

For more information or questions call (509-385-1054 Robert) or (Mikael 509-280-5625)

CIP's mailing address has changed: **Spokane County Community Services, Housing, and Community Development Department** - 1116 W. Broadway Avenue
Spokane, WA 99260

March 2021

CAReS-Community Integration Program's Events Calendar

SUN	MON	TUES	WED	THUR	FRI	SAT
No Activity	1 Robert out of Office Creating Positive Change Journaling Interested in learning to be more positive and grateful? This group is for you! 11am -Noon	2 Media Day Join the group and discuss books you're reading movies and more 11am – Noon	3 Bingo Bingo cards were sent with your calendar 1pm-2pm	4 Zoom or join in by phone TED Talk Group 1-2pm	5 Mindfulness Practices for Everyday Learn steps to practice mindfulness on your own 11am-Noon	6 No Activity
7 No Activity	8 Ice Breakers Communication Practice your communication skills while participating in a fun activity 11am-Noon	9 Meal Planning Share recipes, ideas for meal planning, tips for cooking for one 10am-11am	10 Activity Book Challenge Work through an activity together with others You will receive Activity Pages with your calendar 1-2pm	11 Zoom or join in by phone Virtual Painting Group 1-2pm	12 Mikael out of Office Zoom or join in by phone Virtual Yarn Group 1-2pm	13 No Activity
14 No Activity	15 Robert out of Office Craft Group 10am-Noon Limit of 7 - Call Mikael to reserve your spot	16 Yoga (we will watch a video and practice along with it) Gentle stretching while working on strength, flexibility, and mind-body awareness 11am -Noon	17 Bingo Bingo cards were sent with your calendar 1pm-2pm	18 Zoom or join by phone Trivia If you want, write up 10 trivia questions and answers 1-2pm	19 Crossword Puzzle Challenge <i>The puzzle is on the back of this calendar!</i> Looking for a good challenge? Join Robert and Mikael to complete the puzzle as a group 1pm-2pm	20 No Activity
21 No Activity	22 Creating Positive Change Journaling Interested in learning to be more positive and grateful? This group is for you! 11am -Noon	23 Mikael in training until 2pm Zoom or join in by phone Virtual Pet Sharing Group 1-2pm	24 Mikael out for training until 2pm Activity Book Challenge Work through an activity together with others You will receive Activity Pages with your calendar 1-2pm	25 Mikael out for training until 2pm Mindfulness Practices for Everyday Learn steps to practice mindfulness on your own 2pm-3pm	26 Mikael out of Office Zoom or join in by phone Video Game Group 1-2pm	27 No Activity

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28 No Activity	29 Robert out of Office Name, Place, Animal Thing Game It's like the Scattergories Game 11am -Noon	30 Zoom or join in by phone Virtual Yarn Group 1-2pm	31 Bingo Bingo cards were sent with your calendar 1pm-2pm	<div style="border: 1px solid black; padding: 10px; text-align: center;">Zoom meeting ID: Password: Or join by telephone by calling 1-669-900-6833</div>	No Activity
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