



Butte Group Events

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Open hours: 12:30-1:30pm	2 Living Well: 12:30-2:00pm Rock Painting: 2:15-3:00pm	3 Working Your Wellness- Creating Your Wellness Toolbox: 11:00-12:00pm Open hours: 12:30-1:30pm	4	5 *MS Support Group: 12:00pm at Perkins
6	7 Labor Day Office Closed	8 Open hours: 12:30-1:30pm	9 Rock Painting: 2:15-3:00pm	10 Working Your Wellness- Motivation Bingo: 11:00-12:00pm Open hours: 12:30-1:30pm	11 Bus Buddies + Ice Cream Social: 1:15-3:15pm	12
13	14 Working Your Wellness-Chair Yoga: 11:00-12:00pm	15 Open hours: 12:30-1:30pm	16 Rock Painting: 2:15-3:00pm	17 Working Your Wellness-Chair Yoga: 11:00-12:00pm Open hours: 12:30-1:30pm	18	19
20	21 Working Your Wellness- Meditation: 11:00-12:00pm	22 Open hours: 12:30-1:30pm Friendship Bracelet Making: 1:30-2:30pm	23 Rock Painting: 2:15-3:00pm	24 Working Your Wellness- Meditation: 11:00-12:00pm Open hours: 12:30-1:30pm	25	26
27	28 Working Your Wellness- Cultivating Conversation: 11:00-12:00pm	29 Open hours: 12:30-1:30pm	30 Rock Painting: 2:15-3:00pm	† These groups are also available to participate via Zoom, contact our office at 406.782.4834 to be sent the link. *These groups held offsite. Check back for address.		

Group Descriptions: All groups meet at the Ability Montana Office (820 W. Platinum, Butte) unless otherwise stated.

Questions? Please call 406-782-4834.

The Montana Tech bus stops across the street from the Butte Office at :24 each hour.

Bus Buddies + Ice Cream Social: *Friday, September 11th from 1:15-3:15pm:* Meet us at the Ability Montana office to ride the bus route. Use this opportunity to learn more about the bus and where the routes go. When we're done we'll celebrate with ice cream!

Living Well: *Wednesdays from 12:30-2:00pm at the Ability Montana office:* Living Well with a disability is a 10-week workshop that will help you set goals and build independent living skills.

Friendship Bracelet Making: *Tuesday, September 22nd from 1:30-2:30pm:* Come make friends and bracelets No experience needed and all supplies are provided!

MS Support: *First Saturday from 12:00-1:00pm at Perkins:* The Multiple Sclerosis Support group is for anyone living with or affected by MS. Participants exchange tips and information, talk about challenges, learn new coping strategies and find access to local resources.

Open Hours: *Tuesdays and Thursdays from 12:30-1:30pm at the Ability Montana office:*

Everyone is welcome to come to our office during open hours to have access to craft supplies, games, puzzles, books, and more. Create and play on your own or with other peers in the room.

Rock Painting: *Wednesdays from 2:15-3:00pm:* Unwind with a relaxing rock painting class! Paint colorful designs, inspiring messages, or simple patterns on smooth stones in a fun, welcoming atmosphere. No experience needed and all supplies are provided!

Make Wellness Work for You: *Mondays and Thursdays from 11:00-12:00pm:* Working Your Wellness is a collection of classes designed to support your physical, mental, and emotional well-being. Participants will enjoy a variety of activities, including Motivation Bingo, meditation, chair yoga, and more. Come move, connect, and discover simple ways to add wellness into your everyday life!