

THE GRAPEVINE NEWSLETTER

November 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 |
| Chris Fritz – ext. 212 | Jenny Steidl – ext. 215 |
| Trista Berglund – ext. 213 | 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

Wednesday November 3rd: Center Advisory Council will be at 2:00 pm.

Vikingland CSP/ Douglas County Socialization Activity

November: Please check the drop-in-center bulletin board or with your ARMHS/CSP worker for the details of the November activity. It will be posted after the Advisory Council on November 3rd.

Wednesday November 17th: Kat's Kraft's @ 2:00

3rd Monday of every month – (Nov. 15th) @ 3:00 pm: "Yahtzee or Board Games" Come challenge your peers and socialize with us!

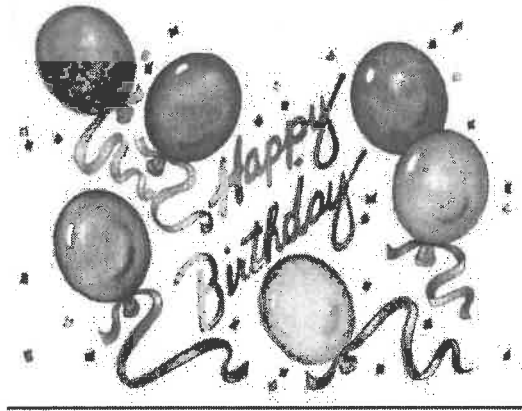
Sunday November 21st: 1:00 pm **BINGO FOR CASH PRIZES!**

Thursday November 18th @ 2:30 pm: Local Advisory Council. Meet at the Douglas County Library.



Helping others help themselves.

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



Birthdays for November

11-02 Lauren S. 11-04 Matthew H. 11-04 Jackie K. 11-05 Bobbie W. 11-06 Alexander D.
11-08 Margaret G. 11-11 Joseph G. 11-14 Brandon C. 11-19 Barb B.
 11-19 David S. 11-20 Alan B. 11-24 Gerald S. 11-25 Chad R.
11-26 Kierra N. 11-29 Cheryl Z. 11-30 Vergene H.



Director's Report ~

November is the month of "Thankfulness." What does thankfulness mean to you? Thankfulness to me means, being grateful for my kids, my job, the beautiful town I live in and being able to live my life how I choose every day. I am thankful for my co-workers and all of you. I encourage you during this month to think about all the things you are thankful for. Reach out to loved ones and friends and let them know you are happy they are in your life and why. It would mean a lot to them to hear those things from you. You never know who is in need of a smile. Please continue to come down to the center so you have a place to go, you do not have to sit at home alone. There is always hot coffee on and someone to talk to. Watch for the newsletter next month as we start to work on the details for our Christmas party. Have a Happy Thanksgiving, be grateful, and spread joy.

~ Becky Schmitz, Executive Director

"IN A WORLD WHERE YOU CAN BE ANYTHING...BE KIND"

The Hen's Nest

- Q: What fruit do twins like? A: PEARS!
- Q: What do you tell a slow hot dog? A: KETCHUP!
- Q: What kind of gum do musicians chew? A: JUICY FLUTE!
 - Q: What runs but has no legs? A: A RIVER!
- Q: What is a planet's favorite music? A: NEPTUNES!

~ Your friend, Gale Peterson ~



John's Recovery Quotes of the month:

"Recovery begins at exactly that moment when you are completely broken to pieces and must surrender to unfamiliar and uncomfortable ways in order to be rebuilt into who you were meant to be". Unknown

"Recovery is an acceptance that your life is in shambles, and you have to change it". Jamie Lee Curtis

"I'm gonna make the rest of my life, the best of my life". QuotesGram

Pool tournament: 1st: Bill T. 2nd: Jason Ra. 3. Don S. ~ 6 Players ~

Bowling tournament: None

Sunday Bingo: 1. Patti K. 2. Bill T. 3. Suzette S. 4. Kirsten W. 5. Patti K. 6. Bill T. 7. Kirsten W. 8. Dawn W. 9. Suzette S. 10. Dawn W. Blackout: Bill T. ~5 players ~

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

Next BINGO: Sunday November 21st @ 1:00 pm

There are cash prizes for the Friday tournaments & BINGO!

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

TURKEY DAY

By Bill

- | | |
|-------------|------------|
| CRANBERRIES | NOVEMBER |
| FAMILY | PILGRIMS |
| FOOTBALL | PLYMOUTH |
| GRAVY | POTATOES |
| HAM | PUMPKINPIE |
| MAYFLOWER | TURKEY |
| NATIVES | YAMS |