







# Salem Activities

## March 2024

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

Mon	Tue	Wed	Thu	Fri
	<p><b>In like a Lion... out like a lamb</b>  <i>Refers to the changing weather of March – comes in stormy, goes out mild</i></p>		<p>St Patrick's Day is the 17th</p> 	<p>1</p> <p><b>10-12*PSS/Volunteer Meeting</b>  <b>No CEU Training today</b></p>
<p>4</p> <p><b>10-12 Sew Amazing</b>  <b>1-2*Pain Management</b>  <b>2-3*10 Components</b>  <b>3-4 ABLE Music Appreciation</b></p>	<p>5</p> <p><b>10-11*Life Changes</b>  <b>11-12 Dual Diagnosis Anonymous</b>  <b>12-1 Yoga</b>  <b>1-2 Dance With ABLE</b>  <b>2-3*Trauma Healing &amp; Recovery</b>  <b>3-4:30 Tuesday Wellness Activity</b></p>	<p>6</p> <p><b>10-11* Healthy Living</b>  <b>11-12*Veterans Coffee</b>  <b>12-2*Adult Coloring Group</b>  <b>2-3*Voices &amp; Visions</b></p>	<p>7</p> <p><b>10-11*Neuroconnect</b>  <b>11-12 Women Veterans</b>  <b>11-12*LGBTQIA+ Group</b>  <b>12-1 Chair Yoga</b>  <b>3-4 Veteran's Pool</b></p>	<p>8</p> <p><b>10-12*New Volunteer Orientation</b>  <b>10-2 ABLE Open House</b></p>
<p>11</p> <p><b>10-12 Sew Amazing</b>  <b>1-2*Pain Management</b>  <b>2-3*10 Components</b>  <b>3-4 ABLE Music Appreciation</b></p>	<p>12</p> <p><b>10-11*Life Changes</b>  <b>11-12 Dual Diagnosis Anonymous</b>  <b>12-1 Yoga</b>  <b>1-2 Dance With ABLE</b>  <b>2-3*Trauma Healing &amp; Recovery</b>  <b>3-4:30 Tuesday Wellness Activity</b>  <b>TBA</b></p>	<p>13</p> <p><b>10-11* Healthy Living</b>  <b>11-12*Veterans Coffee</b>  <b>12-2*Adult Coloring Group</b>  <b>2-3*Voices &amp; Visions</b></p>	<p>14</p> <p><b>10-11*Neuroconnect</b>  <b>11-12 Women Veterans</b>  <b>11-12*LGBTQIA+ Group</b>  <b>12-1 Chair Yoga</b>  <b>3-4 Veteran's Pool</b></p>	<p>15</p> <p><b>10-12* PSS/Volunteer Meeting with Greg Trotter</b>  <b>1-3*CEU Training</b>  <b>Positive Peering</b></p>
<p>18</p> <p><b>10-12 Sew Amazing</b>  <b>1-2*Pain Management</b>  <b>2-3*10 Components</b>  <b>3-4 ABLE Music Appreciation</b></p>	<p>19</p> <p><b>10-11*Life Changes</b>  <b>11-12 Dual Diagnosis Anonymous</b>  <b>12-1 Yoga</b>  <b>1-2 Dance With ABLE</b>  <b>2-3*Trauma Healing &amp; Recovery</b>  <b>3-4:30 Tuesday Wellness Activity</b>  <b>TBA</b></p>	<p>20</p> <p><b>10-11* Healthy Living</b>  <b>11-12*Veterans Coffee</b>  <b>12-2*Adult Coloring Group</b>  <b>2-3*Voices &amp; Visions</b></p>	<p>21</p> <p><b>10-11*Neuroconnect</b>  <b>11-12*LGBTQIA+ Group</b>  <b>12-1 Chair Yoga</b>  <b>3-4 Veteran's Pool</b></p>	<p>22</p> <p><b>10-12^Facilitator Meeting</b>  <b>1-3 ABLE Birthday Celebration for March Birthdays!</b></p>
<p>25</p> <p><b>10-12 Sew Amazing</b>  <b>1-2*Pain Management</b>  <b>2-3*10 Components</b>  <b>3-4 ABLE Music Appreciation</b></p>	<p>26</p> <p><b>10-11*Life Changes</b>  <b>11-12 Dual Diagnosis Anonymous</b>  <b>12-1 Yoga</b>  <b>1-2 Dance With ABLE</b>  <b>2-3*Cancelled for Set Up</b>  <b>3-4:30 Tuesday Wellness Activity</b>  <b>Clothing Exchange</b></p>	<p>27</p> <p><b>10-11* Healthy Living</b>  <b>11-12*Veterans Coffee</b>  <b>12-2*Adult Coloring Group</b>  <b>2-3*Voices &amp; Visions</b></p>	<p>28</p> <p><b>10-11*Neuroconnect</b>  <b>11-12 Women Veterans</b>  <b>11-12*LGBTQIA+ Group</b>  <b>12-1 Chair Yoga</b>  <b>3-4 Veteran's Pool</b></p>	<p>29</p> <p><b>Bunny Hop Salem!</b></p>  <p><b>10-3</b></p>

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 Appreciation:** 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.

**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.

**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. 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:** join 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 from 3-4

**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 buildi