



**ASHEVILLE, NC  
SCHEDULE and ANNOUNCEMENTS**

## Special Outings and Announcements JULY 2010

<b>Mark Your Calendars!</b>	
<b>July 5<sup>th</sup> through the 8<sup>th</sup></b>	<b>PROGRAM WILL BE CLOSED</b> all that week in celebration of the 4 <sup>th</sup> of July.
Monday, July 12 <sup>th</sup>	We will be visiting the Arboretum to investigate and enjoy the plants native to Western North Carolina while walking on the trail system, pausing to reflect upon the majesty of the growth, and talking about various pieces of public art on the property.
Thursday, July 15 <sup>th</sup>	Lunch time will be a farewell gathering for Julie, because it is her last day with Hinds' Feet. Please see emails from Lilla for details or call her at 274-0570.
Monday, July 19 <sup>th</sup>	Asheville Botanical Garden – Members will do a walking tour of the gardens. This is their 50 <sup>th</sup> anniversary, and it's a great opportunity to appreciate the outdoors in a nature friendly setting.
Thursday, July 22 <sup>nd</sup>	Members will begin a series of visits to the Bullington Center, a 12 acre horticultural education center in Henderson County N.C. Once the home and nursery of Bob Bullington, it is now a place for children and adults to learn about gardening and plant science with hands-on workshops. It also a place where visitors can stroll the grounds, enjoy the gardens and find a peaceful spot. They even have special raised planting beds for easier access for all.
Monday, July 26 <sup>th</sup>	Members share their skills by working as a team to facilitate one of Manna Food Bank's food projects - helping those in need.
Thursday, July 29 <sup>th</sup>	On this beautiful summer day we will be visiting the Woolworth Walk art gallery to view local artists' ceramics, paintings, drawings and other wondrous objects, and then head to the soda shop for a root beer float.

### Important Announcements

Every Monday: 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.

Every Tuesday: Friend of Hinds' Feet Farm, Reggie Vickers, has taken the principles in "*Life is a Verb: 37 Days to Wake Up, Be Mindful, and Live Intentionally*" 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.

*I want to sincerely thank everyone for the wonderful support and friendship you have given me! Even though I am moving to Ohio, a part of my heart will always be here – and I have promised to visit soon. I will also keep the same cell phone number – so please know that I'll be staying in touch and feel free to call me and let me know how you're doing any time! Love Always, Julie*

*Thank you all for your support and enthusiasm!*



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## Mondays in July 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 Monday July 12<sup>th</sup>, we will visit the Arboretum. On Monday July 19<sup>th</sup>, we will explore the Botanical Gardens. On Monday July 26<sup>th</sup>, we will continue our work volunteering at Manna Food Bank.

### 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 Tuesday's session on "*Life is a Verb.*"

### 1:00 to 1:50 pm

**Yoga (R, E, P) Continued:** 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. Some focus points in the coming weeks are balance, ankle and foot strength, and relaxation techniques.

### 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*

Huntersville  
(704) 992-1424

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

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## Tuesdays in July 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 on 7/13

**Poetry, Lyrics, and Creative Writing (C,A):** Members will explore all the different ways to express themselves!

### 10:00am to 12:00pm on 7/20

**Bamboo projects and Fundraising Fun (V,C):** Members will begin working with bamboo that has been donated and continue to work toward finding ways to market their creations.

### 10:00am to 12:00pm on 7/27

**Clay Creation (F,A):** Members will continue working with clay to learn the many different ways to create objects. Thanks to the generous donation of clay from the Odyssey Center for Ceramic Arts, Members are making beautiful rattles, bowls, and more to sell as a fundraiser. And Odyssey is even allowing us to use their kiln to get our finished products! We are so grateful!

### 12:00 to 1:00pm

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**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 Tuesday's session on "*Life is a Verb.*"

### 1:00 to 1:50 pm

**Living Life (S,E,C) Continued:** 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 July 2010

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

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### 10:00am to 12:00pm on 7/14

**Photography and Quotable Quotes (C,A):** Member Kirk Wilder and Mike Elliott will lead a session on beginning photography with Joe's assistance. Joe will then lead the members in discussion about relevant quotes.

### 10:00am to 12:00pm on 7/21

**Cooking up a Storm! And Quotable Quotes (F,C):** Joe will lead members in discussion about relevant quotes early in the morning. Then member Kirk Wilder will help members create a culinary delight that is easy enough for them to do at home. Explore your ability to be creative with suggestions and follow detailed recipe instructions for the menu items the Members will create for their lunch.

### 10:00am to 12:00pm on 7/28

**Getting Moving! And Macramé (P,A):** The day will start with some fun games to get everyone moving either outside or in the gym. Then member Carri Collier will lead everyone in a macramé project that we can sell for fundraising.

### 12:00 to 1:00pm

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### 1:00 to 1:50 pm

**Relationships (C, E):** Two Hinds' Feet Farm Members, Carri Collier and Kirk Wilder, will be leading the group in various discussions about forming, maintaining, and enjoying healthy relationships.

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

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## Thursdays in July 2010

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### 10:00am to 12:00pm on 7/15

**Sight Seeing (C,A,S):** These sessions will focus on exploring opportunities and places that we've never been or would probably not go to alone. Outings in the works include: a trip to the Blue Ridge Parkway's Visitor Center to learn about our Appalachian History and the Blue Ridge Parkway; touring the art gallery at the Asheville Airport; touring the Farmer's Market; and swimming in the river.

### 10:00am to 12:00pm on 7/22 and 7/29

**Green Thumbs (V):** Members will begin a series of visits to the Bullington Center, a 12 acre horticultural education center in Henderson County N.C. Once the home and nursery of Bob Bullington, it is now a place for children and adults to learn about gardening and plant science with hands-on workshops. It also a place where visitors can stroll the grounds, enjoy the gardens and find a peaceful spot. They even have special raised planting beds for easier access for all.

### 12:00 to 1:00pm

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### 1:00 to 1:50 pm

**Sit and Chat (S,C):** Member Charlie Warner will bring the group a different topic every week to sit and chat about. Members all agreed they wanted this time set aside every week to just relax and get to "be" together.

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

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