

The Grapevine Newsletter

Future Activities to Put on Your Calendar:



Tue., Oct. 27th, @6pm-8pm: Get ready for a spooktacular night of fun at our Halloween Party on Tuesday, October 27, 2026, from 6:00–8:00 PM at the VFW! Enjoy pizza, candy, and 2 soda tickets (additional soda is your responsibility to pay for). Please note that you must provide your own transportation. Come dressed to impress for our Costume Contest, with prizes for 1st, 2nd, and 3rd place, plus a 1st place prize for the Dance Contest! Be sure to sign up by Tuesday, October 20th with your ARMHS worker or a staff member. Come join the fun, show off your costume, and dance the night away!

Diamond Painting: Held every Thursday at 2pm in the Drop-In-Center. Many have joined us and it has 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.)

Local Advisory Council at DCSS meeting is Thursday October 15th, 2026, at 2:30 pm.



Facebook



Website

Alexandria Farmers Market in 2026 operates at **Big Ole Central Park** (corner of 2nd Ave & Broadway in downtown Alexandria).

Tue: 9 am- 12 pm, Thurs: 3 pm – 6 pm, Sat: 9 am – 12 pm

THE HEN'S NEST BY GALE PETERSON

"3 Goals"

1. Curiosity: Having an inquisitive nature is very much a blessing! Enjoy learning...
2. Kindness: Being tenderhearted is an honorable goal to strive to achieve.
3. Joy: Happiness is external and joy is internal.



Check out the Monthly Birthday celebration. Come help celebrate on 10/21/26 1pm at the Drop-in Center.

15th Annual Day at Home. Come join everyone and check out the amazing community vendors! It is FREE to attend and there is a FREE breakfast buffet provided starting at 8:30 am. No registration required.

October 9th, 2026 Broadway Ballroom

Exhibitors open at 8:15 Event Starts at 9:00 am

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 improve 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!