



**ASHEVILLE, NC
SCHEDULE and ANNOUNCEMENTS**

Special Outings and Announcements JANUARY 2010

Mark Your Calendars!	
Monday, January 11 th	Members continue to give back to the community by volunteering at Manna Food Bank.
Monday, January 18 th	We will celebrate Martin Luther King, Jr. Day by either attending a local commemorative activity or exploring his life on our own here at the program.
Monday, January 25 th	Since all of the members are interested in art in some form, they have decided to tour the Asheville Art Museum with an informative guide. Hopefully we'll all come home with new tidbits of knowledge about the art world!
Tuesday, January 26 th	The monthly Brain Injury Association of NC's "Meeting of the Minds" will be held at Foster Church from 6pm to 8pm. Conversation and dinner will be shared, and a guest speaker from "Mona Vie" will tell us about their health drink.
Saturday, January 30 th	The Huntersville program of Hinds' Feet Farm will have its' annual formal fundraiser called "The Checkered Ball" in Charlotte the evening of 1/30. Members are welcome to come free with one guest, but will have to arrange their own transportation and accommodations while there. Please contact Julie at 274-0570 if you are interested! Or check out the website for more info (www.hindsfeetfarm.org).

Important Announcements
Hopefully you have all already met our new Program Coordinator, Lilla Khalsa. She will be working on Tuesdays and Thursdays and brings a great wealth of experience and skills to our program. Lilla is a Licensed Professional Counselor and Art Therapist. Over the years she has been working with individuals with TBI through various art programs and through a residential hospital. Lilla is enthusiastic about being with Hinds' Feet Farm and is excited to share art projects, movement, and inspiration with the group. Please introduce yourself and welcome her if you haven't met her already.
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!
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!
We all want to send a BIG THANK YOU to Dorothy Dingman for making our dreams of sewing come true last month, and to Cindy Cottrell for donating a sewing machine to the program so we can continue sewing in future months!
<i>Thank you all for your support and enthusiasm!</i>



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Mondays in January 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 1/11, we will continue our work volunteering at Manna Food Bank to ensure everyone has filling Holidays. We will celebrate Martin Luther King, Jr. Day on 1/18 by attending a commemorative event or spending the day studying his life and work. On 1/25, we will be touring the Asheville Art Museum.

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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Tuesdays in January 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.

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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

Seasons of Winter (C,E,A): How do we change in the winter? We will explore how the season affects us emotionally, spiritually, and physically through activities that help us become more aware of our internal and external environments. We will reflect on how winter makes us feel and what the season represent for us. We will develop and discover play activities to keep us positive and healthy throughout the coldest months.

12:00 to 1:00pm

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1:00 to 1:50 pm

Body Awareness (P,F): Members will explore their physical bodies through art and movement. We will explore our appreciation and respect for our bodies, and learn how to nourish and nurture ourselves through our bodies. We will also delve into nutrition and how it affects our bodies and our lives.

1:50pm to 2:00pm

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Huntersville
(704) 992-1424

www.HindsFeetFarm.org

Asheville
(828) 274-0570



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Wednesdays in January 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.

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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 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

Quotable Quotes and Brain Power (C): Members continue to 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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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. New project ideas range from jewelry making, to sand art, to weaving. There may even be another sewing project in the horizon.

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 continue to 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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