

May 2019

BELLOWS FALLS ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 Coffee Social 9:00-9:30 am Yoga 10:00-10:30 Walking/hiking 1pm	30 Cooking @ the co-op 1:30-2:30 Art Gym Springfield 10am-2pm	1	2 Field Games 1-2pm @ BF Rec.	3 Inclusion center 12:30-3pm Music Group Bratt. 1-2pm	4
5	6 Coffee Social 9:00 -9:30 am Yoga 10:00-11:00 Walking/hiking 1pm	7 Discover Computers 10-11am@ bf library Art Gym Springfield 10am-2pm	8 Local Standing 12:00-1pm Location TBD	9 Bowling Keene 12-3pm	10 Inclusion center 12:30-3pm Music Group Bratt. 1-2pm	11
12	13 Coffee Social 9:00 -9:30 am Yoga 10:00-11:00 Walking/hiking 1pm	14 Art Gym Springfield 10am-2pm Discover Computers 10-11am@ bf library	15 Crafts with Vicki 1-2pm	16 Field Games 1-2pm @BF Rec.	17 Inclusion Center 12:30-3pm Music Group Bratt.1-2pm	18
19	20 Coffee Social 9:00 -9:30 am Yoga 10:00-11:00 Walking/hiking 1pm	21 Art Gym Springfield 10-2pm Discover Computers 10-11am@ bf library	22 Advocacy Meeting 1:00-3:00BF Moose	23 Bowling Keene 12-3pm	24 Inclusion Center 12:30-3pm Music Group Bratt.1-2pm	25

26	27 No services	28 Discover Computers 10-11am@ bf library Art Gym Springfield 10am-2pm	29 Spring Fling 12-3pm	30 <u>Bowling Keene</u> <u>12-3</u>	31	
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Local Standing Meeting: location TBD

Self-Advocacy: Meeting at the BF Moose 1-3pm

Spring Fling: Lunch and dance at the American Legion in Windsor \$3 for just the dance \$5 for lunch and dance.

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

Crafts with Vicki: At the BF office 1-2

Discover Computers: Use computers with supports @ the BF library.

Walking/Hiking: Meet at the BF office and go walking/hiking, wear appropriate shoes.

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

Cooking Class: At the Co-op in Brattleboro, upstairs. **No cost. Drop in.**

Bowling Keene: \$3.49 for 1 string, \$5.48 for 2 strings. Shoe rental included.

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.**

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