


























A Place For Hope: Recovery & Wellness Center

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Moorhead, MN 56560

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Sunday *	Monday *	Tuesday 11-5*	Wednesday 11-5*	Thursday 11-5*	Friday 11-5*	Saturday *
<p>New Hours! Tuesday-Friday 11am-5pm w/ Mondays, evenings, weekends & LaDonna outs are dependent upon volunteers</p>		<p>1 Happy May Day! Daily Bread-Volunteers 7pm Garden Series- Flowering Shrubs@ Fgo Library</p>	<p>2 4 pm Member Meeting </p>	<p>3  1pm</p>	<p>4 Cinco De Mayo Nacho Party </p>	<p>5 12:30-3pm Kite Day@ Lindenwood Park </p>
<p>6 2pm 1980's Cinema "Witness" @ Fgo Library</p>	<p>7 LaDonna Out FYI-2-3pm Open Computer Classes @ MHD Library</p>	<p>8 LaDonna Out until 1pm- presentation Clay county BCOW MH workshop in DL-No Daily Bread 7pm Garden Series- Growing Roses@ Fgo Library</p>	<p>9 </p>	<p>10  1pm</p>	<p>11 Afternoon-Lawn Darts </p>	<p>12 7am-2pm Fgo Birding Festival & Nature Adventure @ Forest River Park </p>
<p>13 Happy Mother's Day! 10am-5pm Junk Market @ Scheel's Arena \$5 FYI-2pm 1980's Cinema "The Accidental Tourist" @ Fgo Library</p>	<p>14 LaDonna Out FYI-2-3pm Open Computer Classes @ MHD Library</p>	<p>15 Daily Bread-Volunteers 3pm LAC Meeting 7pm Garden Series-Topic Pending@ Fgo Library</p>	<p>16 11am-Therapy Dog Abby Visit  **4pm Volunteer Meeting-Mandatory</p>	<p>17 LaDonna Out @ 3:30 YWCA Presentation  1pm 2pm-Therapy Dog Abby Visit  5:30 pm Board Meeting</p>	<p>18 9:30-11:30am Arbor Day Celebration@ Orchard Glen Park </p>	<p>19 Noon-2pm- Nature Adventure @ Rabinus Park FYI-2pm Monthly Movie Matinee @ MHD Library-TBD</p>
<p>20 2-5pm Tea Party W/ Treats & Open House. Free Will Donation Accepted </p>	<p>21 LaDonna Out FYI-2-3pm Open Computer Classes @ MHD Library</p>	<p>22 Daily Bread-Volunteers 6-8:30pm-FM Welcome Party@ Sanctuary Ctr-\$5 FYI-7pm Garden Series- Blossom Barter@ Fgo Library</p>	<p>23 </p>	<p>24  1pm 2pm Board Governance</p>	<p>26 Afternoon-Board Games </p>	<p>26 8:30am-4pm- Ft. Abercrombie Site Visit near Wahpeton-\$8 </p>
<p>27 </p>	<p>28 LaDonna Out  Memorial Day MHD/FGO Libraries are Closed</p>	<p>29 Daily Bread-Volunteers Marcus Movies-TBD </p>	<p>30 </p>	<p>31 5:30-7:30pm Perennial party@ Plains Art Museum </p>	<p>FYI's are go on your own events</p>	

May

The mission of A Place For Hope: Recovery and Wellness Center is to provide a safe, enriching and supportive recovery environment for adults living with a serious and persistent mental illness or serious mental illness to build social relationships, promote peer mentoring, improve health outcomes, and provide educational opportunities to lead a successful integrated life in the community.

May 1st, 8th, 15th, & 22nd 7 pm Garden Series @ Fgo Library. Registration is not required for any of the sessions. Session dates & topics: May 1: Flowering Shrubs May 8-Growing roses May 15-Topic Pending May 22-Blossom Barter-bring plants to share!

May 2nd 4pm Member Meeting. If you have questions or concerns about your club this is where to bring them. It is also where you get updates on changes within your club. You are responsible for knowing what is happening at your club. See you there!

May 4th Afternoon-Cinco De Mayo Party. Get out your sombreros and let's celebrate with some nachos.

May 5th 12:30-3pm Kite Day@ Lindenwood Park. Let's go fly a kite and get some exercise at the same time.

May 6th 2pm 80's Cinema "Witness" @ FGO Library. Free Popcorn W/ Movie Discussion

May 12th 7am-2pm Fgo Birding Festival & Nature Adventure @ Forest River Park. See a variety of birds in a beautiful setting! Local birding experts from Audubon Dakota will take participants on guided tours. Learn about trees & nature from the City of Fargo Forestry and Audubon Society.

May 13th 10am-5pm Junk Market @ Scheel's Arena. A semi-annual, shopping event with 75+ booths selling unique handcrafted goods, repurposed furniture, antiques, and more! \$5.00

May 16th & 17th 11am and 2pm prospectively-We will have a gorgeous English Bulldog named Abby visit us for a while.

May 16th 4pm Volunteer Meeting. If you volunteer, it is now **mandatory** to attend. We will discuss issues, solutions and areas of improvement. If you cannot make it you need to inform the director, otherwise you will be removed from the volunteer list until you update your training.

May 17th 5:30pm AP4H Board Meeting. Open to the public.

May 18th 9:30-11:30am Arbor Day Celebration @ Orchard Glen Park. A community planting project where volunteers are needed to dig, mulch, water, and plant trees along the Red River.

May 19th Noon-2pm Nature Adventure@ Rabinus Park. Visit with Don the Bug Guy, learn about trees, nature, and birds, see bees with the Buzz Lab, investigate the importance of water/learn about the snail species living in the basin, and make nature arts and crafts.

May 20th 2pm-5pm Tea Party W/ Treats and Open House. Come and join us for delicious tea. A free will donation will be accepted.

May 22nd 6-8:30pm- FM Welcome Party @ Sanctuary Center. A night where you can meet new friends and see what makes Fargo-Moorhead a great place to live. \$5

May 26th 8:30am-4pm Fort Abercrombie Site Visit near Wahpeton. The first permanent United States military fort established in what was to become North Dakota. \$8

May 29th TBD-Marcus Movies. We will be taking a trip to West Acres or Century. Please remember to sign up, space is limited to van capacity.

May 31st 5:30-7:30pm-Perennial Party @ The Great Plains Museum. This outdoor party will feature a plant, seed, and story exchange, instructional booths, art activities, a plant walk, and refreshments.

FYI's are go on your own events.

Daily Bread. We will only be getting this on Tuesday's provided we have volunteers willing to go.

Craft/Art Classes/Cooking. We will try to have regular classes. If you have class suggestions or are interested in leading a class, please let me know.

Reminder-Volunteer meetings are mandatory!

*We will be open Mondays, evenings, weekends & LaDonna outs if we have 2 volunteers signed up 1 day in advance. Reminder- our **new hours are Tuesday-Friday 11am-5pm.**