

February 2019

BELLOWS FALLS ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 Coffee Social 9:00-9:30 am Yoga 10:00-10:30	29 Art Gym Springfield 10am-2pm	30 Health & wellness 10:30-11am BF Office	31	1 Inclusion center 12:30-3pm Music Group Bratt. 1-2pm	2
3	4 Coffee Social 9:00 -9:30 am Yoga 10:00-11:00	5 Art Gym Springfield 10am-2pm	6 Health & Wellness 10:30-11am BF Office	7 Valentines crafts And Karaoke 1-3 Bratt. Day room	8 Inclusion center 12:30-3pm Music Group Bratt. 1-2pm	9
10	11 Coffee Social 9:00 -9:30 am Yoga 10:00-11:00	12 Art Gym Springfield 10am-2pm	13 Valentines Dance 12:30-3pm Health & Wellness 10:30-11am BF Office Local standing Spfld 12-1pm	14 Movie Day 12:30-2:30 Bf office	15 Inclusion Center 12:30-3pm Music Group Bratt.1-2pm	16
17	18 Coffee Social 9:00 -9:30 am Yoga 10:00-11:00	19 Art Gym Springfield 10am-2pm	20 Health & Wellness 10:30-11am BF Office	21 Movement exercise w/Travis 1:00 – 2pm	22 Inclusion Center 12:30-3pm Music Group Bratt.1-2pm	23

24	25 Coffee social 9:00-9:30am Yoga 10:00 – 10:30	26 Art Gym Springfield 10am-2pm	27 Health & Wellness 10:30-11am BF Office Advocacy meeting 1-3pm	28		
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Local Standing Meeting: 2nd Weds of the Month in Springfield 12-1pm

Self-Advocacy: Springfield boardroom 1-3pm

Valentine Dance: 12:30-3pm at the Moose. \$3.00 or \$2.00 and a canned good.

Peer Social: meet with friends and have some coffee .WHERE: Walpole DD 9:00 – 9:30 am

Movement Exercise w/Travis: Learn movement exercises in the Gras room in BF.

Yoga: Come enjoy some gentle stretching and relaxation! Where Bellows Falls Office

Health & Wellness: meets at the BF office. Yoga. Tai chi, stretching, walking.

Cooking Class: At the Co-op in Brattleboro, upstairs.

Art Gym: Create art at the Springfield Art Gym at 62 Clinton St. in Springfield. No cost for this activity-**Drop in.**

Music Group: Come sing with your peers. Brattleboro exit 2. At 70 Western Ave. (yellow building near the park.)-**Drop in**

Inclusion Center: Drop in center for activities. 16 Bradley Ave Brattleboro. Lower lvl/St. Michael's.-**Drop in**

Contact Information:

Bellows Falls Office: 802-463-3532 or cell: 802-282-6752 ~ Renae White

**** Note schedules are subject to change on short notice due to weather or unforeseeable events. Call for any questions.**