



**ASHEVILLE, NC
SCHEDULE and ANNOUNCEMENTS**

November 2010

Upcoming Events & Dates to Remember	
Monday, Nov. 1	A drive south along the Blue Ridge Parkway to take in the scenery of Fall colors, and stop at a few vistas along the route to smell the mountain air and enjoy the vastness of the landscape.
Wednesday, Nov. 3	Help Open Hearts Art Center(a local art-centered day program) relocate to their new facility.
Thursday, Nov. 4	Members will head out on an Autumn expedition to crunch around on colorful leaves and visit a local pumpkin and gourd patch to collect them for December art classes in gourd makings.
Monday, Nov.8	Care Partner Day Services program to socialize with adults as volunteers.
Wednesday, Nov. 10	Returning to Warren Wilson College building a stronger relationship with the students of Prof. Jen Mozolic's Biopsychology class. Each visit allows us to combine our collective talents, and skills, toward the completion of a Work Program on the college campus. Our team-work fosters respect for each other, and strengthening our sense of community through participation. This month we will be creating collaborative art pieces to be displayed at the Student Health Center.
Monday, Nov.15	We will tour the Carl Sandburg property to understand his place in history.
Thursday, Nov. 18	This all day outing will be a time to learn about our local Native American Indian tribe. We will be visiting the Visitor Center and driving to a historical area of Cherokee to learn more about native lore. Members have the option of eating out and can bring money for lunch.
Monday, Nov.22	We will tour the Ginger Bread Houses at the Grove Park Inn brought in for the annual National Gingerbread house competition!
Wednesday, Nov. 24	We will be having a potluck lunch for members to invite families and friends to celebrate Thanksgiving and how thankful we all are for the people in our lives. Please come by between 11:30am and 1pm to join us!
Thursday, Nov. 25	HINDS' FEET FARM IS CLOSED FOR THANKSGIVING!!! HAPPY THANKSGIVING EVERYONE!
Monday, Nov. 29	Members volunteering at Manna Food Bank. Once again investing our time, energy, and talent to help Manna complete tasks to provide food to families in need.



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Mondays, November 2010

Hinds' Feet Farm daily program offers numerous opportunities based on the Member Council, through ongoing needs assessments and program evaluations as the program matures. The daily program schedule is subject to minor variations based on programming opportunities. Please attend Hinds' Feet Farm's for the latest developments.

(9:00 to 10:00 am) Early Morning

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 lend a hand in this interactive "honest day's work."

Community Meeting and Greeting(Cog, S, F): 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 12:00am)

Out and About: Monday's we'll leave home base to explore the community.

- **November 1st (R, S)** journey along the Blue Ridge Parkway to observe the last colors of Fall
- **November 8th (S, Cog, E)** to Care Partner Day Services program to socialize with adults
- **November 15th (R, S, P)** tour the Carl Sandburg property to understand his place in history
- **November 22nd (R, S, P)** tour the Ginger Bread Houses at the Grove Park Inn
- **November 29th (Cog, V, P)** Provide 'people-power' helping Manna feed those in need.

12:00 to 1:00pm

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

1:00 to 1:50 pm

11/1 & 11/15 & 11/29: Expressive statements (Cog, E, S): A member will read statements from famous individuals, then encourage conversation among the Members about each quote.

11/9: Member lead social (S, Cog, E): A Members will guide fellow Members in a discussion group to harness social skills, share thoughts and emotions focused on this statement; "God is always with you."

11/22: Member lead social (S, Cog, E): Two Members will facilitate a gathering to discover each Member's thoughts and feels regarding this statement, "God will always forgive."

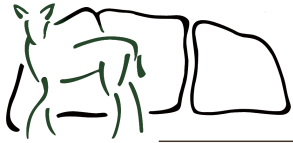
1:50pm Program Concludes with a Daily Review of Activities

Legend: COG: Cognitive C: Creative Arts E: Emotional F: Functional P: Physical

Unique and Innovative Programs for Persons Living with Traumatic and Acquired Brain Injuries
Huntersville
(704) 992 -1424

www.HindsFeetFarm.org

Asheville
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HINDS' FEET FARM

**ASHEVILLE, NC
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R: Recreational

S: Social

V: Vocational



ASHEVILLE, NC
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Tuesdays, November 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 lend a hand in this interactive "honest day's work" that includes everything from washing windows to gardening.

Community Meeting and Greeting(Cog, S, F): 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 12:00am

Art Leadership (C,S,E): This month Hinds Feet Farm members will be leading exhilarating and inspiring art classes for all. One member will be teaching us how to sew fabrics into reversible hats and create small satchels. Another member will be leading us in ornamental designs for Christmas tree décor. We look forward to wonderful holiday time with two of our creative teachers from HFF. Our other Tuesdays at 10 am will be filled with surprises for gift giving ideas.

12:00 to 1:00pm

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

1:00 to 1:50 pm 11/2, 11/16, 11/30

Puppet Theater: (Cog, C, S)We will try our hands at puppetry and narration. In a community effort we will then reach out to educate young children about how to prevent brain injury.

1:00 to 1:50 pm 11/9

Move to the Rhythm (P,R,C): Members will move and groove, sing and dance to music from around the world. Anyone and everyone will be able to participate in singing, dancing, and input the own unique style.

1:00 to 1:50 pm 11/23

Member Council (Cog, E, F) to define and select the program offerings for November.

1:50pm

Program Concludes with a Daily Review of Activities

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Wednesday, NOVEMBER 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."

Community Meeting and Greeting(Cog, S, F): 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 12:00am

Out and About: We will leave home base to accomplish two projects:

- **November 3rd (P, F)** Help Open Hearts Art Center relocate to their new facility
- **November 10th (P, C, S)** Create art with Students in Prof. Jen's class at Warren Wilson College

November 17: **10-11am (S, Cog)** work with photos taken at previous HFF activities, making cards.
 11-12 noon (P, Cog, R) Volunteering at Pet Harmony, helping them care for cats & dogs

November 24th: **10-11am (Cog, E)** Member Council – planning for the month of December
 11-12 noon (Cog, V) Member led activity to create a dish in the kitchen followed by a potluck lunch with families invited!

12:00 to 1:00pm

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

1:00 to 1:50 pm

November 3rd- (S, C)Member will lead a group focused on misadventures in Europe

November 10th-The Eight Natural Remedies (F, Cog): Member will lead fellow Members in an educational session about the values of caring for one's body using natural ways to harness health.

November 17th- Poetry (E, Cog, S): Member will lead fellow Members in a discussion about poetry, how to communicate creatively using words, and contemplating what someone else has written.

November 24th- The Eight Natural Remedies (F, Cog): Member will lead fellow Members in an educational session about the values of caring for one's body using natural ways to harness health.

1:50pm

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Thursdays, NOVEMBER 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 (Cog, S, F): 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 12:00am)

Out and About (R,P,F): Thursdays we will leave home base to explore the community. November 4th members will head out on an Autumn expedition to crunch around on colorful leaves and visit a local pumpkin and gourd patch to collect them for December art classes in gourd makings.

Jam Session with Adam: (Cog, C, S) On November 11th, bring your wash board, bottles for blowing or any ol' musical instrument. This will be a wonderful opportunity to learn to synergize with other members musically. Remember to bring an instrument and song.

Telling Our Stories (COG, F, E) – On November 11th, a session led by one of our volunteers, Members will explore telling their individual stories and preparing for outreach to local school communities in the coming months. Members will also work on preparing and practicing presentations and gathering information and educational materials to share with the community.

Back to Cherokee: (R, S, P) This all day outing on November 18th will be a time to learn about our local Native American Indian tribe. We will be visiting the Visitor Center and driving to a historical area of Cherokee to learn more about native lore. Members have the option of eating out and can bring money for lunch.

12:00 to 1:00pm

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

1:00 to 1:50 pm 11/4

(S, V, P) Disability Advocate Bart Floyd will be joining us for an educational outlook on rights for individuals with TBI.

1:00 to 1:50 pm 11/11

Puppet Theater: (Cog, C, S) We will try our hands at puppetry and narration. In a community effort we will then reach out to educate young children about how to prevent brain injury.

1:50pm

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