

Monday	Tuesday	Wednesday	Thursday	Friday
OCTOBER 2020			1 3pm to 4pm (Jes) Online Zoom: Art & Thrive	2 No groups today! Sorry!
5 11am to 3pm (Rick/Leanna/Bushra/Jes) Online Zoom: Artng Together Welcome Leanna and Bushra!	6 12pm to 2pm (Rick/Michael) Perspectives Photography Group	7 1:30pm to 3:30pm (Rick/Leanna/Bushra/Jes) Art in the Park – Draw Together	8 1pm to 2pm (late start time) (Rick/Michael) Online Zoom: Perspectives 3pm to 4pm (Rick/Leanna/Bushra) Online Zoom: Art & Thrive	9 1pm to 2pm (Rick/Leanna/Bushra) Online Zoom: Leatherworking Demo
12 11am to 3pm (Rick/Leanna/Bushra) Online Zoom: Artng Together	13 12pm to 2pm (Rick/Michael) Perspectives Photography Group	14 1pm to 3pm (Jes/Leanna/Rick) Online Zoom: Artist Statements	15 12pm to 2pm (Rick/Michael) Online Zoom: Perspectives 3pm to 4pm (Rick/Leanna/Bushra) Online Zoom: Art & Thrive	16 2pm to 4pm (Rick/Leanna/Bushra) Online Zoom: Member Art Demos on Zoom! Is that you?
19 11am to 3pm (Rick/Leanna/Bushra) Online Zoom: Artng Together	20 12pm to 2pm (Rick/Michael) Perspectives Photography Group	21 1pm to 3pm (Rick/Leanna/Bushra) Online Zoom: Mindful Art	22 12pm to 2pm (Rick/Michael) Online Zoom: Perspectives 3pm to 4pm (Rick/Leanna/Bushra) Online Zoom: Art & Thrive	23 2pm to 4pm (Rick/Leanna/Bushra) Online Zoom: Member Art Demos on Zoom! Is that you?
26 11am to 3pm (Rick/Leanna/Bushra) Online Zoom: Artng Together	27 12pm to 2pm (Rick/Michael) Perspectives Photography Group	28 1pm to 3pm (Rick/Leanna/Bushra) Online Zoom: Write Now	29 12pm to 2pm (Rick/Michael) Online Zoom: Perspectives 3pm to 4pm (Rick/Leanna/Bushra) Online Zoom: Art & Thrive	30 2pm to 4pm (Rick/Leanna/Bushra) Online Zoom: Open Mic

ArtWorks

Jes R.
Program Supervisor
612.404.5541

Leanna B.
Community Coordinator

Bushra A.
Wellness Coach

Rick C.
Peer Specialist
763-321-0222

To join a group call
612-752-8332 or email
[community.support@
avivomn.org](mailto:community.support@avivomn.org)



1900 Chicago Ave
Minneapolis, MN 55404

Oct 6: Minnehaha Falls, 4801 S Minnehaha Drive, Minneapolis, MN, Meet at Sea Salt

Oct 7: Lake Harriet, 4124 Roseway Drive, Minneapolis, MN, Meet at the Band Shell

Oct 13: Basset Creek Park, 5609 32nd Ave N., Crystal, MN 55422, Rick will reach out with meet up spot

Oct 20: Minnesota Valley National Wildlife Refuge-Bloomington Center, 3815 American Blvd E., Bloomington, MN 55425, Rick will reach out with meet up spot

Oct 27: Lake Nokomis, 2401 E Minnehaha Pkwy., Minneapolis, MN 55417, Rick will reach out with meet up spot

PLEASE CALL OR EMAIL 24 HOURS IN ADVANCE IF YOU WOULD LIKE TO JOIN A GROUP/RSVP REQUIRED FOR ALL GROUPS OUTDOOR AND INDOOR

We have new staff in the ArtWorks program! Please welcome Leanna (Community Coordinator) and Bushra (Wellness Coach) to the team! We cannot wait to introduce you to them at October groups and activities!

In Person Groups:

Perspectives Photography Group: An in-person/in the community photography group that will focus on using a camera to express your perspectives on mental health, recovery, and the world around you. We will explore different parts of Hennepin County and utilize a variety of photographic techniques to create narratives based in this visual medium. You can use your cell phone camera or borrow one from us! Also, check-out the Perspectives Zoom group on Thursdays!

Art in the Park: Come make a special collaborative piece of art during our event on the 7th at Lake Harriet. We will provide all art materials. Each person involved will continue for the installation that will be displayed in our studio.

****MASK REQUIRED FOR ALL OUTDOOR GROUPS****

Zoom Groups (online):

Art & Thrive: This is an ongoing support group for all creative members on Thursday afternoons who are looking to stay connected and discuss artistic goals.

Perspectives Photography Club is a chance for everyone to get together and share their photos and stories. Whether you join us for in-person *Perspectives* on Tuesdays, or go out and take your own photos during the week, this group will be a great place to give and receive feedback about your own and others' photos, create narratives through photography about mental health and recovery, and learn about photographic techniques. Please be sure to email or text photos you would like to share ahead of time to Rick!

Arting Together has moved to Mondays! The closest thing we can do remotely via Zoom is to create the Open Studio experience is doing art in the accompany of others while in your own home! We can talk, share what we are working on, and laugh at the same time. How fun!

Watch and observe Rick do a **leatherworking demonstration** of carving a leather wallet on October 9th, with information about basic tools and techniques.

Write your artist statement on the 14th...or revise what you have written! Jes will have prompts to help explore the who, what, and why of your art!

We are looking for members who would like to do art demos on the 16th and 23rd! Show us how you do your art! We want to learn and watch! Email or call Rick to sign up!

Explore the healing elements of Mindful Art on the 21st. All you need is paper and a pen or pencil. Let meditation help draw out new artwork. Pardon the pun! :)

Write now is our new creative writing and discussion group! In an accessible, supportive, stimulating, and relaxed environment, you can share your words. Those who sign up will get a fancy journal and pen!

Join fellow members for **Open Mic** on the last Fridays of the month! Members and staff share our artistic sides, whether it's poetry, spoken word, music, comedy, story-telling, visual art, or whatever you would like to share and talk about. Express your creativity and receive feedback from your peers.

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OCTOBER 2020			1 1pm to 2pm (Mary) Online Zoom Fitness 2pm to 4pm (NatureWorks/FoodWorks) Walk/socialize in a Park	2
5 12:30pm to 1:30pm (Mary) Fitness in a Park (outdoors)	6 12pm to 2pm (NatureWorks/FoodWorks) Nature Walk/Relax 1pm to 2pm (Mary) Sound Healing	7 3pm to 4pm (Mary) Online Zoom: Mindful Movement	8 1pm to 2pm (Mary) Online Zoom: Fitness 2pm to 4pm (NatureWorks/FoodWorks) Walk and socialize in a Park	9
12 12:30pm to 1:30pm (Mary) Fitness in a Park (outdoors) 1:30pm to 3pm (Tina/Michael) Cultural Introduction over Cedar Tea	13 12pm to 2pm (NatureWorks/FoodWorks) Nature Walk/Relax 1pm to 2pm (Michael from NatureWorks) Native American Drumming 1:30pm (Tina) Harvest Feast	14 3pm to 4pm (Mary) Online Zoom: Mindful Movement	15 1pm to 2pm (Mary) Online Zoom: Fitness 1pm to 3pm (Tina) Beading 2pm to 4pm (NatureWorks/FoodWorks) Walk and socialize in a Park 3pm to 4pm (Michael from NatureWorks) Native American Drumming	16 12pm to 1pm (Mary) Online Zoom: Sound Healing
19 10am to 11:30am (Tina/Steph) Seed Teaching 12:30pm to 1:30pm (Mary) Fitness in a Park (outdoors)	20 12pm to 2pm (NatureWorks/FoodWorks) Nature Walk/Relax	21 11am to 1pm (Tina/Steph) Medicine Pouch Making 3pm to 4pm (Mary) Online Zoom: Mindful Movement	22 1pm to 2pm (Mary) Online Zoom: Fitness 2pm to 4pm (NatureWorks/FoodWorks) Walk and socialize in a Park	23
26 12:30pm to 1:30pm (Mary) Fitness in a Park (outdoors)	27 12pm to 2pm (NatureWorks/FoodWorks) Nature Walk/Relax Wear your Halloween Costume!	28 12:00pm-1:30pm (NatureWorks/FoodWorks) Introducing the Book Club: My Grandmothers Hands 3pm to 4pm (Mary) Online Zoom: Mindful Movement	29 1pm to 2pm (Mary) Online Zoom: Fitness 2pm to 4pm (Mary) Walk and socialize in a Park Wear your Halloween Costume!	30 12pm to 1:30pm (Mary) Online Zoom: Tea Tasting Social

FoodWorks

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Mary N.
Wellness Coach
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To join a group call
612-752-8332 or email
[community.support@
avivomn.org](mailto:community.support@avivomn.org)



AVIVO

1900 Chicago Ave
Minneapolis, MN 55404

Oct 1: Smith Park, 8155 Park Ave S, Bloomington. Meet at large gazebo near Park Ave parking lot. Bus Line 5

Oct 5: Bassett Creek Park, 5715 – 32 Ave. N, Crystal. Meet in the free parking lot by the dog park. Bus line 7171

Oct 6: Becker Park, 5530 Douglas Dr. N, Crystal. Meet near shelters by free parking off of Douglas Ave. Bus line 721

Oct 8: Smith Park, 8155 Park Ave S, Bloomington. Meet at large gazebo near Park Ave parking lot. Bus Line 5

Oct 12: Bassett Creek Park, 5715 – 32 Ave. N, Crystal. Meet in the free parking lot by the dog park. Bus line 7171

Oct 13: Becker Park, 5530 Douglas Dr. N, Crystal. Meet near shelters by free parking off of Douglas Ave. Bus line 721

Oct 15: Smith Park, 8155 Park Ave S, Bloomington. Meet at large gazebo near Park Ave parking lot. Bus Line 5

Oct 19: 1825 garden space (10am to 11:30am)

Oct 19: Bassett Creek Park, 5715 – 32 Ave. N, Crystal. Meet in the free parking lot by the dog park. Bus line 7171 (12:30pm to 1:30pm)

Oct 20: Becker Park, 5530 Douglas Dr. N, Crystal. Meet near shelters by free parking off of Douglas Ave. Bus line 721

Oct 21: 1825 garden space

Oct 22: Smith Park, 8155 Park Ave S, Bloomington. Meet at large gazebo near Park Ave parking lot. Bus Line 5

Oct 26: Bassett Creek Park, 5715 – 32 Ave. N, Crystal. Meet in the free parking lot by the dog park. Bus line 7171

Oct 27: Becker Park, 5530 Douglas Dr. N, Crystal. Meet near shelters by free parking off of Douglas Ave. Bus line 721

Oct 29: Smith Park, 8155 Park Ave S, Bloomington. Meet at large gazebo near Park Ave parking lot. Bus Line 5

PLEASE CALL OR EMAIL 24 HOURS IN ADVANCE IF YOU WOULD LIKE TO JOIN A GROUP/RSVP REQUIRED FOR ALL GROUPS OUTDOOR AND INDOOR

In Person Groups (Outdoor):

****MASK REQUIRED FOR ALL OUTDOOR GROUPS****

Fitness in a Park: Join us for an invigorating exercise class followed by a short discussion on nutrition to support your exercise plan. No equipment needed. Bring a yoga mat or blanket to lie down on. Don't forget your water.

Nature Walk/Relax: Cohosted by Foodworks & NatureWorks. Meet and walk with other members as you enjoy a hot beverage and snack.

Cultural Introduction: Cohosted by NatureWorks & FoodWorks. Meet our two Indigenous Staff members and learn a word or two of Ojibwe and Dakota over our Medicine Tea.

Harvest Feast: Cohosted by NatureWorks & FoodWorks. Come & Taste Our Traditional Indian Tacos over a Talking Circle.

Beading: Ever wanted to learn how to bead, here's your Chance! You don't want to Miss.

Seed Teaching: Learn about our traditional seeds, plant & take home.

Medicine Pouch Making: Bring your medicine, plant, nature piece to add to your Medicine bag.

Walk and socialize in a Park, cohosted by NatureWorks & FoodWorks. Meet and walk with other members as you enjoy a hot beverage and snack.

Online Zoom:

Mindful Movement: We will move slowly and intentionally through stretching, breathing, and a little exercise. This can be done in a chair or standing. You do not need to be flexible to do this class. It is open to all fitness levels and can be adapted to anybody.

Sound Healing Meditation: Guided meditation with relaxing music to help you wash away your anxiety and worries. No meditation experience needed.

Zoom Fitness: Join us for an invigorating exercise class on Zoom, followed by a short discussion on nutrition to support your exercise plan. Have a mat or blanket to lie on and water nearby.

Tea Tasting Social: Join us for a fun and lively group to taste different teas. Since this is over Zoom you MUST RSVP at least 5 days before this event so the Tea can be dropped off at your home. Dive deep and become a connoisseur of tea!

Introduction to the Book Club: My Grandmothers Hands. Facilitated by a Member & Mary. Today is a meet and greet of those interested in reading, discussing and going through the exercises in the book on how to become an anti-racist. The book club officially starts next month but join us to kick it off! We will provide the book to you once you RSVP.

Monday	Tuesday	Wednesday	Thursday	Friday
OCTOBER 2020			1	2
			2pm to 4pm (NatureWorks/FoodWorks) Walk/socialize in a Park	
5	6	7	8	9
11am to 12pm (Pam/Amanda) Online Zoom: Explore Together MN Autumn	12pm to 2pm (NatureWorks/FoodWorks) Nature Walk/Relax	12pm to 1pm (Pam/Amanda/Michael) Online Zoom: Meet and Greet 3pm to 4pm (Pam) Online Zoom: Explore Together how your senses relieve stress	12 to 1pm (Pam/Georgia) Online Zoom: Coping with Anxiety 2pm to 4pm (NatureWorks/FoodWorks) Walk and socialize in a Park	12pm to 1pm (Pam/Amanda) Online Zoom: SmartWellness 2pm to 3pm (Pam/Michael/Amanda) MI/CD
12	13	14	15	16
11am to 12pm (Pam/Amanda) Online Zoom: Explore Together A glimpse at nature photos 1:30pm to 3:30pm (Tina from FoodWorks/Michael) Cultural introduction over Cedar Tea	12pm to 2pm (NatureWorks/FoodWorks) Nature Walk/Relax 1pm to 2pm (Michael) Native American Drumming 1:30pm to 2:30pm (Tina from FoodWorks) Harvest Feast	12pm to 1pm (Pam/Amanda) Online Zoom: MN Birds 3pm to 4pm (Pam) Online Zoom: Explore Together the benefits of connecting with nature	12pm to 1pm (Pam/Georgia) Online Zoom: Coping with Anxiety 1pm to 3pm (Tina from FoodWorks) Beading 2pm to 4pm (NatureWorks/FoodWorks) Walk and socialize in a Park 3pm to 4pm (Michael) Native American Drumming	12pm to 1pm (Pam/Amanda) Online Zoom: Explore Together The seasons of MN 2pm to 3pm (Pam/Michael/Amanda) MI/CD
19	20	21	22	23
11am to 12pm (Pam/Amanda) Online Zoom: Explore Together History of Pumpkin carving/ Amazing Pumpkin Art	2pm to 4pm (NatureWorks/FoodWorks) Nature Walk/Relax	11am to 1pm (Tina from FoodWorks/Pam) Medicine Pouch Making	12pm to 1pm (Pam/Georgia) Online Zoom: Coping with Anxiety 2pm to 4pm (NatureWorks/FoodWorks) Walk and socialize in a Park	12pm to 1pm (Pam/Amanda) Online Zoom: SmartWellness 2pm to 3pm (Pam/Michael/Amanda) MI/CD
26	27	28	29	30
11pm to 12pm (Pam/Amanda) Online Zoom: Explore Together Halloween Traditions	12pm to 2pm (NatureWorks/FoodWorks) Nature Walk/Relax Wear your Halloween Costume	12:00pm-1:30pm (NatureWorks/FoodWorks) Introducing the Book Club: My Grandmothers Hands	12pm to 1pm (Pam/Georgia) Online Zoom: Coping with Anxiety 2pm to 4pm (NatureWorks/FoodWorks) Walk and socialize in a Park Wear your Halloween Costume	12pm to 1pm (Pam/Michael/Amanda) Online Zoom: Meet and Greet 2pm to 3pm (Pam/Michael/Amanda) MI/CD

NatureWorks

Open Position
Program Supervisor

Amanda R.
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Michael N.
Peer Specialist
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[community.support@
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Oct 9: Meet at 1825 Chicago Av MPLS & walk to at 1810 Columbus Av. MPLS

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In Person Groups (Outdoor): **MASK REQUIRED FOR ALL OUTDOOR GROUPS**

MI/CD in person: A structured supported low-key group open to anyone in recovery from chemical addiotion and mental health symptoms.

Nature Walk/Relax: Cohosted by Foodworks & NatureWorks. Meet and walk with other members as you enjoy a hot beverage and snack.

Cultural Introduction: Cohosted by NatureWorks & FoodWorks. Meet our two Indigenous Staff members and learn a word or two of Ojibwe and Dakota over our Medicine Tea.

Harvest Feast: Cohosted by NatureWorks & FoodWorks. Come & Taste Our Traditional Indian Tacos over a Talking Circle.

Walk and socialize in a Park, cohosted by NatureWorks & FoodWorks. Meet and walk with other members as you enjoy a hot beverage and snack.

Beading: Ever wanted to learn how to bead, here's your Chance! You don't want to Miss.

Cultural Introduction: Cohosted by NatureWorks & FoodWorks. Meet our two Indigenous Staff members and learn a word or two of Ojibwe and Dakota over our Medicine Tea.

Medicine Pouch Making: Bring your medicine, plant, nature piece to add to your Medicine bag

Zoom Groups (Online):

Meet and greet: This group will allow you to meet the new Wellness Coach Amanda

Explore Together: Exploring how being connected to the environment can have a positive impact on your mind, body and soul. These groups will result in how members see and how one experiences nature through senses. This will help members see how nature can improve their overall mood, mental health and life satisfaction.

MN Birds: Zoom Watch and learn about our local feathered friends.

Coping with Anxiety: We will learn and share strategies for coping with anxiety and support each other during these uncertain times.

Smart Wellness: We will learn about Health topic and share our knowledge on how to be healthy together.

Introduction to the Book Club: My Grandmothers Hands. Facilitated by a Member & Mary. Today is a meet and greet of those interested in reading, discussing and going through the exercises in the book on how to become an anti-racist. The book club officially starts next month but join us to kick it off! We will provide the book to you once you RSVP.