



**ASHEVILLE, NC  
SCHEDULE and ANNOUNCEMENTS**

## Special Outings and Announcements MARCH 2010

<b>Mark Your Calendars!</b>	
Monday, March 1 <sup>st</sup>	Members will be led through a tour of the First Baptist Church of Asheville to learn about its extraordinary architecture and to explore the culture and community activities of the congregation.
Monday, March 8 <sup>th</sup>	Members have been invited to tour the Asheville City Police Dept. to help us learn more about their work and to help them learn more about TBI.
Monday, March 15 <sup>th</sup>	Members continue to give back to the community by volunteering at Manna Food Bank.
Thursday, March 11 <sup>th</sup>	Members will enjoy an "Appalachia Arts and Crafts Day" with a visit to the Folk Art Center to view their exhibits and gather inspiration for upcoming fundraising projects.
Monday, March 22 <sup>nd</sup> and 29 <sup>th</sup>	Members are still exploring options for these days' outings, but choices include beginning to tour some of the local churches with historical and architectural significance.
Thursday, March 25 <sup>th</sup>	Members will be joined by pet therapist Tycer and his dog Jackson as creative inspiration toward achieving their goals.

<b>Important Announcements</b>	
<p><b>HELP! Volunteers still needed for Pet Soup trips!</b> Members would love to continue volunteering at the Brother Wolf Canine Rescue's "Pet Soup" shelter for cats and dogs. But we need one adult volunteer to join us every time we go! We've decided to cut back our volunteer plans to one Tuesday a month. Please talk to Julie if you can help! Or call the office at 274-0570.</p>	
<p>Every Wednesday: Chef Matt Chatham will continue to join us every Wednesday to help us learn delicious new recipes. Please remember that we need every Member to bring in their assigned ingredients in order to make our projects a success!</p>	
<p>DAY CHANGE- Every Tuesday: Friend of Hinds' Feet Farm, Reggie Vickers, has taken the principles in "<i>Life is a Verb: 37 Days to Wake Up, Be Mindful, and Live Intentionally</i>" by Patti Digh, and created a personalized series of sessions that will challenge members to change their focus from "What" they want to be - to "Who" they actively want to be. The Members are SO thankful and excited about this enlightening opportunity!</p>	
<p>Every Monday starting 2/15: Friend of Hinds' Feet Farm, Christine Moody, has graciously agreed to share her knowledge with the Members! She is a Massage Therapist at Care Partners and a certified yoga instructor. She will continue to join the group Monday afternoons to help start the week off in a healthy direction.</p>	
<p><i>Thank you all for your support and enthusiasm!</i></p>	



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## Mondays in March 2010

### 9:00 to 10:00 am

**Chores (V):** An experiential group focused on sharing chores to maintain the spaces we use as well as give back to the church community hosting the Hinds' Feet Farm program. Members, student interns, volunteers, staff, and all of the community lend a hand in this interactive "honest day's work" that includes everything from washing windows to gardening.

**Community Meeting and Greeting:** Time for members to review the schedule for the day, share stories, jokes, or announcements, and practice the skills of socializing as well as listening.

### 10:00 to 12:00pm

**Out and About (R,P,F):** Every Monday we will leave home base for a new adventure! On 3/1, we will tour the First Baptist Church of Asheville. On 3/8, we have been invited to tour the Asheville City Police Dept. to help us learn more about their work and to help them learn more about TBI. On 3/15, we will continue our work volunteering at Manna Food Bank. And on 3/22 and 3/29, we are still keeping our options open for exciting Asheville locations. Each destination will be defined by Members one week in advance of each trip.

### 12:00 to 1:00pm

**Brown Bag Lunch (S):** The Hinds' Feet Farm community will bring their own lunch.

**Quotable Quotes (C):** Inspiring quotes will be shared daily at lunch to encourage contemplation of bigger themes, and Members have enjoyed sharing their thoughts with each other as a group. This month the quotes will be based around the same theme as Thursdays' session on "*Life is a Verb.*"

### 1:00 to 1:50 pm

**Yoga (R, E, P):** A volunteer leader, Christine Moody, will help Members get back in touch with their physical bodies through stretches and fun movement activities. This session helps Members to be more mentally focused as well. Christine is dedicated to being respectful of each Member's unique comfort and ability level.

### 1:50pm to 2:00pm

**Program Concludes with a Daily Review of Activities**

Hinds' Feet Farm daily program offers numerous opportunities based on the Member Council, through ongoing needs assessments, member input and program evaluations. As a result, the daily program schedule is subject to minor variations based on programming opportunities. Please attend Hinds' Feet Farm's Community Meeting or contact program staff for the latest developments.

Each structured daily activities fall into one of the following thematic categories:

<b>V:</b> Vocational	<b>R:</b> Recreational	<b>E:</b> Emotional	<b>C:</b> Cognitive	<b>P:</b> Physical
<b>S:</b> Social	<b>F:</b> Functional	<b>A:</b> Creative Arts		

*Unique and Innovative Programs for Persons Living with Traumatic and Acquired Brain Injuries*

Huntersville  
(704) 992-1424

[www.HindsFeetFarm.org](http://www.HindsFeetFarm.org)

Asheville  
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## Tuesdays in March 2010

### 9:00am to 10:00 am

**Chores (V):** An experiential group focused on sharing chores to maintain the spaces we use as well as give back to the church community hosting the Hinds' Feet Farm program. Members, student interns, volunteers, staff, and all of the community lend a hand in this interactive "honest day's work" that includes everything from washing windows to gardening.

**Community Meeting and Greeting:** Time for members to review the schedule for the day, share stories, jokes, or announcements, and practice the skills of socializing as well as listening.

### 10:00am to 12:00pm

**Cultural Explorations (C,A,S):** Take a journey with us to learn more about cultures! Areas up for exploration this month are American Sign Language and deaf cultures, pottery found in multiple traditions, and movement therapy in Asian cultures. Members will also choose and begin learning about an area that fascinates them, and then lead other Members in learning as they share their interests.

AND

### 10:00am to 12:00pm *Once a Month*

**Volunteering at the Animal Shelter (V):** Hinds' Feet Farm Members continue to contribute to the community by helping Brother Wolf Canine Rescue's "Pet Soup" shelter. We enjoy walking the dogs, playing with the cats, and helping out with tasks that keep the shelter running smoothly.

### 12:00 to 1:00pm

**Brown Bag Lunch (S):** The Hinds' Feet Farm community will bring their own lunch.

**Quotable Quotes (C):** Inspiring quotes will be shared daily at lunch to encourage contemplation of bigger themes, and Members have enjoyed sharing their thoughts with each other as a group. This month the quotes will be based around the same theme as Thursdays' session on "*Life is a Verb.*"

### 1:00 to 1:50 pm

**Living Life (S,E,C):** A volunteer leader, Reggie Vickers, helps Members work toward living life more fully as they explore what it means to: wake up to the world in the moment, mindfully examine the choices that make us who we are, and intentionally create a path to move towards one's desire(s). Reggie has based the ideas he shares in this session on the book, "*Life is a Verb: 37 Days to Wake Up, Be Mindful, and Live Intentionally*" by Patti Digh.

### 1:50pm to 2:00pm

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## Wednesdays in March 2010

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**Community Meeting and Greeting:** Time for members to review the schedule for the day, share stories, jokes, or announcements, and practice the skills of socializing as well as listening.

### 10:00am to 12:00pm

**Chef Matt's Café (C,F,V):** Matt, the cousin of one of our Members, is a professionally trained, experienced chef that will continue to help Members learn some skills in the kitchen! He will join us weekly to help Members learn simple recipes to take home and share. Members will each be responsible for bringing an assigned food item on these days, so remember to add these things weekly to your shopping lists!

### 12:00 to 1:00pm

**Brown Bag Lunch (S):** The Hinds' Feet Farm community will bring their own lunch.

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### 1:00 to 1:50 pm

**Spiritual Journeys (E,C,S):** Prompted by short, reflective videos and led by a volunteer from Foster church, Jaela Cornejo, Members discuss personal beliefs and attitudes. Each Member's feelings form their beliefs and determine who they are, what they do, and how they interact. Members will become more self-aware while expressing themselves and will practice patience while they respectfully listen to fellow Members.

### 1:50pm to 2:00pm

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### 10:00am to 12:00pm

**Focus on Fundraising (A):** Members engage in a variety of art projects geared toward expressing their creativity, exploring different art mediums (paint, oil pastels, clay), and making marketable creations to raise the funds that make our many outings possible. New project ideas range from macramé, to working with clay, to making simple bird feeders.

### 12:00 to 1:00pm

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### 1:00 to 1:50 pm

**What is Health Awareness? (C,P,F):** Members will discuss the knowledge and personal experiences they bring to the topic of health, and work together to develop individualized, healthier approaches toward nutrition and exercise.

### 1:50pm to 2:00pm

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