



Salem Activities

September 2023



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

Mon	Tue	Wed	Thu	Fri
		Saturday 16th – Punx in the Park 11-6 Marion Square Park!		1 10-12*PSS/Volunteer Meeting 1-3*CEU Training Question, Persuade, Refer Suicide Prevention with Kelsey Murray
4 ABLE CLOSED For LABOR DAY	5 11-12 Dual Diagnosis Anonymous 12-1 Yoga 1-2 Dance With ABE 2-3*Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Small Terrariums	6 10-11* Healthy Living 11-12*Veterans Coffee 12-1*Shelf Care Book Group 2-3*Voices & Visions	7 10-11 Walk With ABE 10-11:30 Get Creative with Jen 11-12*LGBTQIA+ Group 12-1 Chair Yoga 2-3*Grief Support 3-4 Veteran's Pool 5:30-7:30 Board Games with Jen	8 10-12* New Volunteer Orientation 1-2*CEU Training SMART Goal Setting and Peer Support with Michelle Credit
11 12-1*Life Changes 2-3*Wellness 101 3-4 ABE Music Jams	12 11-12 Dual Diagnosis Anonymous 12-1 Yoga 1-2 Dance With ABE 2-3*Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Make a Paintbrush & then Paint	13 10-11* Healthy Living 11-12*Veterans Coffee 12-1*Shelf Care Book Group 2-3*Voices & Visions 6-7* Power on with Limb Loss	14 10-11:30 Get Creative with Jen 11-12*LGBTQIA+ Group 12-1 Chair Yoga 2-3*Grief Support 3-4 Veteran's Pool 5:30-7:30 Board Games with Jen	15 10-12* PSS/Volunteer Meeting with Greg Trotter 1-3*CEU Training Chronic Illness – Collecting Spoons with Michelle Credit
18 12-1*Life Changes 2-3*Wellness 101 3-4 ABE Music Jams	19 11-12 Dual Diagnosis Anonymous 12-1 Yoga 1-2 Dance With ABE 2-3*Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Fall Wreaths with Silk Flowers	20 10-11* Healthy Living 11-12*Veterans Coffee 12-1*Shelf Care Book Group 2-3*Voices & Visions	21 10-11 Walk With ABE 10-11:30 Get Creative with Jen 11-12*LGBTQIA+ Group 12-1 Chair Yoga 2-3*Grief Support 3-4 Veteran's Pool 5:30-7:30 Board Games with Jen	22 10-12* Facilitator Meeting ABLE Facilitator Training 1-3*CEU Training Older Adult – Retirement and Poverty with Michelle Credit
25 12-1*Life Changes 2-3*Wellness 101 3-4 ABE Music Jams	26 11-12 Dual Diagnosis Anonymous 12-1 Yoga 1-2 Dance With ABE 2-3*Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Seashell Turtles	27 10-11* Healthy Living 11-12*Veterans Coffee 12-1*Shelf Care Book Group 2-3*Voices & Visions	28 10-11:30 Get Creative with Jen 11-12*LGBTQIA+ Group 12-1 Chair Yoga 2-3*Grief Support 3-4 Veteran's Pool 5:30-7:30 Board Games with Jen	29 11am -3 pm Open Mic! Food, Drinks, Community!

*= 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. 2nd Wednesday of the month.

Healthy Living: A group to explore and learn about a variety of ways to bring healthy habits to your life.

Board Games with Jen: Share and enjoy your favorite games with others!

Tuesday Wellness Activity: Get your creativity 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. Every Friday, 1-3.

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.

Shelf Care Book Group: Reading and writing, sharing and discussing. From writing poetry to reading interesting books for discussion – your choice of material!

Grief Support: Join us to create a welcoming, compassionate environment to share our experiences with grief and learn about the grieving process – there is no time limit to grief.

Get Creative with Jen: An in-person activity with a highly creative person! Join Jenn in exploring your creative side!

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.

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.

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. On Thursday the 7th & 21st.

Veteran's Pool: Join other vets to play at Salem Landmark the Q - Ball, just down the street from ABLE! Every Thursday, 3 to 4.

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 9-5 M-F
Please visit our website at www.projectable.org

