri
2  12-1*Exploring Art 2-3*Wellness 101 3-4 ABLÉ Music Jams	3  12-1 Yoga 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Canvas Painting	4  10-11 Let's Talk 11-12* Veteran's Coffee 12-1 *Aging Mastery 1-2 Dual Diagnosis Anonymous 2-3 *Voices & Visions 3-4:30*Salts and Suds	5  11-12 Walk with ABLÉ 12-1 *Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment 3-4 *LGBTQIA+	6  10-12 *All Volunteer Meeting 1-3 * CEU Training Pain Care: Toolkit for Living with Pain With Cindie  3:30 – 4:30* Parent Support Group
9  12-1*Exploring Art 2-3*Wellness 101 3-4 ABLÉ Music Jams	10  12-1 Yoga 2-3* Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Garden Markers	11  10-11 *Let's Talk 11-12 * Veteran's Coffee 12-1 *Aging Mastery 1-2 Dual Diagnosis Anonymous 2-3 *Voices & Visions 3-4:30*Salts and Suds	12  11-12 Walk with ABLÉ 12-1 *Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment 3-4 *LGBTQIA+	13  10-12 *Volunteer Orientation 1-3* CEU Training Advocacy with Clay  3:30 – 4:30* Parent Support Group
16  12-1 Exploring Art 2-3*Wellness 101 3-4 ABLÉ Music Jams	17  12-1 Yoga 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Inspirational Boxes	18  10-11 *Let's Talk 11-12 *Veteran's Coffee 12-1 *Aging Mastery 1-2 Dual Diagnosis Anonymous 2-3 *Voices & Visions 3-4:30*Salts and Suds	19  11-12 Walk with ABLÉ 12-1 *Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment 3-4 *LGBTQIA+	20  10-12 *Trauma Informed Meeting 1-3* CEU Training Somatic Healing with Tracy (In person recommended)  3:30 – 4:30* Parent Support Group
23  12-1*Exploring Art 2-3*Wellness 101 3-4 ABLÉ Music Jams	24  12-1 Yoga 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Clothing Exchange	25  10-11 *Let's Talk 11-12 *Veteran's Coffee 12-1 *Aging Mastery 1-2 Dual Diagnosis Anonymous 2-3 *Voices & Visions 3-4:30*Salts and Suds	26  11-12 Walk with ABLÉ 12-1 *Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment 3-4 *LGBTQIA+	27  10-10:30*Facilitator Meeting 1-3 * CEU Training Inner Game of Tennis with Olivia  3:30 – 4:30* Parent Support Group
30  <b>Memorial Day CLOSED</b>	31  12-1 Yoga 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Wood Coasters			

\*= 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 above the calendar.

## Calendar Activities Descriptions

**ABLE Music Jams:** Come on in and share your favorite songs with us! Sing along, play a tambourine, or just hang out!

**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!

**Exploring Art:** Art is everywhere around us. Join us as we explore various artists, their art, and their culture. Feel free to request an artist that interests 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.

**Parent Support Group:** A Trauma Informed Parent Educator and Life Skills Coach will offer insight on topics such as: "Are you struggling with how to balance parenting with self-care?" or a co-parent attempting to regain custody of your children?"; "How has COVID impacted your parenting?"; and many more. Topics chosen based on the needs and requests of the individuals in attendance.

**Salts and Suds:** Individuals struggling with addiction gather together to learn skills that have proven to result in a clean and sober lifestyle. Instruction and facilitation provided by two individuals that share over 50 years in recovery. They have both certainly "been there, done that."

**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:** Learn about joining Project ABLE as a 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](http://www.projectable.org)