

# VBR Calendar of Events: February 2013

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|---|--|---|---|
| <p><b><i>OPEN FORUM: A time to give feedback and plan next month's classes &amp; activities. We want your input. Please attend!</i></b></p> |   |  |   | <p>1 (10)<br/>9a Community Meeting<br/><b>9:30a – 1p Winter Carnival</b><br/>10a Vets' Choice<br/>11a Weekend Planning</p>              |
| <p>4 (11)<br/>9a Community Meeting<br/>10a Mindfulness<br/>11a Crafts for Competition<br/>1p Explore the Skyways (sign up)</p>              | <p>5 (2)<br/>9a Community Meeting<br/>9:30 Music Lab<br/>10a Spirituality/Disability<br/>11a Computer Skills lab<br/>1p Mindfulness/Tai Chi</p>     | <p>6 (3)<br/>9a Community Meeting<br/>10a MIA tour planning<br/>11a Financial Mgmt<br/><br/>*TOURS</p>                                 | <p>7 (4)<br/>9a Community Meeting<br/><b>9:30a – 12p Bowling</b><br/>10a Handling Conflict<br/>11a NER</p>  | <p>8 (5)<br/>9a Community Meeting<br/>10a Plan Veggie of Month<br/>11a Distress Tolerance Skills</p>                                    |
| <p>11 (6)<br/>9a Community Meeting<br/>10a Managing Anxiety<br/>11a Ending Self Stigma<br/>1p Explore the Skyways (sign up)</p>             | <p>12 (7)<br/>9a Community Meeting<br/>9:30 Drum circle<br/>10a Spirituality/Vets Choice<br/>11a Computer Skills lab<br/>1p Mindfulness/Tai Chi</p> | <p>13 (8)<br/>9a Community Meeting<br/>10a MIA tour planning<br/>11a Financial Mgmt<br/><b>12:30-3:30pm VA Art Fair</b><br/>*TOURS</p> | <p>14 (9)<br/>9a Community Meeting<br/><b>10a Veggie Shopping</b> or<br/>Disability in the Workplace<br/>11a NER<br/><i>VA Art Fair 12-3:30pm</i></p> | <p>15 (10)<br/>9a Community Meeting<br/>10a Veggie of the Month—cook &amp; eat!<br/><i>VA Art Fair 8:30a-12pm</i></p>                   |
| <p>18<br/><b>Presidents' Day</b><br/><b>CRRC/VBR closed</b></p>   | <p>19 (11)<br/>9a Community Meeting<br/>9:30 Music Lab<br/>10a Spirituality/Vets Choice<br/>11a Computer Skills lab<br/>1p Mindfulness/Tai Chi</p>  | <p>20 (1)<br/>9a Community Meeting<br/>10a Relaxation<br/>11a Financial Mgmt<br/><br/>*TOURS</p>                                       | <p>21 (2)<br/>9a Community Meeting<br/><b>10a OPEN FORUM</b></p>  | <p>22 (3)<br/>9a Community Meeting<br/><b>9:30 – 12p Visit the Guthrie Theater</b><br/>10a Coping with Boredom<br/>11a Goal-Setting</p> |
| <p>25 (4)<br/>9a Community Meeting<br/>10a Pain Management<br/>11a Ending Self Stigma<br/>1p Explore the Skyways (sign up)</p>              | <p>26 (5)<br/>9a Community Meeting<br/>9:30 Music Lab<br/>10a Spirituality/Vets Choice<br/>11a Computer Skills lab<br/>1p Mindfulness/Tai Chi</p>   | <p>27 (6)<br/>9a Community Meeting<br/>10a Vets' Choice<br/>11a Financial Mgmt<br/><br/>*TOURS</p>                                     | <p>28 (7)<br/>9a Community Meeting<br/>10a Let's Go for a Walk!<br/><b>10:30 – 2:30pm MIA Tour</b><br/>11a NER</p>                                    | <p><i>VBR location: in the VA Community Resource and Referral Center, 1201 Harmon Place, Minneapolis, MN, 55403 612-313-3240</i></p>    |