



# McMinnville October

2022

Mon	Tue	Wed	Thu	Fri
3 <b>9:30- 10 am</b> Peer Yoga <b>11-12pm</b> Exploring Recovery <b>1-2 pm</b> Get Moving (Walking) <b>2-3pm</b> Video Club	4 <b>11-1pm</b> B.S.R.P. Role Play <b>1-2pm</b> Lunch with ABLE <b>2-3pm</b> The Healing Journey	12 <b>9:30 -10 am</b> Peer Yoga <b>11-12 pm</b> Small Steps <b>12-2pm</b> Empowerment Craft <b>2-3pm</b> Physical Wellness	6 <b>11-12 pm</b> Journaling <b>1-2 pm</b> Board Games <b>2-3pm</b> DDA	7 <b>10-12 pm</b> All Volunteer Meeting <b>1-3 pm</b> CEU Training <b>4-6 pm</b> Fantasy Role Play
10 <b>9:30- 10 am</b> Peer Yoga <b>11-12pm</b> Exploring Recovery <b>1-2 pm</b> Get Moving (Walking) <b>2-3pm</b> Video Club	11 <b>11-1pm</b> B.S.R.P. Role Play <b>1-2pm</b> Lunch with ABLE <b>2-3pm</b> The Healing Journey	12 <b>9:30 -10 am</b> Peer Yoga <b>11-12 pm</b> Small Steps <b>12-2pm</b> Empowerment Shopping <b>2-3pm</b> Physical Wellness	13 <b>11-12 pm</b> Journaling <b>1-2 pm</b> Board Games <b>2-3pm</b> DDA	14 <b>10-12 pm</b> Volunteer Orientation <b>12-5 pm</b> Hands Across the Bridge (Meet at Mac ABLE at 11 am for a ride)
17 <b>9:30- 10 am</b> Peer Yoga <b>11-12pm</b> Exploring Recovery <b>1-2 pm</b> Get Moving (Walking) <b>2-3pm</b> Video Club	18 <b>11-1pm</b> B.S.R.P. Role Play <b>1- 12pm</b> Lunch with ABLE <b>2-3pm</b> The Healing Journey	19 <b>9:30 -10 am</b> Peer Yoga <b>11-12 pm</b> Small Steps <b>12-2pm</b> Empowerment Music <b>2-3pm</b> Occupational Wellness	20 <b>11-12 pm</b> Journaling <b>1-2 pm</b> Board Games <b>2-3pm</b> DDA	21 <b>10-12 pm</b> Trauma Informed Meeting <b>1-3 pm</b> CEU Training <b>4-6 pm</b> Fantasy Role Play
24 <b>9:30- 10 am</b> Peer Yoga <b>11-12pm</b> Exploring Recovery <b>1-2 pm</b> Get Moving (Walking) <b>2-3pm</b> Video Club	25 <b>11-1pm</b> B.S.R.P. Role Play <b>1- 2pm</b> Lunch with ABLE <b>2-3pm</b> The Healing Journey	26 <b>9:30 -10 am</b> Peer Yoga <b>11-12 pm</b> Small Steps <b>12-2pm</b> Empowerment Painting <b>2-3pm</b> Spiritual Wellness	27 <b>11-12 pm</b> Journaling <b>1-2 pm</b> Board Games <b>2-3pm</b> DDA	28 <b>10-12 pm</b> Facilitator Meeting <b>1-3 pm</b> 🎃 Halloween Party 🎃 Meet at Mac ABLE at 12pm for a ride to 1599 State St Salem, OR 97301 Please pre-register for a ride
31 <b>9:30- 10 am</b> Peer Yoga <b>11-12pm</b> Exploring Recovery <b>1-2 pm</b> Get Moving (Walking) <b>2-3pm</b> Video Club				

All groups are in person. Friday groups are by appointment only  
 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**

**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/ Chris** In 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/Tracy** Engage in 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** Explore different types of yoga led by peers. Modify moves to fit your needs or just come and breathe.

## Calendar Event Descriptions

**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:** 

**Halloween Party:** Costume Contest and prizes, food and ice cream punch, games and socializing with peers! Meet at Project ABLE in Mac at 12pm for carpooling to 1599 State St NE Salem, OR 97301 or drive yourself to the fun. You do you boo! Please pre-register for a ride.

**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** Empowering each other while we craft, shop, sing and paint

**Small Steps: w/Tracy** This peer led activity is a workshop for reducing anxiety symptoms. Everything we want out of life is on the other side of anxiety!

**9 Dimensions of Wellness: w/ Cordy** A balanced life is a well lived life. Each week we will go over one of the dimensions of wellness and decide our own path to fulfillment.

**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 snacks is optional

**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.