

January 2019

BELLOWS FALLS ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 Coffee Social 9:00-9:30 am Yoga 10:00-10:30	1 Holiday	2 Health & wellness 10:30-11am BF Office	3 Bingo 1-2:00pm	4 Inclusion center 12:30-3pm Music Group Bratt. 1-2pm	5
6	7 Coffee Social 9:00 -9:30 am Yoga 10:00-11:00	8 Bratt Bowling 11-3 \$6.75 for 2 strings and shoes	9 Health & Wellness 10:30-11am BF Office Local standing Spfld 12-1pm	10 Pizza Making 11-1pm Bratt. Day room kitchen	11 Inclusion center 12:30-3pm Music Group Bratt. 1-2pm	12
13	14 Coffee Social 9:00 -9:30 am Yoga 10:00-11:00	15 Art Gym Springfield 10am-2pm	16 Health & Wellness 10:30-11am BF Office	17 Movie Day 12:30-2:30 Bf office	18 Inclusion Center 12:30-3pm Music Group Bratt.1-2pm	19
20	21 No services	22 Bratt bowling 11-3 \$6.75 for 2 strings and shoes	23 Health & Wellness 10:30-11am BF Office Advocacy meeting 1-3pm	24 Movement exercise w/Travis 1:00 – 2pm	25 Inclusion Center 12:30-3pm Music Group Bratt.1-2pm	26

27	28 Coffee social 9:00-9:30am Yoga 10:00 – 10:30	29 Art Gym Springfield 10am-2pm	30 Health & Wellness 10:30-11am BF Office	31		
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Local Standing Meeting: 2nd Weds of the Month in Springfield 12-1pm

Self-Advocacy: BF Moose from 1-3pm

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.**