

MON

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WED

THU

FRI

OCTOBER

*\*JTP groups are only for members enrolled in the Job Training Program*

1

10AM to 12PM - CLOSED (All Staff Meeting)

 2PM to 4PM - 1:1 Meetings

2

11AM - Mental Health: Side Effects of Medication

 12PM - Pine Tree Apple Orchard

5

11AM Mental Health: Money Management

1:30PM - Weekly Goal Setting

6

 10AM to 12PM - 1:1 Meetings

12PM - \*JTP Group

1:30PM- Cooking Skills: Sloppy Joes for BBQ on 10/7

7

 10AM to 1:30PM - BBQ and Lawn Games at T-Lodge

2PM - Hello October: Decorate the Resource Center

8

 10:30AM-1:30PM - Como Zoo + Conservatory

2PM - Gentle Movement + Music

9

11AM - Mental Health: 10 Tips for Finding Motivation When You're Depressed

 12PM - Reach and Restore

12



**Indigenous Peoples' Day**

13

11AM - Thrift Store Walk

12PM - \*JTP Group

2PM - Resource Center Family Feud

14

11AM - Mental Health: Seasonal Effective Disorder

1PM - Health & Wellness w/Rose

15

11AM - Karaoke

 2PM to 4PM - 1:1 Meetings

16

11AM - Mental Health: Living with Bipolar Disorder

 12:30PM - Lu's Free Sandwich

2PM - Gratitude Journaling

19

11AM - Mental Health: Family Relationships

1:30PM - Weekly Goal Setting

20

 10AM to 12PM - 1:1 Meetings

12PM - \*JTP Group

1:30PM - Fall Canvas: Paint & Create

21

11AM - Mental Health: Introspective Exercise

1:30PM - Minneapolis Institute of Art

22

10AM to 12PM - CLOSED (All Staff Meeting)

1PM - Pumpkin Decorating Party

23

11AM - Mental Health: Health Wisdom Managing IBS

 12:30PM to 4PM - MN Largest Candy Store

26

11AM - Mental Health: Brain Injuries + Other Conditions

1:30PM - Weekly Goal Setting

27

11AM - Mindfulness Activity: Scan Your Body

12PM - \*JTP Group

1:30PM - Baking: B-Day Cake for October Birthdays (10/27)

28

11AM - Bingo w/ Prizes

12PM - October Birthdays (Cake & Ice Cream)

1PM - Health & Wellness w/Rose

29

10AM to 1PM - CLOSED (All Staff Meeting)

 2PM to 4PM - 1:1 Meetings

30

11AM - Mental Health: Cognitive Distortions

1PM - Halloween Party @ Resource Center

## HOURS AND CONTACT

Mon–Fri | 10AM–4PM  
2419 Nicollet Ave S,  
Minneapolis  
612-298-4062

## ACTIVITY NOTES & KEY



Event requires members to sign up in advance with staff.



Meet with staff 1:1 for support, goals, or resources.



For outdoor events, please dress for the weather and your comfort.



## HOW TO JOIN IN

Calendar events are open to all Resource Center members. To keep your membership active, please participate in at least one activity every six months. To become a member, connect with staff to set up a meeting.

## FALL RIDDLES

- What do you get if you cross a vampire with a snowman?
- What do ghosts eat for dessert?
- What's a skeleton's favorite type of joke?

## OCTOBER HIGHLIGHTS

**10/2: Pine Tree Apple Orchard** - Enjoy a fall day at the Pine Tree Apple Orchard in White Bear Lake, MN with apple and pumpkin picking, corn mazes, and treats!

**10/7: BBQ at T-Lodge** - Meet at the Resource Center. Lunch & games at T-Lodge.

**10/8: Como Zoo + Conservatory** - Explore the zoo and beautiful conservatory while enjoying a fun fall outing!

**10/9: Reach and Restore** - 5 spots available. Sign up with Resource Center staff to shop gently used clothing, hygiene items, and accessories!

**10/22: Pumpkin Decorating Party** - Get creative and decorate your own pumpkin!

**10/23: MN Largest Candy Store** - Trip to the Jordan, MN candy store.

**10/30: Halloween Party @ Resource Center** - Celebrate Halloween with games, candy, music, and fun! Costumes encouraged but not required :)