


August 2022

Avivo Community Support Program

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>11:00 am – 4:00 pm Open Studio <i>Grain Belt Bottling House</i> 79 13th Ave NE, Minneapolis</p> <p>12:00 pm – 1:00 pm CSP Walking Club <i>Grain Belt Bottling House</i> 79 13th Ave NE, Minneapolis</p> <p>1:00 pm – 2:30 pm Diverse Foods on Zoom</p> <p>2:00 pm – 3:00 pm BIPOC Support on Zoom</p>	<p>2</p> <p>CSP Closed for Staff Training</p>	<p>3</p> <p>11:00 am – 1:00 pm Artistic Development and Opportunities @ <i>Grain Belt</i> 79 13th Ave NE, Minneapolis</p> <p>11:00 am – 12:00 pm Mindful Art on Zoom</p> <p>1:00 pm – 4:00 pm Open Studio <i>Grain Belt Bottling House</i> 79 13th Ave NE, Minneapolis</p> <p>2:00 pm – 3:00 pm Coping w/ Anxiety on Zoom</p> <p>3:00 pm – 4:00 pm Mindful Movement on Zoom</p>	<p>4</p> <p>11:00 am – 12:30 pm Expressive Arts Therapy <i>Grain Belt Bottling House</i> 79 13th Ave NE, Minneapolis</p> <p>11:30 am – 12:30 pm Zoom Fitness</p> <p>12:00 pm – 1:00 pm CSP Walking Club <i>Creekside Community Center</i> 9801 Penn Ave S, Bloomington</p> <p>1:00 pm – 3:00 pm CSP Gathering: Kites <i>Creekside Community Center</i> 9801 Penn Ave S, Bloomington</p> <p>12:15, 2:00, 4:00 pm Music Production <i>Grain Belt Bottling House</i> Contact T'Adre to RSVP: (612) 978-7714 or tadre.mchenry@avivomn.org</p>	<p>5</p> <p>10:00 am – 11:00 am Gentle Yoga on Zoom</p> <p>1:00 pm – 3:00 pm Nature Walk at Wood Lake <i>Wood Lake Nature Center</i> 6710 Lake Shore Dr S, Richfield</p>
<p>8</p> <p>11:00 am – 4:00 pm Open Studio <i>Grain Belt Bottling House</i> 79 13th Ave NE, Minneapolis</p> <p>12:00 pm – 1:00 pm CSP Walking Club <i>Grain Belt Bottling House</i> 79 13th Ave NE, Minneapolis</p> <p>2:00 pm – 3:00 pm BIPOC Support on Zoom</p>	<p>9</p> <p>1:00 pm – 3:00 pm Swimming at Crystal Cove <i>Crystal Cove Aquatic Center, 4848 Douglas Drive N, Crystal</i></p>	<p>10</p> <p>11:00 am – 1:00 pm Artistic Development and Opportunities @ <i>Grain Belt</i> 79 13th Ave NE, Minneapolis</p> <p>11:00 am – 12:00 pm Mindful Art on Zoom</p> <p>12:00 pm – 1:30 pm Book Club on Zoom</p> <p>1:00 pm – 4:00 pm Open Studio <i>Grain Belt Bottling House</i> 79 13th Ave NE, Minneapolis</p> <p>2:00 pm – 3:00 pm Coping w/ Anxiety on Zoom</p> <p>3:00 pm – 4:00 pm Mindful Movement on Zoom</p>	<p>11</p> <p>11:00 am – 12:30 pm Expressive Arts Therapy <i>Grain Belt Bottling House</i> 79 13th Ave NE, Minneapolis</p> <p>11:30 am – 12:30 pm Zoom Fitness</p> <p>12:00 pm – 1:00 pm CSP Walking Club <i>Creekside Community Center</i> 9801 Penn Ave S, Bloomington</p> <p>1:00 pm – 3:00 pm CSP Gathering: Mandalas <i>Creekside Community Center</i> 9801 Penn Ave S, Bloomington</p> <p>12:15, 2:00, 4:00 pm Music Production <i>Grain Belt Bottling House</i> Contact T'Adre to RSVP</p>	<p>12</p> <p>10:00 am – 11:00 am Gentle Yoga on Zoom</p> <p>11:00 am – 2:00 pm Fishing Club - Contact Ari for more information: (612) 449-5712 or ari.rodriguez@avivomn.org Eagle Lake Regional Park 10704 63rd Ave N, Maple Grove</p>
<p>15</p> <p>11:00 am – 4:00 pm Open Studio <i>Grain Belt Bottling House</i> 79 13th Ave NE, Minneapolis</p> <p>12:00 pm – 1:00 pm CSP Walking Club <i>Grain Belt Bottling House</i> 79 13th Ave NE, Minneapolis</p> <p>1:00 pm – 2:30 pm Diverse Foods on Zoom</p> <p>2:00 pm – 3:00 pm BIPOC Support on Zoom</p>	<p>16</p> <p>1:00 pm – 3:00 pm Movie Screening: The NeverEnding Story (+ popcorn!) <i>Crystal Community Center, 4800 Douglas Drive N, Crystal</i></p>	<p>17</p> <p>11:00 am – 1:00 pm Artistic Development and Opportunities, <i>Grain Belt</i>, 79 13th Ave NE, Minneapolis</p> <p>11:00 am – 12:00 pm Mindful Art on Zoom</p> <p>12:00 pm – 1:00 pm Sound Healing on Zoom</p> <p>1:00 pm – 4:00 pm Open Studio <i>Grain Belt Bottling House</i> 79 13th Ave NE, Minneapolis</p> <p>2:00 pm – 3:00 pm Coping w/ Anxiety on Zoom</p> <p>3:00 pm – 4:00 pm Mindful Movement on Zoom</p>	<p>18</p> <p>11:00 am – 12:30 pm Expressive Arts Therapy <i>Grain Belt Bottling House</i> 79 13th Ave NE, Minneapolis</p> <p>11:30 am – 12:30 pm Zoom Fitness</p> <p>1:00 pm – 3:00 pm CSP Gathering: Movie Screening: Big Fish (+ popcorn!) <i>Creekside Community Center</i> 9801 Penn Ave S, Bloomington</p> <p>12:15, 2:00, 4:00 pm Music Production <i>Grain Belt Bottling House</i> Contact T'Adre to RSVP</p>	<p>19</p> <p>10:00 am – 11:00 am Gentle Yoga on Zoom</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>22</p> <p>11:00 am – 4:00 pm Open Studio <i>Grain Belt Bottling House</i> 79 13th Ave NE, Minneapolis</p> <p>12:00 pm – 1:00 pm CSP Walking Club <i>Grain Belt Bottling House</i> 79 13th Ave NE, Minneapolis</p> <p>2:00 pm – 3:00 pm BIPOC Support on Zoom</p>	<p>23</p> <p>CSP Closed for Staff Training</p>	<p>24</p> <p>11:00 am – 1:00 pm Artistic Development and Opportunities <i>Grain Belt, 79 13th Ave NE, Minneapolis</i></p> <p>11:00 am – 12:00 pm Mindful Art on Zoom</p> <p>12:00 pm – 1:30 pm Book Club on Zoom</p> <p>1:00 pm – 4:00 pm Open Studio <i>Grain Belt Bottling House</i> 79 13th Ave NE, Minneapolis</p> <p>2:00 pm – 3:00 pm Coping w/ Anxiety on Zoom</p> <p>3:00 pm – 4:00 pm Mindful Movement on Zoom</p>	<p>25</p> <p>CSP Closed for Staff Training</p>	<p>26</p> <p>10:00 am – 11:00 am Gentle Yoga on Zoom</p> <p>11:00 am – 2:00 pm Fishing Club - Contact Ari for more information: (612) 449-5712 or ari.rodriguez@avivomn.org Eagle Lake Regional Park 10704 63rd Ave N, Maple Grove</p> <p>1:00 pm – 3:00 pm Nature Walk at Minnehaha Falls Meet in front of Sea Salt 4825 Minnehaha Ave, Minneapolis</p>
<p>29</p> <p>11:00 am – 4:00 pm Open Studio <i>Grain Belt Bottling House</i> 79 13th Ave NE, Minneapolis</p> <p>12:00 pm – 1:00 pm CSP Walking Club <i>Grain Belt Bottling House</i> 79 13th Ave NE, Minneapolis</p> <p>1:00 pm – 2:30 pm Diverse Foods on Zoom</p> <p>2:00 pm – 3:00 pm BIPOC Support on Zoom</p>	<p>30</p> <p>1:00 pm – 3:00 pm CSP Gathering: BINGO <i>Crystal Community Center</i> 4800 Douglas Drive N, Crystal</p>	<p>31</p> <p>11:00 am – 1:00 pm Artistic Development and Opportunities <i>Grain Belt, 79 13th Ave NE, Minneapolis</i></p> <p>11:00 am – 12:00 pm Mindful Art on Zoom</p> <p>12:00 pm – 1:00 pm Tea Tasting Club on Zoom</p> <p>1:00 pm – 4:00 pm Open Studio <i>Grain Belt Bottling House</i> 79 13th Ave NE, Minneapolis</p> <p>2:00 pm – 3:00 pm Coping w/ Anxiety on Zoom</p> <p>3:00 pm – 4:00 pm Mindful Movement on Zoom</p>	<p>Sept. 1</p> <p>11:00 am – 12:30 pm Expressive Arts Therapy <i>Grain Belt Bottling House</i> 79 13th Ave NE, Minneapolis</p> <p>11:30 am – 12:30 pm Zoom Fitness</p> <p>1:00 pm – 3:00 pm CSP Gathering: TBD <i>Creekside Community Center</i> 9801 Penn Ave S, Bloomington</p> <p>12:15, 2:00, 4:00 pm Music Production <i>Grain Belt Bottling House</i> Contact T'Adre to RSVP</p>	<p>2</p> <p>10:00 am – 11:00 am Gentle Yoga on Zoom</p> <p>Mini Golf Friday, September 2, 1:00 – 3:00 pm Veterans Memorial Park 6335 Portland Ave South, Richfield</p> 

RSVP for programming: (612) 752-8332 or
community.support@avivomn.org

- Zoom links are emailed out before each virtual program.
- Masks are required for all indoor programming.
- Transportation assistance is often available – RSVP to discuss options with staff.
- All groups are tobacco free. Thank you!