

THE GRAPEVINE NEWSLETTER

Vikingland CSP/ Douglas County Socialization Activity

Wed., March 4th, @2pm: Drop-In Center Advisory Council.

“Diamond Painting” every Thurs. @2pm: Come join your peers and try Diamond Painting!

Fri., March 6th, @2pm: Pool, Cash for prizes! No cost for you!

Tues., March 10th, @2pm: Switch Bowling. Cash for prizes! No cost for you!

Fri., March 13th, @ 12pm: “Sit & Paint” with Jenny. Come join Jenny for a relaxing hour of painting.

Fri., March 13th, @1pm: Pizza Pie Day Alert! Good news, pizza lovers! We’re celebrating **Pizza Pie Day** on **Friday, March 13th at 1:00 PM** at the Drop-In Center! Come grab a slice (or two) and enjoy some hot, cheesy happiness with us. ⚠ **Important:** You must be signed up by **Tuesday, March 10th** to join the pizza party. No sign-up = no slice (and nobody wants that kind of heartbreak). Don’t crust us... it’s going to be a gouda time!

Fri., March 13th, @2pm: BINGO! Cash for prizes! No cost for you!

Mon., March 16th, @2pm: BINGO! Cash for prizes! No cost for you!

Tue., March 17th, @1pm: Join us for a **Non-Alcoholic Happy Hour** in honor of **Saint Patrick’s Day at 1:00 PM!** We’ll have festive drinks, tasty snacks, trivia, and plenty of fun. Come dressed in your best green or leprechaun attire and help us spread the Irish cheer! No alcohol, no worries — just good vibes and shamrockin’ good times!

Wed., March 18th, @1pm: Come join the Monthly Birthday Celebration. Everyone is welcome.

Wed., March 18th, @2pm: Kat’s Kraft’s at the Center.

Thurs., March 19th, @2:30pm: Local Advisory Council at Douglas County Social Services.

Fri., March 20th, @2pm: Chase the ACE at the center.

Sat., March 21st, @1pm: Fact or Crap at the center.

Tues., March 24th, @12pm-1pm: NAMI Peer Connection Group. Bring a sack lunch.

Wed., March 25th, @2pm: Name That Tune.

Fri., March 27th, @ 1pm: Coffee Talk w/Carmen “– **Green Day** “Planting personal growth” goal setting”.

Sat., March. 28th, @1pm: BINGO! Cash for prizes! No cost for you!

Tues., March 31st, @2pm: Lego’s with Bill. Come join Bill as he illustrates ways to build Lego’s. We have a few small kits for you to build and keep. (one per person)

Tues., March 31st, @5pm: NAMI meeting at the Drop-in center.



03/07 Spencer S. 03/11 Georgette C. 03/14 Lara D. 03/14 Tiffany S. 03/15 Robyn G. 03/17 Brenda V. 03/18 Marlys W. 03/20 Brendin R. 03/25 Heather S. Pat T.

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Future Activities to Put on Your Calendar:

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Diamond Painting: Held every Thursday at 2pm in the Drop-In-Center. Many have joined us and it's been fun to relax and discover how fun Diamond painting can be! Supplies are provided so come try it!

Check out our website @ www.vikinglandcsp.com

Come join us for a free cup of coffee during our Drop-In Center hours (1 pm – 5 pm Mon. – Fri & 12 pm – 4pm Sat.)

March 19th, @ 2:30pm Local Advisory Council at DCSS: Please gather in the lobby area and someone will come out to let everyone in shortly before 2:30pm. Zoom is also an option.

 Free Soup & Sandwich meal: Wednesdays Feb. 25th – March 25th, 2026. 5:30pm-6:15pm. **Bethesda Lutheran Church**. 1204 N. Nokomis, Alexandria, MN. 320-763-5164. www.bethesdaalexandria.org

THE HEN'S NEST BY GALE PETERSON

"Burnt Cookware"

Fill the pot half way with water and drop in an Alka-Seltzer or Polydent tablet (2 for a large pot). It will easily wipe away.



Check out the Monthly Birthday celebration. Come help celebrate on 3/18/26 1pm at the Drop-in Center.

Random Acts of Kindness Day – What a Success! Our hearts are full! We had **13 consumers and 4 staff** out in the community, spreading kindness everywhere they went, and feeling the joy right along with it. Smiles were shared, spirits were lifted, and simple acts made a big impact. Thank you to everyone who participated and helped remind us that kindness truly matters. All the good feels, all around.

2026

CONVERSATIONS: Region 4 South Adult Mental Health hosts an advisory committee meeting where stakeholders made up of providers, consumers, and family members gather to discuss and work on improving the local mental health service needs. The purpose of the **CONVERSATIONS** initiative is to implement systemic change in the delivery of community-based mental health services for adults who have a serious and persistent mental illness. Region 4 South AMHC welcomes individuals to our **CONVERSATIONS** meetings; for more information please call **Christine Bradley** at (320) 815-7284 or email: christine.bradley@r4south.org

*Meetings are typically the 2nd Tuesday at 9:30 am in Hoffman, MN. *No Meetings* in: February, April, July, and October

EVERY DAY IS MENTAL HEALTH DAY!