




McMinnville



March



2024

Mon	Tue	Wed	Thu	Fri
				¹ Closed for Employee Appreciation Day
National Pound Cake Day ⁴ 9-11 am Community Connection 11-12 pm Peer Pick-up 12-2 pm Crafts with Kass 2-3 pm Eat Cake 3-4 pm Trauma, Healing & Recovery	⁵ 9-11 am Community Connection 11-12 pm Get Moving 12-2 pm Bad Science Role-Play 2-3 pm Wellness 101 3-4 pm Harm Reduction Works	⁶ 10-11 am Voices and Visions 11-12 pm Life Changes 12-2 pm Adult Coloring 2-3 pm Video Adventures with Lady J 3-4 pm 10 Components of Recovery	⁷ 9-11 am Community Connection 11-12 pm Get Moving 12-2 pm Peer's Choice 2-3 pm Healthy Living 3-4 pm Dual Diagnosis Anonymous	⁸ 10-2 pm Salem Open House Ask Teresa to be placed on a list for carpooling!
¹¹ 9-11 am Community Connection 11-12 pm Daily Life Skills 12-2 pm Crafts with Kass 2-3 pm Scrapbooking 3-4 pm Trauma, Healing & Recovery	National Girl Scout Day ¹² 9-11 am Eat Cookies 11-12 pm Get Moving 12-2 pm Bad Science Role-Play 2-3 pm Creative Writing 3-4 pm Harm Reduction Works	¹³ 10-11 am Voices and Visions 11-12 pm Life Changes 12-2 pm Adult Coloring 2-3 pm Video Adventures with Lady J 3-4 pm 10 Components of Recovery	¹⁴ 9-11 am Community Connection 11-12 pm Get Moving 12-2 pm Peer's Choice 2-3 pm Healthy Living 3-4 pm Dual Diagnosis Anonymous	¹⁵ 10-12 pm PSS/Volunteer Meeting Greg Trotter 1-3 pm CEU Training Positive Peering
¹⁸ 9-11 am Community Connection 11-12 pm Peer Path to Employment 12-2 pm Crafts with Kass 2-3 pm Community Exploration 3-4 pm Trauma, Healing & Recovery	¹⁹ 9-11 am Community Connection 11-12 pm Get Moving 12-2 pm Bad Science Role-Play 2-3 pm Wellness 101 3-4 pm Harm Reduction Works	²⁰ 10-11 am Voices and Visions 11-12 pm Life Changes 12-2 pm Adult Coloring 2-3 pm Video Adventures with Lady J 3-4 pm 10 Components of Recovery	²¹ National French Bread 9-11 am Community Connection 11-12 pm Get Moving 12-2 pm Peer's Choice 2-3 pm Eat French Bread 3-4 pm Dual Diagnosis Anonymous	²² 10-12 pm Facilitator Meeting 1-3 pm ABLE Birthday Celebration for March Birthdays! Ask Teresa to be placed on a list for carpooling!
²⁵ 9-11 am Community Connection 11-12 pm Music Appreciation 12-2 pm Crafts with Kass 2-3 pm Monday Meditation 3-4 pm Trauma, Healing & Recovery	²⁶ 9-11 am Community Connection 11-12 pm Get Moving 12-2 pm Bad Science Role-Play 2-3 pm Creative Writing 3-4 pm Harm Reduction Works	²⁷ 10-11 am Voices and Visions 11-12 pm Life Changes 12-2 pm Adult Coloring 2-3 pm Video Adventures with Lady J 3-4 pm 10 Components of Recovery	²⁸ 9-11 am Community Connection 11-12 pm Get Moving 12-2 pm Peer's Choice 2-3 pm Healthy Living 3-4 pm Dual Diagnosis Anonymous	²⁹ Hosted in Salem Special Day  Bunny Hop Potluck 10am-3pm

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 and select the Salem events button.

Project ABLE, Inc.
640 NE 3rd 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, Emily & 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. **Peer Paths to Employment**, we will work on occupational skills building. And, in **Music Appreciation**, we will stimulate our brains with the power of music and make time for play!

Crafts with Kass: w/Kass 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/Tracy 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!

Calendar Event Descriptions

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

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!

Special Day:



Bunny Hop Potluck

Please register for this event!

Friday, March 29th, 10 am-3 pm Meet at Project ABLE 640 NE 3rd St. McMinnville for carpooling. This event is an action-packed game time with Peers- all while wearing bunny ears.

Come for relays, toss across, lots of hopping, and so much more!

PLEASE BRING FOOD TO SHARE.

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 3rd St
McMinnville, OR

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

Life Changes: w/Deb Life is always changing. In this activity, we will go over life's milestones in a supportive atmosphere and make plans to live the life we want to live.

Adult Coloring: w/Moya We will be engaging 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.

Empowered Peer: w/ Random Peer Every 5th 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 discuss various 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."