



VPSN DECEMBER 2020



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 AM: Origami Fish 7 PM: Wellness W/ Shelley	AM: Comedy Hour 1 PM: Somali Speaking Session	AM: No Sew Eye Pillows 2 PM: Guest Speaker: Nurse Nancilyn, RN, PSS	AM: Online Drawing and Guessing Game 3 PM: Spanish Speaking Session	AM: Sea Turtle Acrylic Painting Tutorial 4 PM: Katie's Story	AM: Online Snowflake Coloring 5 PM: LGBTQ+ Rainbow Art	AM: Glitter Calming Jar 6 PM: Social Media Dos and Don't With Curt
AM: Festive Paper Chain Making 14 PM: Wellness W/ Shelley	AM: Easy Tree Silhouette Painting 8 PM: Somali Speaking Session	AM: Guest Speaker: Therapist Beth, DNP, APRN, PMHCNS-BC 9 PM: Online Game - Phase 10	AM: Easy Salt Dough Ornaments 10 PM: Spanish Speaking Session	AM: Decorating Salt Dough Ornaments 11 PM: Creating A Drama Free Holiday	AM: Chris's Story 12 PM: LGBTQ+ - A History Of Our Flags	AM: Comedy Hour 13 PM: LGBTQ+ - Rainbow Jepordy
AM: Empty Nest Holidays 21 PM: Wellness W/ Shelley	AM: Connect 4 Online 15 PM: Somali Speaking Session	AM: Glitter Slime Stress Reliever 16 PM: Guest Speaker: Nurse Nancilyn, RN, PSS	AM: Chocolate Chip Cookie Bars 17 PM: Spanish Speaking Session	AM: Holiday Bingo 18 PM: Guest Speaker: Sammer	AM: Online Tricky Tic Tac Toe 19 PM: LGBTQ+ - Authenticity and Identity	AM: Online Christmas Coloring 20 PM: Social Influencing With Curt
AM: Pull String Art 28 PM: Wellness W/ Shelley	AM: DBT Self Care Skill – PLEASE 22 PM: Somali Speaking Session	AM: Guest Speaker: Therapist Beth, DNP, APRN, PMHCNS-BC 23 PM: Lip Scrub and Olive Oil Hand Scrub	AM: Santa Paper Puppet 24 PM: Spanish Speaking Session	AM: Christmas Bingo 25 PM: Denise's Story	AM: Creating Morning Rituals 26 PM: LGBTQ+ - Support For Transgender Folks	AM: Homemade Snowflakes 27 PM: LGBTQ+ - Drag Queen Bingo
AM: Online Holiday Word Search 29 PM: Somali Speaking Session	AM: How To Calm a Restless Mind 30 PM: Guest Speaker: Nurse Nancilyn, RN, PSS	AM: Do It Yourself Glow Jars 31 PM: Spanish Speaking Session				

