



McMinnville

August

2022

Mon	Tue	Wed	Thu	Fri
1 <b>11-12pm</b> Exploring Recovery <b>1pm-2 pm</b> Get Moving (Walking) <b>2-3pm</b> Video Club	2 <b>Closed for Camping</b> 😎 (Meet at Mac Project ABLE at 4 pm for carpool to camp sight must be pre-registered)	3 <b>Closed for Camping</b> 😎	4 <b>Closed for Camping</b> 😎	5 <b>10-12 pm</b> All Volunteer Meeting <b>1-3 pm</b> CEU Training <b>4-6 pm</b> Fantasy Role Play
8 <b>11-12pm</b> Exploring Recovery <b>1pm-2 pm</b> Get Moving (Walking) <b>2-3pm</b> Video Club	9 <b>11-1pm</b> B.S.R.P. Role Play <b>2-3pm</b> The Healing Journey	10 <b>11-12 pm</b> Peer Yoga <b>12-2pm</b> Empowerment Shopping <b>2-3pm</b> Creative Wellness	11 <b>11-12 pm</b> Journaling <b>1-2 pm</b> Board Games <b>2-3pm</b> DDA	12 <b>10-12 pm</b> Volunteer Orientation <b>1-3 pm</b> CEU Training <b>4-6 pm</b> Fantasy Role Play
15 <b>11-12pm</b> Exploring Recovery <b>1pm-2 pm</b> Get Moving (Walking) <b>2-3pm</b> Video Club	16 <b>11-1pm</b> B.S.R.P. Role Play <b>2-3pm</b> The Healing Journey	17 <b>11-12 pm</b> Peer Yoga <b>12-2pm</b> Empowerment BBQ 😎 <b>2-3pm</b> Stages of Change	18 <b>11-12 pm</b> Journaling <b>1-2 pm</b> Board Games <b>2-3pm</b> DDA	19 <b>10-12 pm</b> All Volunteer Meeting <b>1-3 pm</b> CEU Training <b>4-6 pm</b> Fantasy Role Play
22 <b>11-12pm</b> Exploring Recovery <b>1pm-2 pm</b> Get Moving (Walking) <b>2-3pm</b> Video Club	23 <b>11-1pm</b> B.S.R.P. Role Play <b>2-3pm</b> The Healing Journey	24 <b>11-12 pm</b> Peer Yoga <b>12-2pm</b> Empowerment Music <b>2-3pm</b> Environmental Wellness	25 <b>11-12 pm</b> Journaling <b>1-2 pm</b> Board Games <b>2-3pm</b> DDA	26 <b>10-12 pm</b> Facilitator Meeting <b>1-3 pm</b> CEU Training <b>4-6 pm</b> Fantasy Role Play
29 <b>11-12pm</b> Exploring Recovery <b>1pm-2 pm</b> Get Moving (Walking) <b>2-3pm</b> Video Club	30 <b>11-1pm</b> B.S.R.P. Role Play <b>2-3pm</b> The Healing Journey	31 <b>11-12 pm</b> Peer Yoga <b>12-2pm</b> Painting with Peers <b>2-3pm</b> Intellectual Wellness		

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

**Exploring Recovery: w/Deb** Join us as we explore the 10 components of recovery; Self-Direction, Individualized and Person Centered, Strengths Based, Holistic, Non-linear, Peer Support, Empowerment, Respect, Responsibility and Hope!

**Get Moving: w/ Tracy** Meet at ABLE and take a walk with peers. Explore downtown McMinnville while we get the body moving!

**Video Club: w/ Tracy** This peer led activity we will explore interesting topics and discuss with peers current events happening around the world.

**B.S.R.P. Role Play: w/James** Community bonding and life skills development through creative imagination. Follow the B.S.R.P. rules for tabletop role play and be a part of the adventure!

**The Healing Journey: w/Tracy** Connect with others who are also healing from the past in a supportive group setting.

**Peer Yoga: w/Olivia** This activity is led by peers and follows online Yoga sessions. 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:**



**Empowerment BBQ: Please bring a side dish. hamburgers and hotdogs will be provided.**

**Camping with ABLE: This peer led activity will take place in Lebanon Oregon. Questions? Please call 503-474-5509**

**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

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

**9 Dimensions of Wellness: w/ Tracy** This peer led activity will focus on how we approach life. We can write our own narrative.

**Journaling: w/David** Join us to practice assorted styles and strategies of journaling in a safe space. Sharing is optional.

**Board Games: w/Gwendolyn** Come play cards and boardgames like we did when we were young in a friendly atmosphere. Bringing personal snacks is optional. Let go and live!

**DDA: w/Emil** Dual Diagnosis Anonymous Purpose – to carry its message of hope and recovery to those who still suffer from the effects of Dual Diagnosis.”

**Fantasy Role Play: w/Cordy** Supports growth in social and emotional life skills, creative problem solving and collaboration that promotes empathy, compassion and trust with others through community goal setting.