


August 2022

Avivo Community Support Program

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| <div>1</div> <div>11:00 am – 4:00 pm</div> <div>Open Studio</div> <div>Grain Belt Bottling House</div> <div>79 13th Ave NE, Minneapolis</div> <div>12:00 pm – 1:00 pm</div> <div>CSP Walking Club</div> <div>Grain Belt Bottling House</div> <div>79 13th Ave NE, Minneapolis</div> <div>1:00 pm – 2:30 pm</div> <div>Diverse Foods on Zoom</div> <div>2:00 pm – 3:00 pm</div> <div>BIPOC Support</div> <div>on Zoom</div> | <div>2</div> <div>CSP Closed for Staff Training</div> | <div>3</div> <div>11:00 am – 1:00 pm</div> <div>Artistic Development and Opportunities @ Grain Belt</div> <div>79 13th Ave NE, Minneapolis</div> <div>11:00 am – 12:00 pm</div> <div>Mindful Art on Zoom</div> <div>1:00 pm – 4:00 pm</div> <div>Open Studio</div> <div>Grain Belt Bottling House</div> <div>79 13th Ave NE, Minneapolis</div> <div>2:00 pm – 3:00 pm</div> <div>Coping w/ Anxiety</div> <div>on Zoom</div> <div>3:00 pm – 4:00 pm</div> <div>Mindful Movement</div> <div>on Zoom</div> | <div>4</div> <div>11:00 am – 12:30 pm</div> <div>Expressive Arts Therapy</div> <div>Grain Belt Bottling House</div> <div>79 13th Ave NE, Minneapolis</div> <div>11:30 am – 12:30 pm</div> <div>Zoom Fitness</div> <div>12:00 pm – 1:00 pm</div> <div>CSP Walking Club</div> <div>Creekside Community Center</div> <div>9801 Penn Ave S, Bloomington</div> <div>1:00 pm – 3:00 pm</div> <div>CSP Gathering: Kites</div> <div>Creekside Community Center</div> <div>9801 Penn Ave S, Bloomington</div> <div>12:15, 2:00, 4:00 pm</div> <div>Music Production</div> <div>Grain Belt Bottling House</div> <div>Contact T'Adre to RSVP:</div> <div>(612) 978-7714 or</div> <div>tadre.mchenry@avivomn.org</div> | <div>5</div> <div>10:00 am – 11:00 am</div> <div>Gentle Yoga</div> <div>on Zoom</div> <div>1:00 pm – 3:00 pm</div> <div>Nature Walk</div> <div>at Wood Lake</div> <div>Wood Lake Nature Center</div> <div>6710 Lake Shore Dr S,</div> <div>Richfield</div> |
| <div>8</div> <div>11:00 am – 4:00 pm</div> <div>Open Studio</div> <div>Grain Belt Bottling House</div> <div>79 13th Ave NE, Minneapolis</div> <div>12:00 pm – 1:00 pm</div> <div>CSP Walking Club</div> <div>Grain Belt Bottling House</div> <div>79 13th Ave NE, Minneapolis</div> <div>2:00 pm – 3:00 pm</div> <div>BIPOC Support</div> <div>on Zoom</div> | <div>9</div> <div>1:00 pm – 3:00 pm</div> <div>Swimming at</div> <div>Crystal Cove</div> <div>Crystal Cove Aquatic Center, 4848 Douglas Drive N, Crystal</div> | <div>10</div> <div>11:00 am – 1:00 pm</div> <div>Artistic Development and Opportunities @ Grain Belt</div> <div>79 13th Ave NE, Minneapolis</div> <div>11:00 am – 12:00 pm</div> <div>Mindful Art on Zoom</div> <div>12:00 pm – 1:30 pm</div> <div>Book Club on Zoom</div> <div>1:00 pm – 4:00 pm</div> <div>Open Studio</div> <div>Grain Belt Bottling House</div> <div>79 13th Ave NE, Minneapolis</div> <div>2:00 pm – 3:00 pm</div> <div>Coping w/ Anxiety on Zoom</div> <div>3:00 pm – 4:00 pm</div> <div>Mindful Movement on Zoom</div> | <div>11</div> <div>11:00 am – 12:30 pm</div> <div>Expressive Arts Therapy</div> <div>Grain Belt Bottling House</div> <div>79 13th Ave NE, Minneapolis</div> <div>11:30 am – 12:30 pm</div> <div>Zoom Fitness</div> <div>12:00 pm – 1:00 pm</div> <div>CSP Walking Club</div> <div>Creekside Community Center</div> <div>9801 Penn Ave S, Bloomington</div> <div>1:00 pm – 3:00 pm</div> <div>CSP Gathering: Mandalas</div> <div>Creekside Community Center</div> <div>9801 Penn Ave S, Bloomington</div> <div>12:15, 2:00, 4:00 pm</div> <div>Music Production</div> <div>Grain Belt Bottling House</div> <div>Contact T'Adre to RSVP</div> | <div>12</div> <div>10:00 am – 11:00 am</div> <div>Gentle Yoga</div> <div>on Zoom</div> <div>11:00 am – 2:00 pm</div> <div>Fishing Club - Contact Ari for more information:</div> <div>(612) 449 –5712 or</div> <div>ari.rodriguez@avivomn.org</div> <div>Eagle Lake Regional Park</div> <div>10704 63rd Ave N, Maple Grove</div> |
| <div>15</div> <div>11:00 am – 4:00 pm</div> <div>Open Studio</div> <div>Grain Belt Bottling House</div> <div>79 13th Ave NE, Minneapolis</div> <div>12:00 pm – 1:00 pm</div> <div>CSP Walking Club</div> <div>Grain Belt Bottling House</div> <div>79 13th Ave NE, Minneapolis</div> <div>1:00 pm – 2:30 pm</div> <div>Diverse Foods on Zoom</div> <div>2:00 pm – 3:00 pm</div> <div>BIPOC Support</div> <div>on Zoom</div> | <div>16</div> <div>1:00 pm – 3:00 pm</div> <div>Movie Screening: The NeverEnding Story (+ popcorn!)</div> <div>Crystal Community Center, 4800 Douglas Drive N, Crystal</div> | <div>17</div> <div>11:00 am – 1:00 pm</div> <div>Artistic Development and Opportunities, Grain Belt,</div> <div>79 13th Ave NE, Minneapolis</div> <div>11:00 am – 12:00 pm</div> <div>Mindful Art on Zoom</div> <div>12:00 pm – 1:00 pm</div> <div>Sound Healing on Zoom</div> <div>1:00 pm – 4:00 pm</div> <div>Open Studio</div> <div>Grain Belt Bottling House</div> <div>79 13th Ave NE, Minneapolis</div> <div>2:00 pm – 3:00 pm</div> <div>Coping w/ Anxiety on Zoom</div> <div>3:00 pm – 4:00 pm</div> <div>Mindful Movement on Zoom</div> | <div>18</div> <div>11:00 am – 12:30 pm</div> <div>Expressive Arts Therapy</div> <div>Grain Belt Bottling House</div> <div>79 13th Ave NE, Minneapolis</div> <div>11:30 am – 12:30 pm</div> <div>Zoom Fitness</div> <div>1:00 pm – 3:00 pm</div> <div>CSP Gathering: Movie Screening: Big Fish (+ popcorn!)</div> <div>Creekside Community Center</div> <div>9801 Penn Ave S, Bloomington</div> <div>12:15, 2:00, 4:00 pm</div> <div>Music Production</div> <div>Grain Belt Bottling House</div> <div>Contact T'Adre to RSVP</div> | <div>19</div> <div>10:00 am – 11:00 am</div> <div>Gentle Yoga</div> <div>on Zoom</div> |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| <p>22</p> <p>11:00 am – 4:00 pm Open Studio <i>Grain Belt Bottling House</i> 79 13th Ave NE, Minneapolis</p> <p>12:00 pm – 1:00 pm CSP Walking Club <i>Grain Belt Bottling House</i> 79 13th Ave NE, Minneapolis</p> <p>2:00 pm – 3:00 pm BIPOC Support on Zoom</p> | <p>23</p> <p>CSP Closed for Staff Training</p> | <p>24</p> <p>11:00 am – 1:00 pm Artistic Development and Opportunities <i>Grain Belt, 79 13th Ave NE, Minneapolis</i></p> <p>11:00 am – 12:00 pm Mindful Art on Zoom</p> <p>12:00 pm – 1:30 pm Book Club on Zoom</p> <p>1:00 pm – 4:00 pm Open Studio <i>Grain Belt Bottling House</i> 79 13th Ave NE, Minneapolis</p> <p>2:00 pm – 3:00 pm Coping w/ Anxiety on Zoom</p> <p>3:00 pm – 4:00 pm Mindful Movement on Zoom</p> | <p>25</p> <p>CSP Closed for Staff Training</p> | <p>26</p> <p>10:00 am – 11:00 am Gentle Yoga on Zoom</p> <p>11:00 am – 2:00 pm Fishing Club - Contact Ari for more information: (612) 449-5712 or ari.rodriguez@avivomn.org Eagle Lake Regional Park 10704 63rd Ave N, Maple Grove</p> <p>1:00 pm – 3:00 pm Nature Walk at Minnehaha Falls <i>Meet in front of Sea Salt</i> 4825 Minnehaha Ave, Minneapolis</p> |
| <p>29</p> <p>11:00 am – 4:00 pm Open Studio <i>Grain Belt Bottling House</i> 79 13th Ave NE, Minneapolis</p> <p>12:00 pm – 1:00 pm CSP Walking Club <i>Grain Belt Bottling House</i> 79 13th Ave NE, Minneapolis</p> <p>1:00 pm – 2:30 pm Diverse Foods on Zoom</p> <p>2:00 pm – 3:00 pm BIPOC Support on Zoom</p> | <p>30</p> <p>1:00 pm – 3:00 pm CSP Gathering: BINGO <i>Crystal Community Center 4800 Douglas Drive N, Crystal</i></p> | <p>31</p> <p>11:00 am – 1:00 pm Artistic Development and Opportunities <i>Grain Belt, 79 13th Ave NE, Minneapolis</i></p> <p>11:00 am – 12:00 pm Mindful Art on Zoom</p> <p>12:00 pm – 1:00 pm Tea Tasting Club on Zoom</p> <p>1:00 pm – 4:00 pm Open Studio <i>Grain Belt Bottling House</i> 79 13th Ave NE, Minneapolis</p> <p>2:00 pm – 3:00 pm Coping w/ Anxiety on Zoom</p> <p>3:00 pm – 4:00 pm Mindful Movement on Zoom</p> | <p>Sept. 1</p> <p>11:00 am – 12:30 pm Expressive Arts Therapy <i>Grain Belt Bottling House</i> 79 13th Ave NE, Minneapolis</p> <p>11:30 am – 12:30 pm Zoom Fitness</p> <p>1:00 pm – 3:00 pm CSP Gathering: TBD <i>Creeside Community Center</i> 9801 Penn Ave S, Bloomington</p> <p>12:15, 2:00, 4:00 pm Music Production <i>Grain Belt Bottling House</i> Contact T'Adre to RSVP</p> | <p>2</p> <p>10:00 am – 11:00 am Gentle Yoga on Zoom</p> <p>Mini Golf Friday, September 2, 1:00 – 3:00 pm Veterans Memorial Park 6335 Portland Ave South, Richfield</p> <div>  AVIVO® </div> |

RSVP for programming: (612) 752-8332 or community.support@avivomn.org

- Zoom links are emailed out before each virtual program.
- Masks are required for all indoor programming.
- Transportation assistance is often available – RSVP to discuss options with staff.
- All groups are tobacco free. Thank you!