



McMinnville

May

2023

Mon	Tue	Wed	Thu	Fri
1 9-11am Community Connection 11-12pm Peer Yoga 12-1pm Coping Skills 1-3:30pm Crafty Corner	2 9-11am Community Connection 11-1pm B.S.R.P. Role Play 1-2pm Peer Yoga 2-3pm Wellness (Physical) 3-4pm Harm Reduction Works	3 9-11am Community Connection 11-12pm Get Moving 12-1pm Life Changes 1-2pm Recovery (Holistic) 2-4pm Empowered Community	4 9-11am Community Connection 11-12 pm Peer's Choice 12-2pm Cards & Board Games 2-3pm Peer Yoga 3-4pm DDA	5 The Mac Building is Closed for Training. Please follow the Salem Campus Calendar for Zoom Activities. Projectable.org
8 Closed for Staff Training	9 Closed for Staff Training	10 Closed for Staff Training	11 Closed for Staff Training	12 The Mac Building is Closed for Training. Please follow the Salem Campus Calendar for Zoom Activities. Projectable.org
15 Special Day Birthday Party for Everyone 11am-4pm	16 9-11am Community Connection 11-1pm B.S.R.P. Role Play 1-2pm Peer Yoga 2-3pm Wellness (Physical) 3-4pm Harm Reduction Works	17 9-11am Community Connection 11-12pm Get Moving 12-1pm Life Changes 1-2pm Recovery (Holistic) 2-3pm Empowerment Music	28 9-11am Community Connection 11-12 pm Peer's Choice 12-2pm Cards & Board Games 2-3pm Peer Yoga 3-4pm DDA	19 The Mac Building is Closed for Training. Please follow the Salem Campus Calendar for Zoom Activities. Projectable.org
22 9-11am Community Connection 11-12pm Peer Yoga 12-1pm Coping Skills 1-3:30pm Crafty Corner	23 9-11am Community Connection 11-1pm B.S.R.P. Role Play 1-2pm Peer Yoga 2-3pm Wellness (Physical) 3-4pm Harm Reduction Works	24 9-11am Community Connection 11-12pm Get Moving 12-1pm Life Changes 1-2pm Recovery (Holistic) 2-4pm Empowerment Painting	25 9-11am Community Connection 11-12 pm Peer's Choice 12-2pm Cards & Board Games 2-3pm Peer Yoga 3-4pm DDA	26 The Mac Building is Closed for Training. Please follow the Salem Campus Calendar for Zoom Activities. Projectable.org
29 Closed for the Observance of Memorial Day	30 9-11am Community Connection 11-1pm B.S.R.P. Role Play 1-2pm Peer Yoga 2-3pm Wellness (Physical) 3-4pm Harm Reduction Works	31 9-11am Community Connection 11-12pm Get Moving 12-1pm Life Changes 1-2pm Recovery (Holistic) 2-4pm Empowered Peer		

Mac Campus activities are in person. When the Mac building is closed, groups will be via Zoom following the Salem Campus calendar. To log into zoom, go to: projectable.org and select the Salem events button.

Project ABLE, Inc.
640 NE 3rd ST
Phone: 503-474-5509
9am-4pm Monday-Thursday
9am-11am Friday

Community Connection: w/ Tracy Come in, drink coffee and talk about issues affecting our community while connecting with peers. This Activity last for two hours.

Peer Yoga: w/Tracy. In this activity we follow different yoga styles on YouTube and modify moves to fit our own recovery. Come Share your energy with your peers!

Coping Skills: w/Olivia This peer led activity involves learning methods to deal with stressful situations. We will support one another in having action plans, being flexible and persistent in solving problems.

Crafty Corner: w/ Jackie Bring in your own craft or find something to create with the supplies in the expressions room. Craft without judgment alongside peers.

B.S.R.P. Role Play: w/Kacey(They,Them) Engage in Community bonding and life skills development through creative imagination. Follow the B.S.R.P. rules for tabletop role play and create a character that saves the universe while exploring recovery methods!

Wellness: w/Ken 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.

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:

Birthday Party: May 15th 11am-4pm

We are celebrating everyone's Birthday with silly games, ice cream and cake, presents and crafts. Please bring food for yourself if you are planning to stay for the whole day.

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 3rd St
McMinnville, OR

Harm Reduction Works: w/Tiffany Explore wellness, your relationship with habits and or substances, in a safe, non-judgmental space. Let us walk together and support each other on this journey!

Get Moving: w John. Walk down third street with your peers (weather permitting) and go over strategies to keep the body moving!

Life Changes: w/Deb Every stage of life comes with its own set of changes and challenges. In this peer led activity we will cover a wide range of skills to handle what life throws our way.

Recovery: w/Emily 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!

Empowerment: w/Tracy Empowering each other while we Take care of the building, set goals, sing and paint. Every 5th Wednesday we have Empowered Peer.

Peer's Choice: w/Jackie Come in to recover in your own way. There are plenty of choices to make just ask a peer for some inspiration!

Cards & Board Games: w/Gwendolyn Come play cards and boardgames in a friendly and supportive 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.”