







# Salem Activities



# November 2023

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

Mon	Tue	Wed	Thu	Fri
		<p>1</p> <p>10-11* Healthy Living            11-12*Veterans Coffee            2-3*Voices &amp; Visions</p>	<p>2</p> <p>10-11*Neuroconnect            11-12*Women Veterans            11-12*LGbtQIA+ Group            12-1 Chair Yoga            2-3*Grief Support            3-4 Veteran's Pool</p>	<p>3</p> <p>10-12*PSS/Volunteer Meeting</p> 
<p>6</p> <p>10-11:30 Get Creative with Jen            12-1*Life Changes            2-3*10 Components            3-4 ABE Music Jams</p>	<p>7</p> <p>11-12 Dual Diagnosis Anonymous            12-1 Yoga            1-2 Dance With ABE            2-3*Trauma Healing &amp; Recovery            3-4:30 Tuesday Wellness Activity            Decorate Group Room</p>	<p>8</p> <p>10-11* Healthy Living            11-12*Veterans Coffee            2-3*Voices &amp; Visions</p>	<p>9</p> <p>10-11*Neuroconnect            11-12*Women Veterans            11-12*LGbtQIA+ Group            12-1 Chair Yoga            2-3*Grief Support            3-4 Veteran's Pool</p>	<p>10</p> <p><b>Project ABE Closed in            Observance of            Veterans Day</b></p>
<p>13</p> <p>10-11:30 Get Creative with Jen            12-1*Life Changes            2-3*10 Components            3-4 ABE Music Jams</p>	<p>14</p> <p>11-12 Dual Diagnosis Anonymous            12-1 Yoga            1-2 Dance With ABE            2-3*Trauma Healing &amp; Recovery            3-4:30 Tuesday Wellness Activity            Turkey Decorations</p>	<p>15</p> <p>10-11* Healthy Living            11-12*Veterans Coffee            2-3*Voices &amp; Visions</p>	<p>16</p> <p>10-11*Neuroconnect            11-12*Women Veterans            11-12*LGbtQIA+ Group            12-1 Chair Yoga            2-3*Grief Support            3-4 Veteran's Pool</p>	<p>17</p> <p>10-12* PSS/Volunteer Meeting            with Greg Trotter</p>
<p>20</p> <p>10-11:30 Get Creative with Jen            12-1*Life Changes            2-3*10 Components            3-4 ABE Music Jams</p>	<p>21</p> <p>11-12 Dual Diagnosis Anonymous            12-1 Yoga            1-2 Dance With ABE            2-3*Trauma Healing &amp; Recovery            3-4:30 Tuesday Wellness Activity            Place Mats &amp; Table Decorations</p>	<p>22</p> <p><b>Thanksgiving Potluck!</b>  <b>11-3</b></p>	<p>23</p> <p><b>ABLE CLOSED            Thanksgiving Day</b></p>	<p>24</p> <p><b>ABLE CLOSED in            Observance of            Thanksgiving</b></p>
<p>27</p> <p>10-11:30 Get Creative with Jen            12-1*Life Changes            2-3*10 Components            3-4 ABE Music Jams</p>	<p>28</p> <p>11-12 Dual Diagnosis Anonymous            12-1 Yoga            1-2 Dance With ABE            2-3*Trauma Healing &amp; Recovery            3-4:30 Tuesday Wellness Activity            Decorate room for Christmas</p>	<p>29</p> <p>10-11* Healthy Living            11-12*Veterans Coffee            2-3*Voices &amp; Visions</p>	<p>30</p> <p>10-11*Neuroconnect            11-12*Women Veterans            11-12*LGbtQIA+ Group            12-1 Chair Yoga            2-3*Grief Support            3-4 Veteran's Pool</p>	

\*= Available online and in person. To join us via zoom, go to <https://projectable.org> and click on the blue bar at the top of the page.

## 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)**

**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 Jen in exploring your creative side!

**Life Changes:** This supportive and educational group encourages us to look at change's 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!

**10 Components of Recovery:** Learn, study and explore the 10 Components.

**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:** Every Thursday from 3-4 at the Cue Ball, 1262 State Street, Salem – Just West of Project ABLE

**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  
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