



Salem Activities May 2023

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

Mon	Tue	Wed	Thu	Fri
1 12-1*Life Changes 2-3 *Wellness 101 3-4 ABLE Music Jams	2 11-12 Dual Diagnosis Anonymous 12-1 Yoga 1-2 Dance With ABLE 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Flower Pens	3 10-11 *Let's Talk 11-12 * Veterans Coffee 2-3 *Voices & Visions	4 11-12 LGBTQ Group 12-1 *Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment	5 10-12 *PSS/Volunteer Meeting 1-3 *CEU Training Neuroplasticity with Sue
8 10-11 Walk With ABLE 12-1*Life Changes 2-3 *Wellness 101 3-4 ABLE Music Jams	9 11-12 Dual Diagnosis Anonymous 12-1 Yoga 1-2 Dance With ABLE 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Tuesday Treasure	10 10-11 *Let's Talk 11-12 * Veterans Coffee 2-3 *Voices & Visions 6-7*Power on with Limb Loss	11 11-12 LGBTQ Group 12-1 *Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment	12 10-12* New Volunteer Orientation 1-3 ^ CEU Training Communication Tips for Peers with Vicki
15 10-11 Walk With ABLE 12-1*Life Changes 2-3 *Wellness 101 3-4 ABLE Music Jams	16 11-12 Dual Diagnosis Anonymous 12-1 Yoga 1-2 Dance With ABLE 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Tin Can Windsocks	17 10-11 *Let's Talk 11-12 * Veterans Coffee 2-3 *Voices & Visions	18 11-12 LGBTQ Group 12-1 *Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment	19 10-12* PSS/Volunteer Meeting 1-3 * CEU Training Wellness Tips from Ancient Rome with Clay
22 10-11 Walk With ABLE 12-1*Life Changes 2-3 *Wellness 101 3-4 ABLE Music Jams	23 11-12 Dual Diagnosis Anonymous 12-1 Yoga 1-2 Dance With ABLE 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Tie Dye Pt 1-Dye Patterns, Folding Techniques	24 10-11 *Let's Talk 11-12 * Veterans Coffee 2-3 *Voices & Visions	25 11-12 LGBTQ Group 12-1 *Chair Yoga 1-2*What's Eating You? 2-3 *Self-Empowerment	26 10-12 * Facilitator Meeting 1-3 * CEU Training Atlas of the Heart Pt. 3 With Michelle Cradit
29 Project ABLE Closed Memorial Day	30 11-12 Dual Diagnosis Anonymous 12-1 Yoga 1-2 Dance With ABLE 2-3 *Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Tie Dye Pt 2 – Process Dried Tie Dye to Finish	31 10-11 *Let's Talk 11-12 * Veterans Coffee 2-3 *Voices & Visions		

*= 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!

Power On with Limb Loss: Social Hour, Support, and fun for people in the Amputee-limb loss community and people with physical challenges. Bring your questions, and your fun stories, and some meetings, we will have speakers.

Tuesday Wellness Activity: Get your creative on Every Tuesday afternoon for fun and varied activities!

Continuing Education Training: For those of us Certified as a Peer Support Specialist or those who find the Training interesting. 2 Continuing Education Units are earned to go toward your recertification.

Dual Diagnosis Anonymous: A group for those of us experiencing addiction and mental health challenges. A topic is chosen each week to discuss and support one another about.

Life Changes: This supportive and educational group encourages us to look at changes life has thrown at us. We discuss ways these changes can be navigated and the impact they have, holistically on us and our recovery.

What's Eating You? Learn the many aspects of a healthy diet and how we eat affects our life.

Let's Talk: Answers to questions can be the start of conversation! Play "Would You Rather" and find out what you have in common with others.

Dance with ABLE: Get your groove on, learn new dance steps and enjoy the disco lighting at a favorite group here at ABLE!

Wellness 101: Learn about the 8 dimensions and put them into practice!

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.

Veteran's Coffee: A place where veteran's and their families discuss current issues and share commonalities about serving their country.

LGBTQ Group: Join us for talk and collaboration about current events and topics of interest to 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 this supportive group setting.

Voices & Visions: Individuals experiencing voices and visions come together to provide mutual support.

Volunteer Orientation: Learn about joining Project ABLE as a volunteer. Our history and Project ABLE's role in the community are covered, as well as duties performed as a volunteer. This group is required for new volunteers.

PSS/Volunteer Meeting: A Staff facilitated meeting where we discuss topics related to peer support. The first hour is for anyone interested; the second hour is for those who support peers.

Walk with ABLE: The weather has cleared up for us to begin another season of this popular group! We go for walks around our historic neighborhood, enjoying light conversation. Inside activities on too hot days.

New to Project ABLE?

Feel free to stop by our office for a Welcome to ABLE
1599 State St. NE, Salem, OR 97301
(503)-363-3260

Please visit our website at www.projectable.org