



# Pope County Drop In Center News

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April 2024

What a wonderful outing we had to the Winter Garden! Thank you to all who were able to attend. I'm so happy to have been able to share such a great experience with you all. Please check out all the beautiful pictures on our Facebook page.

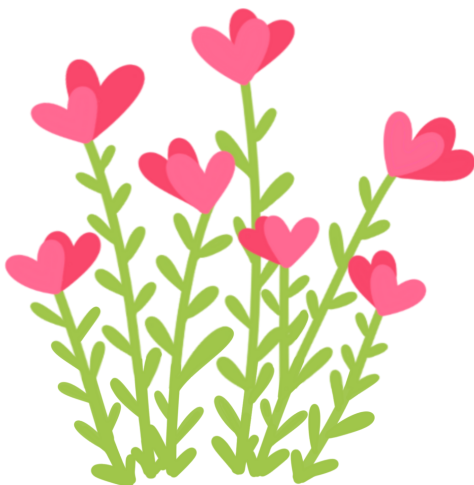
It is so wonderful to see familiar faces and new ones at our Center. I encourage you all to stop in, grab a snack and enjoy the company.

Our groups for April will continue with the exception of Mindfulness group beginning at noon. I am always looking for new activities and opportunities for social engagement. I so appreciate any input you can provide. Please remember, this is YOUR Center and my aim is to make it a fun and comfortable space for all.

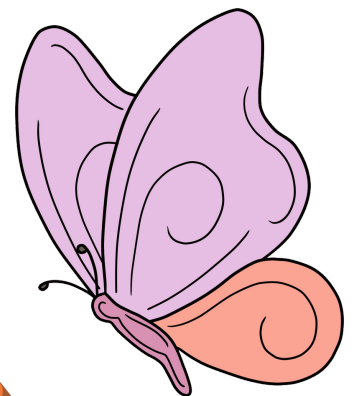
## COMING SOON

On Friday, May 10th, we will be hosting our annual Mental Health Awareness event. This year our theme is "Celebrating Community" and will be held at the Barsness Park Chalet. This festival will offer activities, entertainment, music, food and all the good things our community has to offer. The event will take place from 11am - 3 pm.

"We all do better when we all do better"



Spring



# April Activities

On Wednesdays, we will be having a Mindfulness group starting at 12:00 pm. This will offer a variety of mindful activities such as chair yoga, meditation practices, journaling styles and other methods to promote grounding and insight.

Every other Thursday, we will have a card playing group and/or board games. Alternative Thursdays will be a craft group. I am currently seeking out volunteers to develop and facilitate a craft project. Please contact me if you have any ideas. We do have a designated art room now, so you are invited to work on any crafts at any time we are open.

Every other Friday, please join us for BINGO (with prizes) at 10:00 a.m. and Movie Group at noon. Let me know if there are any films you would like to see. On alternative Fridays we will be sharing lunch provided by a local restaurant.

The newsletter and calendar will be posted on our Facebook page and Region IV South website. Hard copies available to pick up at the Center.

Please contact me via email if you would like a copy sent to you.

