



Salem Activities December 2022

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

Mon	Tue	Wed	Thu	Fri
			1 11-12 LGBTQ Group 12-1 *Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment	2 10-12 *All Volunteer Meeting 1-3 *CEU Training Supporting Peers in Isolation With Michelle 3-5 TTRPG Group
5 Closed for In Service Day	6 Closed for In Service Day	7 10-11 *Let's Talk 11-12 * Veterans Coffee 12-1 *Aging Mastery 2-3 *Voices & Visions	8 11-12 LGBTQ Group 12-1 *Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment	9 10-12 *New Volunteer Orientation 1-3 *CEU Training Wellness Tips from Ancient Rome With Clay 3-5 TTRPG Group
12 10 – 12 ABL Gamers 12-1*Exploring Art 2-3 *Wellness 101 3-4 ABL Music Jams	13 11-12 Dual Diagnosis Anonymous 12-1 Yoga 1-2 Dance With ABL 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Happy Healthy Home	14 10-11 *Let's Talk 11-12 * Veterans Coffee 12-1 *Aging Mastery 2-3 *Voices & Visions	15 11-12 LGBTQ Group 12-1 *Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment	16 10-12 *Trauma Informed Meeting 1-3 *CEU Training 3-5 TTRPG Group
19 10 – 12 ABL Gamers 12-1*Exploring Art 2-3 *Wellness 101 3-4 ABL Music Jams	20 11-12 Dual Diagnosis Anonymous 12-1 Yoga 1-2 Dance With ABL 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Ornaments	21 10-11 *Let's Talk 11-12 * Veterans Coffee 12-1 *Aging Mastery 2-3 *Voices & Visions	22 11-12 LGBTQ Group 12-1 *Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment	23 10-10:30* Facilitator Meeting Closed at 1:00
26 Project ABLE Closed	27 11-12 Dual Diagnosis Anonymous 12-1 Yoga 1-2 Dance With ABL 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Bracelet Making/Decorating	28 10-11 *Let's Talk 11-12 * Veterans Coffee 12-1 *Aging Mastery 2-3 *Voices & Visions	29 11-12 LGBTQ Group 12-1 *Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment	30 12-3 Karaoke Party!

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

Dance With ABLE: Join us for a fun activity and get exercise at the same time.

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!

ABLE Gamers: Come join us for fun and a variety of board games. Learn about new board games and old ones alike.

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.

TTRPG Group: Supports growth in social and emotional life skills, creative problem solving and collaboration. Sharing laughter and fun promotes empathy, compassion, and trust with others through mutual goal solving.

LGBTQ Group: Gather to discuss issues and activities within the community.

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.

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