

THE GRAPEVINE NEWSLETTER

August 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
Sandy Bogenrief – ext. 204
Becky Schmitz – ext. 206
Chris Fritz – ext. 212
Trista Berglund – ext. 213

Sarah Peterson – ext. 203
Carmen Hudson – ext. 205
Karen Maher – ext. 207
Jenny Steidl – ext. 215
Kelsey Bender – ext. 214

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

August 4th: Center Advisory Council will be at 2:00 pm.

Vikingland CSP/ Douglas County Socialization Activity

Friday August 6th: 1:00 pm. -? *Backyard Games @ Vikingland CSP.* Come have fun and socialize with your peers. Sign-up sheet at the Center.

Wednesday August 18th: *Kat's Kraft's*

Friday August 20th: We are having our annual trip to the **Douglas County Fair**. We will meet at the gate at 1:00 pm. Please sign up with your worker or on the sign-up sheet at the Drop-In-center. Hope to see you there!

3rd Monday – August 16th @ 3:00 pm: “Yahtzee or Board Games” Come challenge your peers and socialize with us!

August 15th: 1:00 pm **BINGO FOR CASH PRIZES!**

Thursday August 19th @ 2:30 pm: Local Advisory Council. Contact Anna Olson @ Douglas County Social Services for the email to join your peers on Zoom for the monthly meeting.

**1106 Broadway St.
Alexandria, MN. 56308**



Helping others help themselves.



Birthday's for August

8-04 Sherri K.

8-04 Ashley T.

8-05 Beth K.

8-08 Sheila W.

8-27 Patricia L.

8-20 Sarah M.

8-22 Dawn W.

8-27 Ashley W.

8-29 Erica D.

8-31 Art R.

REPORT

Director's Report ~

It is hard to believe that summer is winding down. As we continue to enjoy the beautiful weather and summer activities, I encourage all of you to enjoy every moment, soak up the sun and write down all the things that you are grateful for. I am so thankful that we get to enjoy all seasons here in Alexandria. Please continue to join your peers at the center and activities throughout the month. It's important to stay connected and not isolate. This month my challenge to all of you is to: Try something new!!! You can do it!! I think you will be happy you did.

~ Becky Schmitz, Executive Director

~NEW~NEW~NEW~

PEER LED CHAIR EXERCISES:

Low impact exercises. Come have fun and learn some healthy exercises – Every Thursday
from 2:00 pm – 3:00 pm

“IN A WORLD WHERE YOU CAN BE ANYTHING...BE KIND”

The Hen's Nest

Studies Show...Part 1

- Putting on socks just out of the dryer can help you fall asleep 20 minutes quicker.
- Watching classic comedies eases the strength of stress reactions & you stay relaxed.
- Peaceful silence is made by shutting your eyes & calming your mind for 10 minutes.
- Have 90% moister eyes all day by soaking your face under the warm water of your shower for 10 seconds.
Keep your peepers closed!

~ Your friend, Gale Peterson ~



John's Recovery Quotes of the month:

"Don't take yourself for granted. Nourish and reflect on all parts of yourself that needs healing and self-love. Be patient and kind during the process".
~ averstu.com

"The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live in the present moment wisely and earnestly".
~ Psychologyhelp.com

July Pool tournament: 1st: Bill T. 2nd: Christie J.

July Bowling tournament: 1. Maude (402) 2. Bill T. (333)

June Bingo: 1. Bill T. 2. Kirsten W. 3. Suzette S. 4. Kirsten W. 5. Suzette S. 6. Bill T. **Blackout:** Kirsten W.
~ 4 players ~

Bingo is held every 3rd Sunday of each month at 1:00 pm.

Next BINGO: Sunday August 15th @ 1:00 pm

There are cash prizes for the Friday tournaments & BINGO!

Sneak peek... September 3rd ~ Brunch at Traveler's Inn.

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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

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 T J D J N A S L I L S R S R C R U P B
 R H P S B K G H Z B B R T B D E M I J
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AUGUST

By Bill

ACHE	TINY
ALOE	TUBS
APPS	TUNE
GLOW	UBER
GRIT	UGLY
GROW	UNDER
SING	UNIT
SPUR	USED
STAG	USPS