









Salem Activities December 2023

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

Mon	Tue	Wed	Thu	Fri
				¹ 10-12*PSS/Volunteer Meeting 
⁴ 10-11:30 Get Creative with Jen 12-1*Life Changes 2-3*10 Components 3-4 ABLE Music Jams	⁵ 11-12 Dual Diagnosis Anonymous 12-1 Yoga 1-2 Dance With ABLE 2-3*Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Make Holiday Cards	⁶ 10-11* Healthy Living 11-12*Veterans Coffee 2-3*Voices & Visions	⁷ 10-11*Neuroconnect 11-12*Women Veterans Snyder 11-12*LGBTQIA+ Group 12-1 Chair Yoga 2-3*Grief Support 3-4 Veteran's Pool	⁸ 10-12*New Volunteer Orientation 
¹¹ 10-11:30 Get Creative with Jen 12-1*Life Changes 2-3*10 Components 3-4 ABLE Music Jams	¹² 11-12 Dual Diagnosis Anonymous 12-1 Yoga 1-2 Dance With ABLE 2-3*Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Create Holiday Wreath	¹³ 10-11* Healthy Living 11-12*Veterans Coffee 2-3*Voices & Visions	¹⁴ 10-11*Neuroconnect 11-12*Women Veterans Snyder 11-12*LGBTQIA+ Group 12-1 Chair Yoga 2-3*Grief Support 3-4 Veteran's Pool	¹⁵  10-12* PSS/Volunteer Meeting with Greg Trotter
¹⁸ 10-11:30 Get Creative with Jen 12-1*Life Changes 2-3*10 Components 3-4 ABLE Music Jams	¹⁹ 11-12 Dual Diagnosis Anonymous 12-1 Yoga 1-2 Dance With ABLE 2-3*Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Make Holiday Gnome	²⁰ 10-11* Healthy Living 11-12*Veterans Coffee 2-3*Voices & Visions	²¹ Christmas Party! Ugly Sweater Making! 11-3 	²² 10-12*-Facilitator Meeting Project ABLE Closing at Noon
²⁵ Christmas Day Project ABLE Closed	²⁶ 11-12 Dual Diagnosis Anonymous 12-1 Yoga 1-2 Dance With ABLE 2-3*Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity Make 2024 Journal	²⁷ 10-11* Healthy Living 11-12*Veterans Coffee 2-3*Voices & Visions	²⁸ 10-11*Neuroconnect 11-12*Women Veterans Snyder 11-12*LGBTQIA+ Group 12-1 Chair Yoga 2-3*Grief Support 3-4 Veteran's Pool	²⁹ 

*= 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!

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: (To Resume in January)

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.

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.

Neuroconnect: A neurodiverse community alliance. This is a space where anyone experiencing neurodiversity can come together to build up a support network to help navigate the nuances of life together. This is a place to talk, problem solve, and heal collectively as we strive to do better for our community. Let's celebrate our individuality! Come as you are, this is an inclusive space, no diagnosis necessary.

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.

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.

Women Veterans: Meeting for Women Vets to join and share over coffee. Held in a comfortable space in our "Green House. what we call the Snyder Building Parking is available behind the building.

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