

# THE GRAPEVINE NEWSLETTER

## December 2022

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

1106 Broadway  
Alexandria, MN 56308  
320-763-6261

**Website:**

[www.vikinglandcsp.azurewebsites.net](http://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**

**WEDNESDAY DECEMBER 14<sup>th</sup>:** Holiday Gala from 1:00 pm – 3:00 pm @ Broadway Ballroom. Dress up all fancy (OPTIONAL) and join us for great food, socialization and fun! We will have a photo booth to take pictures!

Sign-up sheet is posted at the Drop-In-Center.

**Wednesday, December 21<sup>st</sup>:** Come join us for a Movie “A Christmas Story” at the Drop-In-Center. Popcorn will be provided. Optional: Bring a Christmas snack to share.

**Wednesday, December 21<sup>st</sup>:** Kat's Kraft's at the Center @ 2:00 pm

**Sunday December 11<sup>th</sup>:** 1:00 pm BINGO FOR CASH PRIZES!

**Wednesday December 7<sup>th</sup>:** Center Advisory Council at 2:00 pm.

**Local Advisory Council.** Thursday December 15<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 – (December 19<sup>th</sup>) @ 3:00 pm:** “Yahtzee or Board Games”

**Friday night BINGO:** December 23<sup>rd</sup> @ 6:30 pm

*Helping others help themselves.*





### Birthday's for December

12-04 Sandra A.      12-05 Sonja D.      12-05 Michelle J.      12-05 Mary K.  
                                 12-05 Jeanne N.      12-08 Tim L.      12-08 Dustin S.  
12-09 Sandy B.      12-16 James M.      12-19 Kimberly M.  
                                 12-21 Amy M.      12-25 Stan K.      12-26 Jennifer S.



#### Director's Report ~

I say this time and time again, but I have no idea where the time goes. It feels like just yesterday we were talking about goals for the new year and now we are going to be talking about new ones!! Christmas is right around the corner, and I encourage all of you to join us for our Holiday Gala on Wednesday December 14<sup>th</sup>. This is such a fun event and our favorite activity of the year. Dress up in anything you feel most comfortable in. We will enjoy a meal and friendships. Also, as we continue to work towards the end of the year, I hope all of you take a moment to reflect on your year, all the successes and failures, they continue to lead us on a journey that we can appreciate and observe to make future changes. Give yourselves a pat on the back for doing your best each day and making a commitment to yourself. Please be mindful of all the holiday closings for the Vikingland offices. Thank you to all the staff, volunteers, and extended hours staff for another amazing year at Vikingland CSP and the Douglas County Drop-in Center.

Merry Christmas to you all and a Happy New Year!!

~ Becky Schmitz, Executive Director

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

The Hen's Nest

"Morning Grogginess"

Sleeping with a pillow full of dust mites cause 90% of us to have next morning fatigue.

Cure to the rescue: Put your pillows in a high heat dryer for 15 minutes!

"Sweet Dreams"

Listening to 15 minutes of peppy tunes in the evening can relax you, making you ready to sleep. It shuts down the brains anxiety center, according to British Scientists.

~ Your friend, Gale Peterson ~



John's Recovery Quotes of the month:

"HOLIDAY STRESS"

*"Keep calm and breathe deeply..."*

*"Stressed spelled backwards is Desserts" Loretta LaRoche*

*"The greatest weapon against stress is our ability to choose one thought over another". ~William Jones*

**Pool tournament:** No tournament

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

**Switch Bowling tournament:** 1Dave H.

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

**Sunday Bingo October 9<sup>th</sup>:** 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 October 28<sup>th</sup>:** 1 Suzette 2. Bill 3. Dawn 4. Dawn 5. Suzette 6. Bill 7. Amy 8. Amy 9. Mick 10. Mick

**Blackout** Dawn W.

**\*\*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**

RED AND GREEN

By Bill

CHERRY	PEPPERMINT
CUCUMBER	POINSETTIA
EMERALD	ROJO
EVERGREEN	RUBY
GO	SPEARMINT
HOLLY	STOP
LIME	TOMATO
MISTLETOE	VERDE

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