



**ASHEVILLE, NC
SCHEDULE and ANNOUNCEMENTS**

Special Outings and Announcements OCTOBER 2009

Mark Your Calendars!

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| Wednesday, October 7 th | Pioneering trip to the NC Arboretum! Our first trip of many to explore nature at this amazing facility. Wear comfortable shoes for walking after our picnic lunch. |
| Tuesday, October 20 and Thursday October 22 nd | Murder Mystery Luncheon and Preparation |
| Wednesday October 21 st | October Birthday Celebration! |
| Thursday October 29 th | Halloween celebration! Members are still discussing options which include volunteering at elementary schools or assisted living facilities. To be announced soon! |
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Important Announcements

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| Every other Tuesday: We will begin volunteering at the Brother Wolf Canine Rescue's "Pet Soup" shelter for cats and dogs. Please wear comfortable shoes to walk the dogs in! |
| Every Wednesday: This month we will continue Yoga class every Wednesday morning with Ann Mundy. Please remember to wear comfortable and flexible clothing. |
| We are investigating multiple volunteer opportunities in the area such as Manna Food Bank and Holiday Donation centers. Please let us know if you have any specific connections or causes that you would like us to pursue! |
| Beginning this month, interns and student volunteers from UNCA will join the program to gain experience and greater understanding of TBI. Please welcome them as they help us get the word out about TBI! |
| <i>Thank you all for your support and enthusiasm!</i> |

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

Huntersville
(704) 992-1424

www.HindsFeetFarm.org

(828) 274-0570

Asheville



ASHEVILLE, NC
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Mondays in October 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 12:00am Every other Monday

Community Exploration (R,C,P,S): Members board the van for a ride to a local destination that facilitates becoming actively engaged in our community. Members interact in the larger community, contribute to volunteer projects, explore cultural destinations, and enjoy recreation and creative arts in or near Asheville.

OR

10:00 to 11am Every other Monday

Going, Glowing, and Growing in the Gym (P,R,S): Physical activities focusing on games or sports to engage physical movement, balance, flexibility, coordination, and endurance. The physical body in motion requires energy, attention, and focused concentration. Working on a team builds a sense of community cooperation.

11:00am to 12:00pm Every other Monday

Exploring your Spiritual Journey (E,C,S): Members discuss personal beliefs and attitudes. Each Member's feelings form their beliefs and determine who they are, what they do, and how they feel. Members will become more self-aware while expressing themselves and will practice patience while they respectfully listen to fellow Members.

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

Member Choice (V): Hinds' Feet Farm day program is member empowered and driven. In this group, members are active in harnessing the power of initiation, organization, and democracy as they pursue choices in goals and activities, whether that is individually or as a group.

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 | | |

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Tuesdays in October 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.

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10:00am to 12:00 Every other Tuesday

Volunteering at the Animal Shelter (V): Hinds' Feet Farm Members contribute to the community by helping Brother Wolf Canine Rescue's "Pet Soup" shelter. Service work includes walking dogs, kitty play, and other tasks that help the shelter run smoothly, as well as getting pets more socialized to help them find forever homes.

OR

10:00am to 11:00 Every other Tuesday

Dance (P): From line dances to hip hop, modern to ballet, Members get to experience a variety of dance movements and music – as well as create some of their own!

11:00am to 12:00pm Every other Tuesday

Tai Chi (P): A great way to relax and unwind yet gain physical balance and stamina while allowing the body's own healing energy to flow.

12:00 to 1:00pm

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Hinds' Feet Farm Players (A): "All life is a stage and we the actors in it." Drama activities focused on Member interactions, memory and observation skills, public speaking, and imagination with the goal of creating a performance for the community.

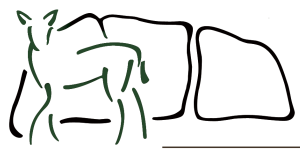
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10:00 to 11:00am

Yoga (P): Yoga Teacher, Ann Mundy, brings awareness to Member's bodies through physical postures. Members explore the range of their strength, flexibility, coordination, and endurance. Regular physical practice helps members improve their flexibility and health. It also introduces techniques to help members adapt their movements to accomplish daily tasks in line with their present ability level.

11:00am to 12:00pm

Transitions (E,S): Members explore the life long process of recovery through group discussions and activities focusing on the emotions and opinions that impact the outcomes of their goals. Themes for each session are facilitated by staff or come out of an issue of the immediate day.

12:00 to 1:00pm

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1:00 to 1:50 pm

Brain Power (C): Members investigate the operation of the brain, how it works, and what the individual parts accomplish. Members then participate in activities to stretch and strengthen their cognitive skills to help them better accomplish difficult mental tasks.

1:50pm to 2:00pm

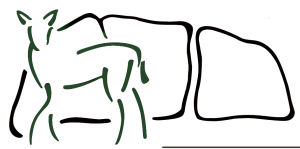
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10:00 to 11:00am

Crafty Hands (A): Members engage in a variety of art projects geared toward expressing their creativity, exploring many art mediums (paint, oil pastels, clay), and coming up with marketable creations to help with fundraising for the many outings and community connections that take place monthly.

11:00am to 12:00pm

Sports Play (P): Members can get physically fit via many sports activities in the gym or outdoors, including Wiffle Ball, Bocce Ball, Horse Basketball, Frisbee, Bowling, and many more.

12:00 to 1:00pm

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OR

Write Now (E,C,A): A group intended to bring out the writer in each of us, whether through 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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