



**ASHEVILLE, NC
SCHEDULE and ANNOUNCEMENTS**

Special Outings and Announcements DECEMBER 2009

Mark Your Calendars!	
Tuesday, December 1 st	The monthly Brain Injury Association of NC's "Meeting of the Minds" will be a special Holiday event: The group will meet at The Grove Park Inn at 3pm to enjoy the Gingerbread House Display, and then move to the Olive Garden at 4:45pm for dinner. Everyone is responsible for their own meal, but the company and conversation will be great shared fun!
Thursday, December 3 rd	To help Foster Church keep up an annual tradition, Members will help assemble envelopes containing "Magic Reindeer Food" that will be sent to every child in the church's congregation to spread in their front yards so the reindeers know where to land!
Monday, December 7 th	Members continue to give back to the community by volunteering at Manna Food Bank.
Monday, December 14 th	Trip to the National Gingerbread House Competition Display at The Grove Park Inn.
Monday, December 21 st	Trip to the NC Arboretum or an alternate outing (Please help us with ideas!)
Wednesday, December 23 rd	PROGRAM CLOSED – Beginning of Holiday Break. (We <i>will</i> be open on Monday 12/21 and Tuesday 12/22.) Program will reopen for its first day back on Monday, January 4 th , 2010!

Important Announcements
<p>One of our Program Coordinators, Grace Shen, will be moving on from HFF to focus more fully on her private practice work in Physical Therapy. We feel lucky to have had her working with us for as long as she did, and she promises to come back and visit often! Her last day will be during the week of Dec. 7th, so please make sure you catch her before then to show your thanks for her work!</p> <p>We are in the process of choosing someone to take that Program Coordinator position, and we look forward to introducing that person to you soon.</p>
<p>Every other Tuesday: Members have chosen 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! Could that be you? Please talk to Julie if you can help!</p>
<p>Holiday Wreaths for sale! Marty was gracious enough to gather and weave grape vines from the Huntersville site for us to decorate and sell as one of a kind wreaths. These wreaths will be lovingly decorated by Members and sold to help raise money for their outings. Along with the wreath, you will also receive a lifetime invitation to bring the wreath back annually for re-decoration! Please ask a Member or staff for details!</p>
<p><i>Hinds' Feet Farm wishes everyone a happy and healthy Holiday season!</i></p>
<p style="text-align: center;"><i>Thank you all for your support and enthusiasm!</i></p>



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SCHEDULE and ANNOUNCEMENTS

Mondays in December 2009

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 11:30am

Out and About (R,P,F): Every Monday we will leave home base for a new adventure! On 12/7, we will continue our work volunteering at Manna Food Bank to ensure everyone has filling Holidays. On 12/14, we will be visiting the National Gingerbread House Competition Display at The Grove Park Inn. And on 12/21, we will either be visiting the NC Arboretum for their indoor displays, or another destination (we are taking suggestions!).

11:30am to 12:00pm

Setting your Target (V,C,E,P,S,F): Members continue to identify personal goals and work together to brainstorm steps each individual can take to move toward achieving those goals. Members will revise the goals measured by the program to ensure they are accurate and meaningful. The group will support each other in keeping those goals as a central focus in everything they do at program.

12:00 to 1:00pm

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

Topic of the Day or Activity Choice: During the lunch hour, we will explore a thought provoking topic chosen by the community, or a leisure activity to enjoy our time together.

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

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:

V: Vocational **R:** Recreational **E:** Emotional **C:** Cognitive **P:** Physical
S: Social **F:** Functional **A:** Creative Arts

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

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(704) 992 -1424

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ASHEVILLE, NC
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Tuesdays in December 2009

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.

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10:00am to 12:00pm Every other Tuesday

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.

OR

10:00am to 12:00pm Every other Tuesday

The Season for Sewing (V,C,F): Dorothy Dingman, the mother of one of our Members, has generously volunteered her time and fabric to help the Members learn to sew a special project that may end up under someone's Christmas tree if they've been nice instead of naughty!

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

Hinds' Feet Farm Players (A): "All life is a stage and we the actors in it." Members will continue building on their drama skills, focusing on Member interactions, memory and observation skills, public speaking, and imagination. Members will begin to move closer to their ultimate goal of creating and performing a show someday for an adoring audience.

1:50pm to 2:00pm

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HINDS' FEET FARM

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Wednesdays in December 2009

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.

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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 has offered 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

Quotable Quotes and Brain Power (C): Members investigate the operation of the brain, how it works, and what the individual parts accomplish. They participate in activities to stretch and strengthen their cognitive skills to help them better accomplish difficult mental tasks. Inspiring quotes are used to encourage contemplation of bigger themes, and Members share their thoughts with each other as a group.

1:50pm to 2:00pm

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10:00am to 11:00am

Crafty Hands (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.

11:00am to 12:00pm *Every other week*

Animal Intelligence (E,P): An experienced and well trained therapy dog will visit the Members to help them remember that life is always worth wagging your tail for! The pet therapist bringing the dog will work in small groups with Members to address some of their specific challenges, such as motor skills while grooming, balance while walking the dog, and calm, appropriate ways to approach connecting with an animal. While some are working one on one, a different Member every week will be chosen to present to the rest of the group facts about an animal of their choice to improve our animal intelligence.

OR

11:00am to 12:00pm *Every other week*

Brain Teasers (C,F): As Members puzzle over riddles, codes, and word play, they will be stretching their cognitive skills in many fun and funny ways.

12:00 to 1:00pm

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1:00 to 1:50 pm

Write Now (E,C,A): A group intended to bring out the writer in each of us! Members experiment with autobiographical writing, fictional stories, poetry, word games, or activities that hone thinking with the "write" mind.

1:50pm to 2:00pm

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