

THE GRAPEVINE NEWSLETTER

June 2022

**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

Vikingland CSP/ Douglas County Socialization Activities

Douglas County Socialization Activity: Wednesday June 22nd:

Games & Picnic @ Brophy Park (Wayside) from 1 pm – 3 pm. Come play yard games and enjoy snacks with your peers!

Vikingland CSP Activity Friday

Friday June 24th: Mini golf @ Casey's Amusement

Wednesday June 15th: Kat's Kraft's at the Center from 2-4 pm. Come join us!

Sunday June 19th: 1:00 pm BINGO FOR CASH PRIZES!

Wednesday June 1st: Center Advisory Council at 2:00 pm.

Local Advisory Council. Thursday June 16th @ 2:30 pm

3rd Monday of every month – (June 20th) @ 3:00 pm: "Yahtzee or Board Games"
Come challenge your peers and socialize with us!

Friday night BINGO: Friday June 24th @ 6:30 pm



Helping others help themselves.



Birthday's for June

6-01 Larry C. 6-01 Denise F. 6-01 Jef F. 6-03 Cynthia W. 6-08 Adam S.
6-09 Nancy H. 6-13 Carmalita A. 6-14 Suzette S. 6-17 Thomas G.
6-20 Connie C. 6-21 Mary G. 6-22 Alex M. 6-23 Lisa C.
6-24 Maude S. 6-29 Brenda B. 6-30 Amy V.

REPORT



Director's Report ~

Thank you all so much for your participation last month during our Annual Mental Health Walk. We had such a great turn out!! It was so much fun to get together as a group and enjoy the day. As we continue to work through the summer months, I encourage all of you to pay attention to the activities calendar and attend as many events as possible. You should even bring a friend! We will be heading to Casey's Amusement Park this month and I personally am hoping to score a hole in one. At any rate, make sure you are getting out every day to walk and enjoy the great outdoors. These beautiful days don't last long and its very important to capitalize on them while we can. Check out Facebook live every Monday, Tuesday, and Wednesday morning at 9:00 am each week; We talk about new coping tools; Ways to balance our overall well-being; and even walk on Wednesdays. Pass it along to those who you feel might need it as well. Happy JUNE!!!!

~ Becky Schmitz, Executive Director

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

The Hen's Nest

"Sleep Helper"

The 4-7-8 breathing exercise is a natural tranquilizer for the nervous system that gains in power with practice.

Inhale for the count of 4.
Hold your breath for the count of 7.
Exhale through pursed lips to the count of 8.
Talk about relaxing!

~ Your friend, Gale Peterson ~



John's Recovery Quotes of the month:

"Believe you can and you're halfway there!" Theodore Roosevelt

"Our greatest glory is not in never failing, but in rising up every time we fail"
Ralph Waldo Emerson

"Don't let the past steal your present" Terri Guillemets

Pool tournament: No pool tournament in May.

****Held the 1st Friday of the month 6 pm****

Bowling tournament: 1. Jen T. 341 2. Dave Ho. 295 3. Bobbie S. 280 ****Held the 2nd Friday of every month 6 pm****

Sunday Bingo: 1. Justin 2. Bill/Angeleo 3. Justin 4. Angeleo 5. Bill/Suzette 6. Collinda 7. Collinda 8. Suzette 9. Amy K. 10. Amy K/Dawn B/O Suzette/Dawn

****3rd Sunday of each month at 1:00 pm****

IT'S BACK!!! Friday BINGO: Friday June 24th @ 6:30! Join us!

****Last Friday of the month @ 6:30 pm****

**** NEW ** Name that Tune:** No Contest

****3rd Friday of the month @ 6 pm****

NOTE: Watch for upcoming NEW Tournaments and NEW Contests!!!

1106 Broadway St.
Alexandria, MN 56308

HIDE SEEK

By Bill

BOB	RAT
BOO	RED
EAT	TAR
EEL	TEA
EYE	YET
LIE	YUM

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