

## Community Support Program (CSP/CARES)

## February 2017

| Sun | Mon  | Tues  | Wed | Thurs  | Fri | Sat |
|-----|--|---|-----|--|-----|-----|
|     |  |   | 1   | 2<br><b><u>12:30-2 PM</u></b><br><b><u>Advisory Board</u></b><br>2-3:30 PM<br>Peer Support Group | 3   | 4   |
| 5   | 6<br>3-5 PM<br>Drop-In<br>Games and<br>Socialization | 7<br>**12:30-1:30 PM<br>Lunch in the<br>Community<br><u>House of Lo</u> | 8   | 9<br>1:30-3 PM<br>Peer Support Group<br>3-4 PM<br>Book Discussion                                | 10  | 11  |
| 12  | 13<br>4:30-6 PM<br>Peer Support<br>Group             | 14<br>**12:30-2:30 PM<br>Valentine's Day<br>Lunch and Movie             | 15  | 16<br>1:30-3 PM<br>Peer Support Group<br>3-4 PM<br>Game Tournament:<br><u>Phase 10</u>           | 17  | 18  |
| 19  | 20<br>**1-2:30 PM<br>Art Studio                      | 21<br>**1-4 PM<br>Movie at St.<br>Michael Theater                       | 22  | 23<br>1:30-3 PM<br>Peer Support Group<br>3-4 PM Birthdays and<br>Bingo!                          | 24  | 25  |
| 26  | 27<br>4:30-6 PM<br>Peer Support<br>Group             | 28<br>**12:30-2:30 PM<br>Bowling at Huikko's                            |     |  |     |     |

**\*\* AN RSVP IS REQUIRED FOR THESE EVENTS; RSVPS ARE DUE BY 4 PM THE THURSDAY BEFORE THE ACTIVITY UNLESS OTHERWISE SPECIFIED. Please call Katrina or Nikki at 763-682-7242 to sign up or if you have any questions.**

Transportation assistance available in some cases upon request. Calendar also available online at [www.cmmhc.org](http://www.cmmhc.org)

- **Advisory Board- February 2<sup>nd</sup> from 12:30-2 PM**
  - This is a time for participants to come share ideas and give program feedback. Everyone is welcome! If interested, please contact Nikki or Katrina at 763-682-7242 for more details. Advisory Board Meetings are the 1<sup>st</sup> Thursday of every month unless otherwise indicated.
- **Peer Support Group- Every other Monday 4:30-6 PM and Thursdays 1:30-3 PM** *Please note time change on 2/2*
  - This peer support time provides an informal atmosphere that allows you to share feelings and concerns, as well as receive feedback from others.
- **Recreational Activities- Thursdays following Peer Support Group from 3-4 PM**
  - February 9<sup>th</sup>: Book Discussion- Share with us about a book that you're reading right now or ones you've read before and recommend. Even if you don't read, you can always come for socialization!
  - February 16<sup>th</sup>: Game Tournament- Come and have fun with your peers and enjoy a friendly game tournament for a cool prize! The game played will be Phase 10- even if you don't know how to play, come learn how!
  - February 23<sup>rd</sup>: Birthdays and BINGO- Join us in celebrating those clients who have birthday's this month and play a few rounds of BINGO for prizes!
- **Social Activities-**
  - February 6<sup>th</sup>: 3-5 PM Drop-In Games and Socialization- Come hang out with CMMHC staff and peers and enjoyed a laid back time to socialize and play games. Snacks and refreshments will be provided.
  - February 7<sup>th</sup>: 12:30-1:30 PM Lunch in the Community- COST FOR EVENT IS THE PRICE OF YOUR MEAL: Join CMMHC staff and peer at House of Lo in Buffalo for a community lunch outing. Transportation is available, but limited. You can meet us at House of Lo or at CMMHC. We will be leaving CMMHC Buffalo at 12:15 PM and plan to return around 1:45 PM.
  - February 14<sup>th</sup>: 12:30- 2:30 PM Valentine's Day Lunch and Movie- Come celebrate Valentine's Day with us and have some lunch and catch a movie. Movie to be selected on 2/2/17 at the Advisory Board. See flyer for more details RSVP by 2/10/17!
  - February 20<sup>th</sup>: 1-2:30 PM Art Studio- Come show off your creativity and decorate a picture frame for you to take home!
  - February 21<sup>st</sup>: 1-4 PM Movie at St. Michael Theater- COST FOR EVENT IS \$2 FOR THE TICKET AND CONSESSION ITEMS IF YOU CHOOSE. Join CMMHC staff and peers out in the community to enjoy a matinee movie. The group will arrive at the St. Michael Movie Theater at 1 PM and leave no later than 4 PM, you will pick a movie you would like to see that starts and ends within the time frame of 1-4 PM. Rides to the theater are available, we will leave CMMHC at 12:30 PM and return after everyone has finished their movie, but no later than 4:30 PM. You are also welcome to meet us there, just indicate so when you RSVP. CMMHC will post movie choices on the sign up board as the show times become available. CMMHC will cover the remaining cost of your ticket for those who RSVP.
  - February 28<sup>th</sup>: 12:30 PM- 2:30 PM Bowling- Join us at Huikko's Bowling Alley in Buffalo for two games of bowling. Cost for this event covered by CMMHC. If you would like transportation from CMMHC, please let us know ahead of time and arrive at 12:15 PM, we will otherwise meet you at Huikko's at about 12:30 PM. Event end time will vary based on number of participants but will not exceed 2:30 PM from Huikko's or 2:45 PM back to CMMHC. Please bring money if you wish to purchase food or beverages.

*In the event of poor weather conditions, we will still have an alternative activity hosted at CMMHC during these designated times.*

## Wright County Community Events

### February 2017

Health Powered Families at Discovery Elementary School in Buffalo- February 2<sup>nd</sup>, 2017 6-7:30 PM: This is a four-week interactive class where parents and children 10 and over will work together to learn about healthy eating and lifestyle changes including: sugar, label reading, menu planning, mindful eating, grocery shopping, planning better meals and even cooking skills. Each session will feature a healthy food sample and/or activity. At least one adult must be present from each family. All supplies and workbooks are provided. Cost for class is \$25/family. Please contact Brenda at 763-684-7025 to sign up or get more information.



Blessing Closet February 9, 2017 10:00 AM - 6:30 PM: Free Clothes for Children and their parents at the Zion Lutheran Church, 1200 Hwy 25 S. Buffalo. No requirements, everyone is welcome! For more information, please contact Roger Brenny at 763-684-1699.

2017 Bowlerama at River City Extreme February 24<sup>th</sup>, 2017 from 6-9 PM: Everyone is welcome to participate (teenager to adult). Cost is \$30.00, come and Bowl 2 games of wacky bowling, includes your shoes and dinner. Last year was a hit!! Get a group of your co-workers and/or family together and don't miss out on this memorable night. Four people per team, sign up as a team or we'll assign you. Best dressed contest, Silent Auction, Raffle, and Door Prizes too. The winning team will receive a Trophy to keep. All proceeds from Bowlerama fund the Swan City Heritage Foundation projects such as the Swan Brochure. Call the Chamber Office to reserve your spot (763) 295-2700.



"Perfectionism & Anxiety: How to be enough" at Wright County Human Services February 7<sup>th</sup>, 2017 8:30-10 AM: This will be presented by Jennifer Knapp, MS, LMFT from Bridging Hope Counseling. During this training, you will learn the difference between drive to succeed and perfectionism, correlation between perfectionism and shame, symptoms of and ways to reduce anxiety, ways adult or parent perfectionism and anxiety can impact kids and relationships, as well as self-care strategies. This is a free training; RSVP is recommended-763-682-7400.

### On-Going Community Events

Free Hall Walking at Buffalo Community Middle School, Discovery Center, Hanover and Montrose Elementary School- Mon-Thurs 4-8 PM NO WALKING ON NON-SCHOOL DAYS.

December 11<sup>th</sup>- February 26<sup>th</sup> Open Swim, Lap Swim, and Open Gym from 2-4 PM: Open pool and gym hours at the Buffalo Community Middle School Pool. (Closed December 25<sup>th</sup> and January 1<sup>st</sup>). Holiday hours open Dec. 27<sup>th</sup>, 28<sup>th</sup>, and 29<sup>th</sup> from 2-4 PM. Enter door #3, a lap lane will be designated for use. Fee for this is \$3/person or \$10/family.



Suicide Loss Support Group: Hosted at the Buffalo Community Center every 4th Thursday of the month from 7-8PM. Please contact Mary Sodergren at 763-267-7041 for more details.

Indoor Walking- Bison Activity Center- Hours are Mon-Thur 6-9 PM, Saturdays 8-11 AM Cost is \$2/person or you can purchase a seasonal walking pass (onsite).

Tuesday Morning Conversation: Enjoy stimulating conversation and new ideas. Topics might include: age related issues, societal trends, technology, interesting TED talks, health, travel, current events and more. Tuesdays at 9:30am at the Delano Senior Center, no cost for events. 763-972-0574

Indoor Farmers Market 2016-2017 from 9 AM- 1 PM: Support local growers and producers inside the Monticello Community Center. They have canned goods, baked goods, eggs, frozen poultry and beef, handcrafted items and more! Dates of this event are **February 11<sup>th</sup> and March 11<sup>th</sup>.**

Free Wellness Coaching: Are you ready to improve your health, enhance your life balance and make lasting changes? Common areas of focus include exercise, nutrition, sleep, and stress. Individual coaching includes appointments in person, over the phone or both. In-person coaching available at the Buffalo Hospital. Call 763-684-7025 to set up you free appointment today!

eReader Tablet Help: Tuesdays, May 3-August 30<sup>th</sup> from 1-2 PM, call today and make an appointment at the Monticello Public Library for help with your tablet or eReader. 763-295-2322

2017 Foot Care Clinic: Clinic runs from 9:30-11:30am with a \$15 fee for foot care. If you are unable to pay, you will not be turned away. For questions call Wright County Public Health at 763-682-7456 for dates and locations. **7<sup>th</sup>-Rockford, 14<sup>th</sup>- Cokato, 21<sup>st</sup>- Maple Lake, 28<sup>th</sup>- Monticello**



Buffalo Community Center: The Buffalo Community Center has many fun activities to offer individuals in the community. Give them a call to find out more- 763-682-1181. They are located at 206 Central Ave, Buffalo, MN 55313 (across from the Post Office) on Highway 25. Hours Monday – Friday 8:30 a.m. – 4:30 p.m.

Daily Game Activities

Health/Fitness

Free BINGO

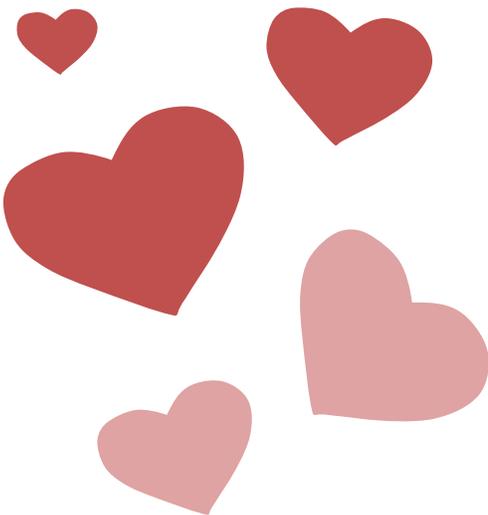
Writers Group

Senior Dining

Open pool tables

Toy Workshop

GoldenAires Choir



**Central Minnesota Mental  
Health Center- CSP**



You are invited to the Community Support  
Program's

# Valentine's Day Lunch and Movie!

Socialization in a safe environment

No cost for you, lunch from Subway will be provided.

Movie to be showed will be picked at our Advisory Board meeting which is on 2/2/17 from 12:30-2 PM! Please come and share your input and give program feedback!

February 14<sup>th</sup>  
12:30 p.m. to 2:30 p.m.

308 12<sup>th</sup> Ave S.

Buffalo, MN 55309

Come socialize with your peers, have some lunch, and catch a great movie!

Please R.S.V.P. by February 10th to  
Nikki or Katrina  
call (763) 682-7242

