



ASHEVILLE, NC  
 SCHEDULE and ANNOUNCEMENTS

**Special Outings and Announcements**  
**MAY 2010**

Mark Your Calendars!	
Monday, May 17 <sup>th</sup>	<b>PROGRAM CLOSED</b> for staff training.
Monday, May 31 <sup>st</sup>	<b>PROGRAM CLOSED</b> in observance of the Memorial Day holiday.
Monday, May 3 <sup>rd</sup>	Members will tour the “Mindbender Mansion” traveling exhibit at the Health Adventure in Pack Square thanks to an anonymous donor! This exhibit is full of brainteasers and interactive challenges guaranteed to test one’s brain power and problem solving skills. Members will learn to think outside the box and collaborate with each other to find solutions.
Monday, May 10 <sup>th</sup>	Members are investigating the possibility of attending a performance of the Jabali African Acrobats of Kenya at the Orange Peel. If that is not possible, Members will start up their visits to the NC Arboretum again with a morning of walking through the beautiful spring plants.
Monday, May 24 <sup>th</sup>	Members continue to give back to the community by volunteering at Manna Food Bank.
Tuesday, May 11 <sup>th</sup> and Tuesday, May 25 <sup>th</sup>	Members will be joined by pet therapist Tycer and his dog Jackson as creative inspiration toward achieving their goals.

Important Announcements	
<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>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: 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 May 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! The program will be closed for two Mondays this month – both 5/17 and 5/31. On 5/3, we will tour "Mindbender Mansion" traveling exhibit at the Health Adventure in Pack Square. On 5/10, Members are investigating the possibility of attending a performance of the Jabali African Acrobats of Kenya at the Orange Peel. If that is not possible, Members will start up their visits to the NC Arboretum again with a morning of walking through the beautiful spring plants. On 5/24, 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:

<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*

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# Tuesdays in May 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**

**Focus on Fundraising (A):** Members engage in a variety of projects geared toward expressing their creativity, exploring different art mediums, 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. We have also been lucky enough to receive some bamboo, and are brainstorming a lot of ideas for how to use it.

## **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**

**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**

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

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## Wednesdays in May 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) Continued:** 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 experience foods they may never have a chance to otherwise, such as Ratatouille, Eggplant Parmesan, and Crème Brule. 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.

**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 on 5/12 and 5/26

**Enlightenment (E,S,C):** One of the Hinds' Feet Farm Members, Mike Thompson, has volunteered to lead a session exploring spirituality and how we go about finding purpose in our lives.

AND

### 1:00 to 1:50 pm on 5/5 and 5/19

**Adapting the 12 Steps (C, F, E):** Two Hinds' Feet Farm Members, Carri Collier and Kirk Wilder, will be sharing their knowledge about how the 12 Steps traditionally used by AA can be adapted to help anyone conquer challenges of all different kinds.

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

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# Thursdays in May 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

**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 exploring the French Broad River.

### 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

**Continuation of either Sight Seeing outings or Fundraising projects (C,F,V):** Some outings Members will take in the mornings will run into the afternoons. On other days, Members will finish up on fundraising projects they began on Tuesday.

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

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