




McMinnville



# APRIL



2024

Mon	Tue	Wed	Thu	Fri
<b>International Pillow Fight Day</b> 1 <b>9-11 am</b> Community Connection <b>11-12 pm</b> Peer Pick-up <b>12-2 pm</b> Crafty Corner <b>2-3 pm</b> Pillow Fight <b>3-4 pm</b> Trauma, Healing & Recovery	2 <b>9-11 am</b> Community Connection <b>11-12 pm</b> Get Moving <b>12-2 pm</b> Bad Science Role Play Day <b>2-3 pm</b> 8 Dimensions of Wellness <b>3-4 pm</b> Harm Reduction Works	3 <b>10-11 am</b> Voices and Visions Anonymous <b>11-12 pm</b> Plastic Canvas Project <b>12-2 pm</b> Adult Coloring <b>2-3 pm</b> Video Adventures with Lady J <b>3-4 pm</b> 10 Components of Recovery	4 <b>9-11 am</b> Community Connection <b>11-12 pm</b> LGBTQIA2S+ Group <b>12-2 pm</b> Peer's Choice <b>2-3 pm</b> Healthy Living <b>3-4 pm</b> Dual Diagnosis Anonymous	5 <b>Closed for Training</b> <b>10-12 pm</b> PSS/Volunteer Training Ask Teresa about Carpooling to attend this event.
8 <b>9-11 am</b> Community Connection <b>11-12 pm</b> Daily Life Skills <b>12-2 pm</b> Crafty Corner <b>2-3 pm</b> Scrapbooking <b>3-4 pm</b> Trauma, Healing & Recovery	<b>National Unicorn Day</b> 9 <b>9-11 am</b> Community Connection <b>11-12 pm</b> Get Moving <b>12-2 pm</b> Bad Science Role-Play <b>2-3 pm</b> Unicorn Potluck <b>3-4 pm</b> Harm Reduction Works	10 <b>10-11 am</b> Voices and Visions Anonymous <b>11-12 pm</b> Plastic Canvas Project <b>12-2 pm</b> Adult Coloring <b>2-3 pm</b> Video Adventures with Lady J <b>3-4 pm</b> 10 Components of Recovery	11 <b>9-11 am</b> Community Connection <b>11-12 pm</b> LGBTQIA2S+ Group <b>12-2 pm</b> Peer's Choice <b>2-3 pm</b> Healthy Living <b>3-4 pm</b> Dual Diagnosis Anonymous	12 <b>Closed for Training</b>
15 <b>9-11 am</b> Community Connection <b>11-12 pm</b> Reading for Wellness <b>12-2 pm</b> Crafty Corner <b>2-3 pm</b> Community Exploration <b>3-4 pm</b> Trauma, Healing & Recovery	16 <b>9-11 am</b> Community Connection <b>11-12 pm</b> Get Moving <b>12-2 pm</b> Bad Science Role-Play <b>2-3 pm</b> 8 Dimensions of Wellness <b>3-4 pm</b> Harm Reduction Works	<b>National Peach Cobbler Day</b> 17 <b>10-11 am</b> Voices and Visions Anonymous <b>11-12 pm</b> Plastic Canvas Project <b>12-2 pm</b> Adult Coloring <b>2-3 pm</b> Eat Cobbler <b>3-4 pm</b> 10 Components of Recovery	18 <b>9-11 am</b> Community Connection <b>11-12 pm</b> LGBTQIA2S+ Group <b>12-2 pm</b> Peer's Choice <b>2-3 pm</b> Healthy Living <b>3-4 pm</b> Dual Diagnosis Anonymous	19 <b>10-12 pm</b> PSS/Volunteer Meeting Greg Trotter <b>1-3 pm</b> CEU Training (To Be Announced) <b>4 pm-5 pm</b> Support Squad
22 <b>9-11 am</b> Community Connection <b>11-12 pm</b> ABLE Music Jams <b>12-2 pm</b> Crafty Corner <b>2-3 pm</b> Monday Meditation <b>3-4 pm</b> Trauma, Healing & Recovery	23 <b>9-11 am</b> Community Connection <b>11-12 pm</b> Get Moving <b>12-2 pm</b> Bad Science Role-Play <b>2-3 pm</b> Creative Writing <b>3-4 pm</b> Harm Reduction Works	24 <b>10-11 am</b> Voices and Visions Anonymous <b>11-12 pm</b> Plastic Canvas Project <b>12-2 pm</b> Adult Coloring <b>2-3 pm</b> Video Adventures with Lady J <b>3-4 pm</b> 10 Components of Recovery	<b>National Go Fly a Kite Day</b> 25 <b>9-11 am</b> Community Connection <b>11-12 pm</b> LGBTQIA2S+ Group <b>12-2 pm</b> Peer's Choice <b>2-3 pm</b> Healthy Living <b>3-4 pm</b> Dual Diagnosis Anonymous	26 <b>9-4 pm</b> <b>Open for New Welcomes</b>
<b>Start at your local ABLE</b> 29  <b>Special Day</b> <b>Bonfire</b> <b>Bring a Lunch</b> <b>10am-3pm</b>	30 <b>9-11 am</b> Community Connection <b>11-12 pm</b> Get Moving <b>12-2 pm</b> Bad Science Role-Play <b>2-3 pm</b> 8 Dimensions of Wellness <b>3-4 pm</b> Harm Reduction Works			

Mac Campus activities are in person. When the Mac building is closed, groups will be via Zoom following the Salem Campus calendar. To log into Zoom, go to: [projectable.org](https://projectable.org) and select the Salem events button.

**Project ABLE, Inc.**  
**640 NE 3<sup>rd</sup> ST**  
**Phone: 503-474-5509**  
**9 am-5 pm Monday-Friday**

**Community Connection: w/Tracy** Come in, drink coffee, and talk about issues affecting our community while connecting with peers.

**Motivational Mondays: w/Renee, Dani, Kassy & Tracy** Let's get motivated to live the life we want! **Peer Pick-up** we will take care of our community building. **Daily Life Skills** we will go over various personal self-care activities. **Reading for Wellness**, we will work on intellectual skills building. And, in **ABLE Music Jams**, we will stimulate our brains with the power of music and make time for play!

**Crafty Corner: w/Tracy** Bring in your craft or find something to create with the supplies in the expressions room. Craft without judgment alongside peers.

**Empowerment w/Dorothy** Empowering each other while we set monthly **goals**, **scrapbook** together, **explore** our community, and **meditate**.

**Trauma, Healing & Recovery: w/Tracy** This peer-led activity involves learning methods to deal with stressful situations. We will support one another in making action plans, being flexible, and being persistent in solving problems.

**Get Moving/Pool/Walk: w/Lady J/Tracy.** Meet at the McMinnville Aquatic Center to exercise or come into Project ABLE and walk with peers. No matter what you choose, let's get moving together!

**B.S.R.P. Role Play: w/Kacey** Engage in community bonding and life skills development through creative imagination. Follow the B.S.R.P. rules for tabletop role-play and create a character that saves the universe while exploring recovery methods!

**Creative Writing: w/Logan** Explore the creative writings of all the greats and amateurs alike and work on projects of your own with peers.

## Calendar Event Descriptions

**Wellness 101: w/Ron** A balanced life is a well-lived life. Each month we will go over one of the dimensions of wellness and decide our path to fulfillment.

**Harm Reduction Works: w/Kass** Explore wellness and your relationship with habits and/or substances in a safe non-judgmental space. Let us walk together and support each other on this journey!

**Voices and Visions: w/Teresa** We are all unique, and voices and visions can be equally unique in their characteristics, themes, interpretations, and effects. Come in to find understanding, support, and acceptance from peers. All are welcome!

**Random Celebrations: w/Tracy** Check the calendar for unique activities celebrating some weird national holidays throughout the year!



### Special Day: Bonfire!

Please register for this event!

**Monday, April 29th, 10 am-2 pm Meet at Project ABLE 640 NE 3<sup>rd</sup> St. McMinnville for carpooling. This event is at a farm where we can pet animals and have a fire. Please bring a sack lunch. Please wear appropriate clothing for the weather and invite your friends! Have any questions? 503-474-5509**

**New to Project ABLE?** Stop by our office for a "Welcome to ABLE"!  
**Interested in volunteering?** Stop by and check out our volunteering opportunities!  
McMinnville Campus  
640 NE 3<sup>rd</sup> St  
McMinnville, OR  
M-F 9:00 am – 5:00 pm

**Plastic Canvas Project w/ Tracy** A month-long art project where we create a Key Fob, Box, and wall-hanging.

**Adult Coloring: w/Moya** We will engage in coloring to promote mindfulness, reduce anxiety, and provide a creative outlet. This meditative activity will encourage a sense of calm and mental well-being.

**Video Adventures w/ Lady J** We will watch educational, inspirational, and just plain funny videos that promote intellectual wellness and a shared community experience. Come in with suggestions, topics, and ideas for this unique peer activity.

**10 Components of Recovery: w/Paul** Go over the ten guiding principles of recovery as described by SMSA in a peer-supported group setting.

**LGBTQIA2S+ Group w/ Joshua:** Join us for talk and collaboration about current events and topics of interest to the community.

**Empowered Peer: w/ Random Peer** Every 5<sup>th</sup> Wednesday can be a space for you to present your unique talents and empower others to try something new. **Ask Tracy** if you are interested in being one of our Empowered Peers!

**Peer's Choice: w/Tracy** Come in to recover your way. There are plenty of choices to make, ask a peer for some inspiration!

**Healthy Living: w/ Mellissa** This peer-led activity will be discussing a variety of subjects on living a healthy lifestyle and brainstorming with peers to make healthy changes for **A Better Life Experience**.

**DDA: w/Emil/Paul** Dual Diagnosis Anonymous Purpose – to carry its message of hope and recovery to those who still suffer from the effects of Dual Diagnosis."