

# THE GRAPEVINE NEWSLETTER

## November 2022

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

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

**Website:**

[www.vikingslandcsp.azurewebsites.net](http://www.vikingslandcsp.azurewebsites.net)

**Facebook: Like us at-**

**Vikingsland 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**

**Vikingsland Community Support Program has email addresses for all staff members. Each staff's email is their name: example-[beckyschmitz@vikingslandcsp.com](mailto:beckyschmitz@vikingslandcsp.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

### Vikingsland CSP/ Douglas County Socialization Activities

#### Douglas County Socialization Activity:

**NOVEMBER 24<sup>th</sup>:** Thanksgiving Dinner from 12 pm – 3 pm. Bring a food item to share. Sign-up sheet is posted at the Drop-In-Center.

**Wednesday, November 16<sup>th</sup>:** Kat's Kraft's at the Center @ 2:00 pm

**Sunday November 13<sup>th</sup>:** 1:00 pm BINGO FOR CASH PRIZES!

**Wednesday November 2<sup>nd</sup>:** Center Advisory Council at 2:00 pm.

**Local Advisory Council.** Thursday November 17<sup>th</sup> @ 2:30 pm in Conference Room 2 @ Social Services building. Contact Anna Olson for questions @ 320-762-3823.

**3<sup>rd</sup> Monday of every month – (November 21<sup>st</sup>) @ 3:00 pm:** “Yahtzee or Board Games”

**Friday night BINGO:** November 25<sup>th</sup> @ 6:30 pm

**HOLIDAY GALA:** Friday, December 16<sup>th</sup> Come dressed



*Helping others help themselves.*



### Birthdays for November

11-2 Lauren S.      11-04 Jackie K.      11-05 Bobbie W.      11-06 Alexander  
11-11 Joseph G.      11-14 Brandon C.      11-19 Barb B.      11-20 Alan B.  
11-24 Gerald S.      11-25 Chad R.      11-26 Kierra NH.      11-29 Cheryl Z.



#### Director's Report ~

November! How did we get to November?!! The days and the months keep flying by. I hope everyone is utilizing the center and joining activities so that we can stay busy during these winter months and manage our symptoms by not isolating. Stay mindful of the newsletter as we continue to increase activities for the holidays, it's a fun way to stay connected to your peers and enjoy something new. We are going to be having a new group this month to practice and put together our mental health toolboxes, keep an eye out for more information. Check out Facebook every Monday, Tuesday and Wednesday as well with little tips and tools you can use to keep improving yourself to feel better. Have a Happy Thanksgiving and see you at the center!

~ Becky Schmitz, Executive Director

#### \*\*\*WATCH FOR UPCOMING EVENTS\*\*\*

#### DECEMBER: HOLIDAY GALA

We are having a "Holiday Gala" on Friday, December 16<sup>th</sup>! Please put this on your calendar! (GALA means we get to dress up! Start planning now! 😊)

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

## The Hen's Nest

"Bless Young Folks" Say or write....

- \* You're on your way!
- \* You're incredible!
- \* Nice work!
- \* I'm so proud of you!
- \* I knew you could do it!
- \* You're outstanding!
- \* Well done!
- \* I think you are unique!
- \* Keep up the good work!
- \* You mean the world to me!

~ Your friend, Gale Peterson ~



### John's Recovery Quotes of the month:

*"You are valuable just because you exist. Not because of what you do or what you have done, but simply because you are". ~ Internet*

*"P.T.S.D. doesn't make you weak. It makes you a survivor". ~ Dr. DaShande Stokes*

*"It always seems impossible until it's done". Nelson Mandela*

**Pool tournament:** No tournament

**\*\*Held the 1<sup>st</sup> Friday of the month 6 pm\*\***

**Bowling tournament:** 1. Jason R. 2. Bill T.

**\*\*Held the 2<sup>nd</sup> Friday of every month 6 pm\*\***

**Sunday Bingo:** 1. Shannon S. 2. Patti K. 3. Dariha 4. Patti K. 5. Dariha 6. Shannon S. 7. Dawn W. 8. Dawn W. 9. Bill T. 10. Bill T.

**Blackout:** Patti K.

**\*\*2<sup>nd</sup> Sunday of each month at 1:00 pm\*\***

**Friday BINGO:** 1. Andy 2. Jesse/Taylor 3. Bill T. 4. Amy 5. Jese 6. Brit 7. Amy 8. Brit 9. Bill T. 10. Kirsten **Blackout** Bill T.

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

**Name that Tune:** No Contest

**\*\*3<sup>rd</sup> Friday of the month @ 6 pm\*\***

**1106 Broadway Street**

**Alexandria, MN. 56308**

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

TURKEY DAY

By Bill

CRANBERRIES  
 FAMILY  
 FOOTBALL  
 GRAVY  
 HAM  
 MAYFLOWER  
 NATIVES

NOVEMBER  
 PILGRIMS  
 PLYMOUTH  
 POTATOES  
 PUMPKINPIE  
 TURKEY  
 YAMS