



ASHEVILLE, NC
SCHEDULE and ANNOUNCEMENTS

SEPTEMBER 2010

Upcoming Events & Dates to Remember	
Thursday, September 2nd	Members will visit Lake Tomahawk in Black Mountain to take in the scenery and spend some time feeding the ducks and geese.
Monday, September 6th	Labor Day! Hinds' Feet Farm is closed for the holiday.
Tuesday, September 7th	Members will be revisiting a favorite volunteer site, Pet Soup. Pet Soup is an animal shelter and rescue run by Brother Wolf Animal Rescue in East Asheville.
Wednesday, September 8th	We'll work together with students at Warren Wilson College on their campus doing a landscaping project with native grasses. Members and students will socialize and learn to team-up to create the desired end-result in companion with each other.
Monday, September 13th	Members will journey back to the Stepp's Hillcrest Orchard in Hendersonville to harvest apples. This 4 th generation working farm allows Members to harvest one bushel of apples from their vast variety of different styles on the farm. The Stepp family donates this bushel to Hinds' Feet Farm.
Thursday, September 16 th	Members will visit the Bullington Center, a horticultural center in Hendersonville, NC. The Bullington Center offers hands-on learning opportunities surrounding gardening and plant-science. ***We will not return from this outing until 2pm, so please bring a bag lunch.
Monday, September 20th	Returning to Warren Wilson College to build stronger relationships with the students of Prof. Jen Mozolic's Biopsychology class. Each visit will allow us to combine our collective talents and skills toward the completion of a Work Program on the college campus. Our team-work will fosters respect for each other, and strengthening our sense of community through participation.
Thursday, September 23 rd	Members will revisit Dupont Forest. We will walk a short trail to Hooker Falls, enjoy our lunch at a picnic site and may also make a visit back to the Triple Falls or covered bridge. ***We will not return from this outing until 2pm, so please bring a bag lunch.
Monday, September 27th	Members volunteering at Manna Food Bank. Their investment of time, energy, and talent helps Manna complete tasks that will provide food to individuals and families in need of nutrition without the money to put food on their table.
Wednesday, September 29 th	Today we will visit Pet Harmony, a pet store for rescued pets. Here we will have the opportunity to interact with animals in need of a good home and participate in their care.
Thursday, September 30 th	Members will visit the Folk Art Center. Here we will see the newest of the rotating folk art exhibits and have a chance to see a video on the history of folk art in our region.



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Mondays, SEPTEMBER 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)

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)

Out and About (R,P,F): Every Monday we will leave home base to explore the community. September 13, we will journey to the Stepp family apple orchard to harvest apples, and enjoy the farm atmosphere. September 20th Members will work collectively with students at Warren Wilson College to accomplish a working task together. September 27th, we'll put on our volunteer hats and contribute to the Manna Food Banks' intention to help individuals and families in need of one of the most basic necessities, food.

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

Yoga with Christine (R, E, P) - A volunteer leader, Christine Moody, will help Members learn about their physical bodies, mental outlook, and philosophy through stretches and movement activities. Christine is respectful of each Member's unique comfort and ability level. Christine listens to Member's comments and facilitates a healthy interaction.

September 13th, Christine will be on vacation – Members will work with pictures (C, S, COG) from previous out-n-about events to create messages with the photo's that can be mailed to organizations we've previously visited; building stronger relationships supports each member of the community.

1:50pm

Program Concludes with a Daily Review of Activities

Legend: COG: Cognitive	C: Creative Arts	E: Emotional	F: Functional	P: Physical
R: Recreational	S: Social	V: Vocational		

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

Huntersville

(704) 992 -1424

www.HindsFeetFarm.org

Asheville

(828) 274 -0570



ASHEVILLE, NC
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Tuesdays, SEPTEMBER 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 12:00am 9/7

Out and About (R,P,F): Members will be leaving Hinds' Feet Farm today to embark on a volunteer opportunity for the morning. This morning members will be revisiting a favorite volunteer site, Pet Soup. Pet Soup is an animal shelter and rescue run by Brother Wolf Animal Rescue in East Asheville. Members will have a chance to interact with animals at their comfort level as well as assist with care of the animals in the shelter.

10:00 to 12:00am 9/14, 9/21, 9/28

Art and Expression (C,S,E): This month members will explore working with a new medium, bamboo. We will work on wind chimes, art displays, napkin rings, cups, candle holders and whatever else we can creatively come up with to make with this versatile product. Members will also get a chance to express themselves through movement and music.

12:00 to 1:00pm

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

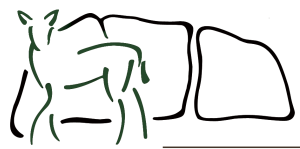
1:00 to 1:50 pm

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).

1:50pm

Program Concludes with a Daily Review of Activities

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HINDS' FEET FARM

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Wednesdays, SEPTEMBER 2010

9:00 to 10:00 am

Chores (V): An experiential group sharing chores to maintain the spaces we use and give back to the church community hosting Hinds' Feet Farm program. Members, student interns, volunteers, staff lend a hand in this interactive "honest day's work".

Community Meeting and Greeting: Time for members to review the schedule for the day, share stories, jokes, announcements, and practice the skills of socializing as well as listening.

10:00am to 12:00pm

9/1: Annual Training with Erica (F, COG, V): We will review sections from the member handbook concerning member rights, grievances, complaints, and legal action.

Book Discussion (S, E): Conversation following statements read from a book by Louise Hay, the author of 'You Can Heal your Life'.

9/8: Community Teamwork (F, S, E): Members will work with students at Warren Wilson College on a landscaping project. This is our opportunity to work in companion with each other and build a mutually supportive community.

9/15: Annual Training with Erica (F, COG, V): It's our annual safety training time. Let's get better oriented to the building and what to in case there's an emergency. We'll make it effectively educational to ensure the right actions can be manifested if needed.

Activity in the Kitchen (F, COG): Members will select a desired food that can be created through active participation in the kitchen using the apples harvested from the Stepp family orchard.

9/22: Annual Training with Erica (F, COG, V): We will review sections from the Policies and Procedures Manual on harassment and positive social interactions.

Book Discussion (S, E): Conversation following statements read from a book by Louise Hay, the author of 'You Can Heal your Life'.

9/29: Pet Harmony Visitation (S, R): Members will visit our local animal shelter that rescues pets. This first visit will pioneer our relationship and determine how our contribution could be beneficial to all involved.

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

9/8 & 9/29: Expressive statements (C, E): A Member will read statements from famous individuals, then foster conversation among the Members about these statements.

9/15 & 9/22: The eight natural remedies (F, C, E): A Member will lead Members in an educational session about the value of healthy eating, and the benefits to one's health and well-being.

2:00pm Program Concludes with a Daily Review of Activities

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ASHEVILLE, NC
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Thursdays, SEPTEMBER 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 12:00am) 9/2, 9/16, 9/23, 9/30

Out and About (R,P,F): Thursdays (except 9/9) we will leave home base to explore the community.

September 2, we will visit Lake Tomahawk in Black Mountain to feed the ducks and geese and spend time by the water. September 16th Members will visit the Bullington Center, a horticultural center in Hendersonville, NC (returning at 2pm). September 23rd, we'll be out on an all day trip to Dupont Forest home to Triple Falls, Hooker Falls, and a covered bridge (returning at 2pm). September 30th we will visit the Folk Art Center and spend time looking at the exhibits and viewing an educational video.

10:00 to 12:00am 9/9

Art and Expression (C,S,E): This month members will explore working with a new medium, bamboo. We will work on wind chimes, art displays, napkin rings, cups, candle holders and whatever else we can creatively come up with to make with this versatile product. Members will also get a chance to express themselves through movement and music.

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 9/2, 9/9, 9/30

Telling Our Stories (COG, F, E) – 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.

1:50pm

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