

THE GRAPEVINE NEWSLETTER

April 2021

**Vikingland Community
Support Program
Douglas County
Socialization/Drop -In
Center**

**1106 Broadway
Alexandria, MN 56308,
320-763-6261**

Website:

www.vikinglandcsp.azurewebsites.net

Facebook: Like us at-

**Vikingland Community
Support Program**

Staff Extensions:

Cheryl Vanroekel - ext. 201	Sarah Peterson – ext. 203
Sandy Bogenrief – ext. 204	Carmen Hudson – ext. 205
Becky Schmitz – ext. 206	Karen Maher – ext. 207
Christine Bradley – ext. 208	Morgan Drussell – ext. 210
Chris Fritz – ext. 212	Jenny Steidl – ext. 215
Trista Berglund – ext. 213	

Vikingland Community Support Program has email addresses for all staff members. Each staff's email is their name: example- beckyschmitz@vikinglandcsp.com

The Drop-In Center's Hours

Monday & Wednesday 1:00 pm-5:00 pm

Tuesday, Thursday and Friday 1:00 pm-8:00 pm

Saturday & Sunday 12:00 pm - 4:00 pm

Vikingland CSP/ Douglas County Socialization Activity

April 7th: Center Advisory Council Meets at 2:00 pm -- We are discussing upcoming activities. Join us and give us your input!

Friday April 16th We are having a **Scavenger Hunt** from 1:00 pm – 4:00 pm. Check with your ARMHS worker and/or at the Drop-In-Center for more details! **Limited participants with a wait list. Must be committed to attend when you sign up!** Treats will be available after the hunt! It's going to be fun!!!

Thursday April 15th @ 2:30 pm: Local Advisory Council. Come to the center and join your peers on Zoom.

Helping others help themselves.



**1106 Broadway St.
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The Hen's Nest

~ Texting for Seniors ~

- BFF: Best Friend Fell
- TTYL: Talk To You Louder
- BYOT: Bring Your Own Teeth
- LMDO: Laughing My Dentures Out
- IMHOA: Is My Hearing Aid On?
- ROFLACGU: Rolling On Floor Laughing And I Can't Get Up!

~ Your friend, Gale Peterson ~



John's Recovery Quotes of the month:

"In any given moment, we have two options: to step forward into growth or to step back into safety".

~ Abraham Lincoln

"If there is no struggles, there is no progress". ~ Fredrick Douglas

"What people never understand is that depression isn't about the outside, it's about the inside." ~ Jasmine Warza

Pool tournament: 1st: Sheila W. 2nd: Bill T. 3rd: Jason Ra.

WII Bowling tournament: 1. Bill T (364) . 2. Sheila W. (357) 3. Maude S. (333)

Bingo is back!!! 3rd Sunday of each month.

March Bingo winners: 1. Kari 2. Patti 3. Patti 4. Sheila 5. Bill T. 6. Sheila 7. Margo 8. Margo 9. Bill T. 10. Kari

Blackout: 4-way tie: Bill t., Kari, Patti & Margo

Next BINGO: Sunday 18th @ 1:00 pm

There are cash prizes for the Friday tournaments!

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For more Information about the support group contact: Becky Schmitz @ 320-763-6261 Ex. 206
or John Kiehn @ 320-766-4500

D B B B O S H B D R I V E L F R G H H
 H N A I I J R N U S T O R N A R U O O
 S O A L L D O L O N G M C W L U F F G K
 T T O M O G I K N N K H E R D B F W U
 U E D E O N E O E G S F L K E B T A M
 F F Y L Y M E B C Q I E S F R I F S A
 F L M R K P B Y T Y R T N I A S Z H P
 J H E G N E G B K Y F D A S L H H T H
 G R H D C I A F C P U W E B E I R F V
 L S O L T C B N O B A L D E R D A S H
 F A R C E G O L F F R H W N N F M E D P
 E P E L R I S S S H K C U H S A R T F D
 B I T T F B S K K S C X M L K I L R G
 K F R X S B H E A Y K Z A B N T M P C
 O F I P L L E S P E W I R C I U I S W H
 J L P R D R P N R A K S E S T G L A M
 N E E X R I T M H E O N J C M L Y H B
 E N S H H S B I Y O S F D F N S A Q A
 I J E W J H H S A I S G I G L F S O I

FOOLISHNESS

BALDERDASH	HOOEY
BALONEY	HUMBUG
BILGE	IDIOCY
BOSH	JOKE
BUNK	MALARKEY
DRIVEL	NONSENSE
FARCE	PIFFLE
FALDERAL	ROT
GIBBERISH	RUBBISH
GUFF	SLOP
HOGWASH	STUFF
HOKUM	TRASH
	TRIPE