

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

# June 2021

## CAReS-Community Integration Program's Events Calendar

SUN	MON	TUES	WED	THUR	FRI	SAT
No Activity		<b>1</b> <b>Media Day</b> <i>Join the group and discuss books you're reading, movies and more</i> <b>11am – Noon</b>	<b>2</b> <b>Activity Book Challenge</b> Work through an activity together with others You will receive Activity Pages with your calendar <b>1-2pm</b>	<b>3</b> <b>Zoom or join by phone Trivia</b> If you want, write up 10 trivia questions and answers <b>1-2pm</b>	<b>4</b> Mikael out of Office  Zoom or join in by phone <b>Virtual Yarn Group</b> <b>1-2pm</b>	<b>5</b>  No Activity
No Activity	<b>7</b> <b>Creating Positive Change Journaling</b> <i>Interested in learning to be more positive and grateful? This group is for you!</i> <b>11am-Noon</b>	<b>8</b> <b>Mindfulness Practices for Everyday</b> <i>Learn steps to practice mindfulness on your own</i> <b>11am-Noon</b> <hr/> <b>Yoga</b> (we will watch a video and practice along with it) <b>1pm-2pm</b>	<b>9</b> <b>Bingo</b> Bingo cards were sent with your calendar <b>1pm-2pm</b>	<b>10</b> Mikael out of Office  Zoom or join in by phone <b>Virtual Pet Sharing Group</b> <b>1-2pm</b>	<b>11</b>  Zoom or join in by phone <b>Virtual Gardening Group</b> <b>1-2pm</b>	<b>12</b>  No Activity
No Activity	<b>14</b> Robert out of Office <b>Name, Place, Animal Thing Game</b> <b>11am -Noon</b> <hr/> <b>Yoga</b> (we will watch a video and practice along with it) <b>1pm-2pm</b>	<b>15</b> <b>Keystone Habits</b> <i>Learn about small changes that can make big impacts in your life!</i> <b>11am -Noon</b>	<b>16</b> Mikael out of Office <b>Activity Book Challenge</b> Work through an activity together with others You will receive Activity Pages with your calendar <b>1-2pm</b>	<b>17</b> Mikael out of Office  Zoom or join in by phone <b>Virtual Gardening Group</b> <b>1-2pm</b>	<b>18</b> Mikael out of Office  Zoom or join in by phone <b>Virtual Painting Group</b> <b>1-2pm</b>	<b>19</b>  No Activity
No Activity	<b>21</b> <b>Yoga</b> (we will watch a video and practice along with it) <b>11am-Noon</b> <hr/> <b>Creating Positive Change Journaling</b> <i>Interested in learning to be more positive and grateful?</i> <b>1pm-2pm</b>	<b>22</b> <b>Mindfulness Practices for Everyday</b> <i>Learn steps to practice mindfulness on your own</i> <b>11am-Noon</b>	<b>23</b> <b>Bingo</b> Bingo cards were sent with your calendar <b>1pm-2pm</b>	<b>24</b> <b>Crossword Puzzle Challenge</b> <i>The puzzle is on the back of this calendar!</i> We will complete the puzzle as a group <b>1pm-2pm</b>	<b>25</b>  Zoom or join in by phone <b>Video Game Group</b> <b>1-2pm</b>	<b>26</b>  No Activity

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<p><b>27</b> No Activity</p>	<p><b>28</b> Robert out of Office <b>Treasured Item Show and Tell</b> <i>Using communication skills we will share &amp; talk about an item that we treasure</i> <b>11am-Noon</b></p>	<p><b>29</b> <b>Craft Group</b> <b>10am-Noon</b> Limit of 7 - Call Mikael to reserve your spot</p>	<p><b>30</b> <b>Activity Book Challenge</b> Work through an activity together with others You will receive Activity Pages with your calendar <b>1-2pm</b></p>	<p><b>Zoom meeting ID: Password: Or join by telephone by calling</b></p>	<p><b>No Activity</b></p>
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