

# September 2022

## Avivo Community Support Program

Monday	Tuesday	Wednesday	Thursday	Friday
			<p><b>1</b></p> <p><b>11:00 am – 12:30 pm</b> Expressive Arts Therapy <i>Grain Belt Bottling House</i> 79 13<sup>th</sup> Ave NE, Minneapolis</p> <p><b>1:00 pm – 2:00 pm</b> Zoom Fitness</p> <p><b>1:00 pm – 3:00 pm</b> CSP Gathering <i>Creekside Community Center</i> 9801 Penn Ave S, Bloomington</p> <p><b>1:00 pm – 4:00 pm</b> Painting Club @ <i>Grain Belt</i> 79 13<sup>th</sup> Ave NE, Minneapolis</p> <p><b>12:15, 2:00, 4:00 pm</b> Music Production <i>Grain Belt Bottling House</i> Contact T'Adre to RSVP</p>	<p><b>2</b></p> <p><b>10:00 am – 11:00 am</b> Gentle Yoga on Zoom</p> <p><b>1:00 pm – 3:00 pm</b> Mini Golf <i>Veterans Memorial Park</i> 6335 Portland Ave S, Richfield</p>
<p><b>5</b></p> <p><b>CSP Closed for Labor Day</b></p>	<p><b>6</b></p> <p><b>11:30 am – 12:30 pm</b> Tasty Tuesday– In Person! <i>1825 Chicago Ave, Minneapolis</i></p> <p><b>1:00 pm – 2:00 pm</b> Peers Check-In <i>Grain Belt Bottling House</i> 79 13<sup>th</sup> Ave NE, Minneapolis</p> <p><b>1:00 pm – 4:00 pm</b> Open Clay Studio <i>Grain Belt Bottling House</i> 79 13<sup>th</sup> Ave NE, Minneapolis</p>	<p><b>7</b></p> <p><b>11:00 am – 1:00 pm</b> Artistic Development and Opportunities @ <i>Grain Belt</i> 79 13<sup>th</sup> Ave NE, Minneapolis</p> <p><b>11:00 am – 12:00 pm</b> Mindful Art on Zoom</p> <p><b>12:00 pm – 1:30 pm</b> Book Club on Zoom</p> <p><b>1:00 pm – 4:00 pm</b> Open Studio <i>Grain Belt Bottling House</i> 79 13<sup>th</sup> Ave NE, Minneapolis</p> <p><b>2:00 pm – 3:00 pm</b> Coping w/ Anxiety on Zoom</p> <p><b>3:00 pm – 4:00 pm</b> Mindful Movement on Zoom</p>	<p><b>8</b></p> <p><b>11:00 am – 12:30 pm</b> Expressive Arts Therapy <i>Grain Belt Bottling House</i> 79 13<sup>th</sup> Ave NE, Minneapolis</p> <p><b>12:00 pm – 1:00 pm</b> Walking Club @ <i>Creekside</i> 9801 Penn Ave S, Bloomington</p> <p><b>1:00 pm – 2:00 pm</b> Zoom Fitness</p> <p><b>1:00 pm – 3:00 pm</b> CSP Gathering <i>Creekside Community Center</i> 9801 Penn Ave S, Bloomington</p> <p><b>1:00 pm – 4:00 pm</b> Painting Club @ <i>Grain Belt</i> 79 13<sup>th</sup> Ave NE, Minneapolis</p> <p><b>12:15, 2:00, 4:00 pm</b> Music Production @ <i>Grain Belt</i> Contact T'Adre to RSVP</p>	<p><b>9</b></p> <p><b>10:00 am – 11:00 am</b> Gentle Yoga on Zoom</p> <p><b>11:00 am – 2:00 pm</b> Fishing Club Contact Ari to RSVP (Meet at 1825 Chicago Ave) <i>Bald Eagle Lake</i> in <i>White Bear Lake</i></p>
<p><b>12</b></p> <p><b>11:00 am – 4:00 pm</b> Open Studio <i>Grain Belt Bottling House</i> 79 13<sup>th</sup> Ave NE, Minneapolis</p> <p><b>12:00 pm – 1:00 pm</b> CSP Walking Club <i>Grain Belt Bottling House</i> 79 13<sup>th</sup> Ave NE, Minneapolis</p> <p><b>12:00 pm – 1:00 pm</b> Diverse Foods – In Person! <i>1825 Chicago Ave, Minneapolis</i></p> <p><b>1:30 pm – 2:30 pm</b> BIPOC Affinity Group– In Person! <i>1825 Chicago Ave, Minneapolis</i></p>	<p><b>13</b></p> <p><b>1:00 pm – 2:00 pm</b> Peers Check-In <i>Grain Belt Bottling House</i> 79 13<sup>th</sup> Ave NE, Minneapolis</p> <p><b>1:00 pm – 4:00 pm</b> Open Clay Studio <i>Grain Belt Bottling House</i> 79 13<sup>th</sup> Ave NE, Minneapolis</p>	<p><b>14</b></p> <p><b>11:00 am – 1:00 pm</b> Artistic Development and Opportunities, <i>Grain Belt</i>, 79 13<sup>th</sup> Ave NE, Minneapolis</p> <p><b>11:00 am – 12:00 pm</b> Mindful Art on Zoom</p> <p><b>1:00 pm – 3:00 pm</b> Mushroom Walk <i>Wood Lake Nature Center</i> 6710 Lake Shore Dr S, Richfield</p> <p><b>1:00 pm – 4:00 pm</b> Open Studio <i>Grain Belt Bottling House</i> 79 13<sup>th</sup> Ave NE, Minneapolis</p> <p><b>2:00 pm – 3:00 pm</b> Coping w/ Anxiety on Zoom</p>	<p><b>15</b></p> <p><b>11:00 am – 12:30 pm</b> Expressive Arts Therapy <i>Grain Belt Bottling House</i> 79 13<sup>th</sup> Ave NE, Minneapolis</p> <p><b>12:00 pm – 1:00 pm</b> Walking Club @ <i>Creekside</i> 9801 Penn Ave S, Bloomington</p> <p><b>1:00 pm – 2:00 pm</b> Zoom Fitness</p> <p><b>1:00 pm – 3:00 pm</b> CSP Gathering <i>Creekside Community Center</i> 9801 Penn Ave S, Bloomington</p> <p><b>1:00 pm – 4:00 pm</b> Painting Club @ <i>Grain Belt</i> 79 13<sup>th</sup> Ave NE, Minneapolis</p> <p><b>12:15, 2:00, 4:00 pm</b> Music Production @ <i>Grain Belt</i> Contact T'Adre to RSVP</p>	<p><b>16</b></p> <p><b>10:00 am – 11:00 am</b> Gentle Yoga on Zoom</p> <p><b>1:00 pm – 3:00 pm</b> MIA Field Trip: Van Gogh &amp; the Olive Groves <i>Minneapolis Institute of Arts</i>, 2400 3<sup>rd</sup> Ave S, Minneapolis</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>19</b></p> <p><b>11:00 am – 4:00 pm</b> Open Studio <i>Grain Belt Bottling House</i> 79 13<sup>th</sup> Ave NE, Minneapolis</p> <p><b>11:00 am – 2:00 pm</b> Ice Cream Outing Contact Ari to RSVP (Meet at 1825 Chicago Ave) <i>Milk Jam Creamery</i> 2743 Lyndale Ave S, Minneapolis</p> <p><b>12:00 pm – 1:00 pm</b> CSP Walking Club <i>Grain Belt Bottling House</i> 79 13<sup>th</sup> Ave NE, Minneapolis</p>	<p><b>20</b></p> <p><b>11:30 am – 12:30 pm</b> Tasty Tuesday– In Person! 1825 Chicago Ave, Minneapolis</p> <p><b>1:00 pm – 2:00 pm</b> Peers Check-In <i>Grain Belt Bottling House</i> 79 13<sup>th</sup> Ave NE, Minneapolis</p> <p><b>1:00 pm – 4:00 pm</b> Open Clay Studio <i>Grain Belt Bottling House</i> 79 13<sup>th</sup> Ave NE, Minneapolis</p>	<p><b>21</b></p> <p><b>11:00 am – 2:00 pm</b> Arboretum Field Trip <i>MN Landscape Arboretum</i> 3675 Arboretum Dr, Chaska</p> <p><b>11:00 am – 1:00 pm</b> Artistic Development and Opportunities <i>Grain Belt, 79 13<sup>th</sup> Ave NE,</i> Minneapolis</p> <p><b>11:00 am – 12:00 pm</b> Mindful Art on Zoom</p> <p><b>12:00 pm – 1:30 pm</b> Book Club on Zoom</p> <p><b>1:00 pm – 4:00 pm</b> Open Studio <i>Grain Belt Bottling House</i> 79 13<sup>th</sup> Ave NE, Minneapolis</p> <p><b>2:00 pm – 3:00 pm</b> Coping w/ Anxiety on Zoom</p> <p><b>3:00 pm – 4:00 pm</b> Mindful Movement on Zoom</p>	<p><b>22</b></p> <p><b>11:00 am – 12:30 pm</b> Expressive Arts Therapy <i>Grain Belt Bottling House</i> 79 13<sup>th</sup> Ave NE, Minneapolis</p> <p><b>12:00 pm – 1:00 pm</b> CSP Walking Club <i>Creekside Community Center</i> 9801 Penn Ave S, Bloomington</p> <p><b>1:00 pm – 2:00 pm</b> Zoom Fitness</p> <p><b>1:00 pm – 3:00 pm</b> CSP Gathering: Puppy Party! <i>Creekside Community Center</i> 9801 Penn Ave S, Bloomington</p> <p><b>1:00 pm – 4:00 pm</b> Painting Club <i>Grain Belt Bottling House</i> 79 13<sup>th</sup> Ave NE, Minneapolis</p> <p><b>12:15, 2:00, 4:00 pm</b> Music Production <i>Grain Belt Bottling House</i> Contact T'Adre to RSVP</p>	<p><b>23</b></p> <p><b>10:00 am – 11:00 am</b> Gentle Yoga on Zoom</p> <p><b>11:00 am – 2:00 pm</b> Fishing Club Contact Ari to RSVP (Meet at 1825 Chicago Ave) <i>Lake Nokomis</i> 4955 W Lake Nokomis Pkwy, Minneapolis</p>
<p><b>26</b></p> <p><b>11:00 am – 4:00 pm</b> Open Studio <i>Grain Belt Bottling House</i> 79 13<sup>th</sup> Ave NE, Minneapolis</p> <p><b>12:00 pm – 1:00 pm</b> CSP Walking Club <i>Grain Belt Bottling House</i> 79 13<sup>th</sup> Ave NE, Minneapolis</p> <p><b>12:00 pm – 1:00 pm</b> Sound Healing on Zoom</p> <p><b>12:00 pm – 1:00 pm</b> Diverse Foods – In Person! 1825 Chicago Ave, Minneapolis</p>	<p><b>27</b></p> <p><b>1:00 pm – 2:00 pm</b> Peers Check-In <i>Grain Belt Bottling House</i> 79 13<sup>th</sup> Ave NE, Minneapolis</p> <p><b>1:00 pm – 4:00 pm</b> Open Clay Studio <i>Grain Belt Bottling House</i> 79 13<sup>th</sup> Ave NE, Minneapolis</p>	<p><b>28</b></p> <p><b>11:00 am – 1:00 pm</b> Artistic Development and Opportunities <i>Grain Belt, 79 13<sup>th</sup> Ave NE,</i> Minneapolis</p> <p><b>11:00 am – 12:00 pm</b> Mindful Art on Zoom</p> <p><b>12:00 pm – 2:00 pm</b> Tea Tasting Outing Northeast Tea House 224 East Hennepin Ave, Minneapolis</p> <p><b>1:00 pm – 4:00 pm</b> Open Studio <i>Grain Belt Bottling House</i> 79 13<sup>th</sup> Ave NE, Minneapolis</p> <p><b>2:00 pm – 3:00 pm</b> Coping w/ Anxiety on Zoom</p>	<p><b>29</b></p> <p><b>11:00 am – 12:30 pm</b> Expressive Arts Therapy <i>Grain Belt Bottling House</i> 79 13<sup>th</sup> Ave NE, Minneapolis</p> <p><b>12:00 pm – 1:00 pm</b> CSP Walking Club <i>Creekside Community Center</i> 9801 Penn Ave S, Bloomington</p> <p><b>1:00 pm – 2:00 pm</b> Zoom Fitness</p> <p><b>1:00 pm – 3:00 pm</b> CSP Gathering: Bingo! <i>Creekside Community Center</i> 9801 Penn Ave S, Bloomington</p> <p><b>1:00 pm – 4:00 pm</b> Painting Club <i>Grain Belt Bottling House</i> 79 13<sup>th</sup> Ave NE, Minneapolis</p> <p><b>12:15, 2:00, 4:00 pm</b> Music Production <i>Grain Belt Bottling House</i> Contact T'Adre to RSVP</p>	<p><b>30</b></p> <p><b>10:00 am – 11:00 am</b> Gentle Yoga on Zoom</p>



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

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