The Grapevine Newsletter

Vikingland CSP/ Douglas County Socialization Activity

"Diamond Painting" every **Thurs. @2pm**: Come join your peers and try Diamond Painting! **No group on Nov., 26th.**

Wed., Nov. 4th, 12pm-2pm: Fall Open house.

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

Fri., Nov., 6th, @12pm: Open craft day. Come make something that we have or bring your own and enjoy hanging out with others.

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

Sat., Nov., 7th, @1pm: Photography class. Come learn how to take nice photo's with your phone or a camera. Ongoing class so many fun things to learn. Sign up in the Drop-in center.

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

Fri., Nov., 13th, @12pm: Join us for a fun game of **Jeopardy** at the Drop-In Center! It's FREE to play, so come test your knowledge, enjoy some laughs, and win a prize!

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

Sat., Nov., 14th, @1pm: Fact or Crap at the center.

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

Tues., Nov., 17th, @12pm-1pm: NAMI Peer Connection Group. Bring a sack lunch.

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

Wed., Nov., 18th, @2pm: Kat's Kraft's at the Center.

Fri., Nov., 20th, @1pm: Coffee Talk w/Carmen. **Topic, "Caring for Your Mental Health as the Seasons Change"**

Sat., Nov., 21st, @1pm: Apples to Apples

Tues., Nov., 24th, @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., Nov., 24th, @5pm: NAMI meeting at the Drop-in center.

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

Thurs., Nov., 26th, @1pm: Thanksgiving Meal. Join us at the Drop-In Center for a Thanksgiving meal and celebration filled with good food, fun, and fellowship! The main part of the meal will be provided, and we invite you to bring a dessert to share. Please sign up by Friday, November 20th, so we can plan accordingly. We look forward to celebrating Thanksgiving with you!

Thurs. & Fri., Nov. 26th & 27th Vikingland CSP office is closed.

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



11-01 Jessica B. 11-04 Tia K. 11-24 Mark T.

The Grapevine Newsletter

Future Activities to Put on Your Calendar:

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!

Christmas Party: Join us for our Christmas Party on December 16th from 11:30 AM to 1:30 PM at Grand Arbor! A deposit will be required when signing up and will be returned to you when you arrive at the party. Please keep this fun holiday activity in mind as you plan for December—we look forward to celebrating the season together!

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 December 17th, 2026, at 2:30 pm.

Facebook

Website

Join us for our **Fall Open House at the Drop-In Center** on November 4th, 2026, from 12:00 PM to 2:00 PM! Stop by to enjoy a light snack, meet others, and enter our drawing for a chance to win a prize—**you must be present to win!** Stick around afterward to learn more about what the Advisory Council is all about and how you can get involved. We look forward to seeing you there!

THE HEN'S NEST
BY GALE PETERSON

"Success in Number"

I've gone from 188 lbs to 141 lbs by eating 6 mini meals in small sauce bowls.

By keeping six bowls and six spoons or forks on my kitchen counter. Less dishes too.

Be sure to enjoy a variety of fruits and vegetables.



Check out the Monthly Birthday celebration. Come help celebrate on 11/18/26 1pm at the Drop-in Center.

Halloween party winners: Dance contest was won by Roberto H.

Costume contest was 3rd place: Bill T. , 2nd place was Alyssa S. and Lara D. for 1st place.

Pumpkin contest winners: 3rd place Robert H., Kat S. 2nd place, and Jessica B. for 1st place.

Thank you to all that participated.

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!