








# Salem Activities February 2024

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

Mon	Tue	Wed	Thu	Fri
<b>Friday Feb 2<sup>nd</sup></b>  	<b>Mardi Gras Feb 13</b>  	<b>Valentine's Day Feb 14</b>  	<b>1</b>  10-11*Neuroconnect 11-12*Women Veterans 11-12*LGBTQIA+ Group 12-1 Chair Yoga 3-4 Veteran's Pool	<b>2</b>  10-12*PSS/Volunteer Meeting No CEU Today
<b>5</b>  10-12 Sew Amazing 1-2*Pain Management 2-3*10 Components 3-4 ABLE Music Jams	<b>6</b>  10-11*Life Changes 11-12 Dual Diagnosis Anonymous 12-1 Yoga 1-2 Dance With ABLE 2-3*Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity TBA	<b>7</b>  10-11* Healthy Living 11-12*Veterans Coffee 12-2*Adult Coloring Group 2-3*Voices & Visions	<b>8</b>  10-11*Neuroconnect 11-12*LGBTQIA+ Group 12-1 Chair Yoga 3-4 Veteran's Pool	<b>9</b>  10-12*New Volunteer Orientation 1-3*CEU Training Relationship Building
<b>12</b>  10-12 Sew Amazing 1-2*Pain Management 2-3*10 Components 3-4 ABLE Music Jams	<b>13</b>  10-11*Life Changes 11-12 Dual Diagnosis Anonymous 12-1 Yoga 1-2 Dance With ABLE 2-3*Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity TBA	<b>14</b>  <b>We're in McMinnville for the Share the Love Event – ABLE Closed 11-3</b> <b>Contact 503-363-3260 for a ride Before Feb 6</b>	<b>15</b>  10-11*Neuroconnect 11-12*Women Veterans 11-12*LGBTQIA+ Group 12-1 Chair Yoga 3-4 Veteran's Pool	<b>16</b>  10-12* PSS/Volunteer Meeting with Greg Trotter 1-3*CEU Training Supporting Stages of Change
<b>19 Project ABLE Closed</b>  	<b>20</b>  10-11*Life Changes 11-12 Dual Diagnosis Anonymous 12-1 Yoga 1-2 Dance With ABLE 2-3*Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity TBA	<b>21</b>  10-11* Healthy Living 11-12*Veterans Coffee 12-2*Adult Coloring Group 2-3*Voices & Visions	<b>22</b>  10-11*Neuroconnect 11-12*LGBTQIA+ Group 12-1 Chair Yoga 3-4 Veteran's Pool	<b>23</b>  10-12*-Facilitator Meeting (Facilitator Training) 1-3 <b>ABLE Birthday Celebration for January &amp; February Birthdays!</b>
<b>26</b>  12-12 Sew Amazing 1-2*Pain Management 2-3*10 Components 3-4 ABLE Music Jams	<b>27</b>  12-1*Life Changes 11-12 Dual Diagnosis Anonymous 12-1 Yoga 1-2 Dance With ABLE 2-3*Trauma Healing & Recovery 3-4:30 Tuesday Wellness Activity TBA	<b>28</b>  10-11* Healthy Living 11-12*Veterans Coffee 12-2*Adult Coloring Group 2-3*Voices & Visions	<b>29</b>  <b>LEAP YEAR PARTY DAY POTLUCK! 11-3</b>	

Groups with an asterisk\*are 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

**Adult Coloring Group:** Join in with others who also find relaxation in adult coloring while sharing conversation. All levels welcome, bring your own materials if you like.

**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.

**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.

**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!

**10 Components of Recovery:** Learn, study, and explore the 10 Components. We dive into 1 component each month.

**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.

**Sew Amazing:** Join Deb in creating fun and useful items with fabric! Bring your own machine, use one of ours, or sew by hand.

**Pain Management:** You are not alone! This group provides support and community for those experiencing or have others in their life experiencing pain from chronic illness.

**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