


# Group Cohort Activity Calendar: October

All group programs are billed at \$5 per hour, with virtual programs only capped at \$60 per month. Scholarships are available.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Special Events - More info in Newsletter:</b> Virtual S.P.I.N. - October 18, 6-8pm Social Hour - October 21, 5:30-7:30pm Holiday Skillshare at Home -Oct. 25, 10-11am				<b>1</b> <b>Virt - 10am:</b> Curried Cauliflower Steaks <b>Virt - 4pm:</b> Creature Creations <b>Day:</b> Board Game Bonanza <b>WP:</b> Art Walk	<b>2</b> <b>Virt - 4pm:</b> Latinx and Hispanic Heritage Month <b>WP:</b> Fall Mazes and Mad Libs
<b>4th</b> <b>Virt - 10am:</b> Movement Matters <b>Virt - 4pm:</b> Spongebob Day <b>Day:</b> Plant Care Basics	<b>5</b> <b>Virt - 1pm:</b> People vs. Food <b>Day:</b> Indoor/Outdoor Yoga	<b>6</b> <b>Virt - 10am:</b> Leaf Peeping <b>Virt - 4pm:</b> Book Club <b>Day:</b> Program Planning Day	<b>7</b> <b>Virt - 1pm:</b> Yoga with Molly <b>Day:</b> Harvest of the Month Cooking & Facts: Broccoli & Cauliflower	<b>8</b> <b>Virt - 10am:</b> Let's Draw Spooky Stuff <b>Virt - 4pm:</b> National Hero Day <b>Day:</b> Fall Paint-Along <b>WP:</b> Leaf Creatures	<b>9</b> <b>Virt - 4pm:</b> Pumpkin Workout <b>WP:</b> Sports Night and Book Club
<b>11</b> <b>Virt - 10am:</b> Candle Making <b>Virt - 4pm:</b> Garden Visit <b>Day:</b> Indigenous Peoples' Day Celebration	<b>12</b> <b>Virt - 1pm:</b> Program Planning <b>Day:</b> Leaf Peeping	<b>13</b> <b>Virt - 10am:</b> Virtual Travel: Italy <b>Virt - 4pm:</b> Book Club <b>Day:</b> Kite Day	<b>14</b> <b>Virt - 1pm:</b> Movement Matters <b>Day:</b> Leaf Rubbings and Leaf Collages	<b>15</b> <b>Virt - 10am:</b> ASMR Relaxation <b>Virt - 4pm:</b> Spooky Stories <b>Day:</b> Fall Puzzles & Mazes <b>WP:</b> Life Chats	<b>16</b> <b>Virt - 4pm:</b> Avatar Night <b>WP:</b> Cork Artwork
<b>18</b> <b>Virt - 10am:</b> Hot Apple Cider Life Chats <b>Virt - 4pm:</b> Meditation and Stress Relief <b>Day:</b> Pumpkin Workout	<b>19</b> <b>Virt - 1pm:</b> How It's Made: Candy <b>Day:</b> Spooky Storytelling	<b>20</b> <b>Virt - 10am:</b> Halloween Poetry <b>Virt - 4pm:</b> Book Club <b>Day:</b> Scary Scavenger Hunt	<b>21</b> <b>Virt - 1pm:</b> Yoga with Jordan <b>Day:</b> Pumpkin Decorating	<b>22</b> <b>Virt - 10am:</b> Fraggles Rock <b>Virt - 4pm:</b> National Make a Dog Day <b>Day:</b> Meditation Workshop <b>WP:</b> Cooking with Pumpkin Seeds	<b>23</b> <b>Virt - 4pm:</b> Improvised Ghost Stories <b>WP:</b> Spooky Crafts & Decorate MHC for Fall Celebration
<b>25</b> <b>Virt - 10am:</b> Over the Garden Wall <b>Virt - 4pm:</b> Winter Showcase 2021 Planning Chat!!! <b>Day:</b> Slime Making	<b>26</b> <b>Virt - 1pm:</b> Halloween Mazes & Haunts <b>Day:</b> National Pumpkin Day Crafts & Chats	<b>27</b> <b>Virt - 10am:</b> Black Cat Day <b>Virt - 4pm:</b> Book Club <b>Day:</b> Black Cat Day - Myths & Art	<b>28</b> <b>Virt - 1pm:</b> Show & Tell <b>Day:</b> Build-A-Monster	<b>29</b> <b>Virt - 10am:</b> Scary-oke <b>Virt - 4pm:</b> Costume Dance Party <b>Day:</b> History of Halloween <b>WP:</b> Slightly Spooky Movie Night	<b>30</b> <b>Virt - 4pm:</b> Movie Night <b>WP:</b> Spooky Bingo



## Contact Information

### Front Desk Phone:

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711 (WA Relay/TTY)

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### Recreation Leaders

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### Program Director

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Every Program this Week: Halloween Costume Contests & Fall Celebrations!

## In-Person Program Descriptions

### **DAY = Daytime Program**

9:30am-12:30pm OR 2:30pm-5:30pm, Monday through Friday, \$5 per hour  
During Daytime Programs, Max Higbee staff support member engagement in a variety of activities as well as lead participants on a wide range of community excursions. This program aims to improve participants' access and engagement in the community and to support participants in achieving greater independence through practicing life skills. Programs include YMCA workouts, cooking classes, hikes, sports, library visits, art projects and much more. Each day is filled with artistic exploration, outings into the community, continued learning, and friends! Participants can expect a variety of ways to participate and socialize as they so choose.

### **HIKE = Higbee Hikers**

1:00pm-4:00pm, Saturday, \$5 per hour

The Higbee Hikers is a seasonal program designed to help MHC members build healthy and active lifestyles by getting outside and enjoying the beautiful, local trails found on Bellingham bus lines. This program also focuses on wilderness safety, environmental stewardship, strength and stamina, plant and wildlife education, exploration, and fun!

### **VIRT = Virtual Program**

10am & 4pm M/W/F, 1pm T/TH, 4pm Sat

\$5 per hour, capped at \$60 per month

Like Daytime Program, only virtual! MHC members can join in a diverse selection of activities and have plenty of opportunities to socialize with their friends from the comfort of their own homes! Staff support members in engaging in activities from virtual tours to art to cooking classes, and much more! Details for specific programs can be found on our web calendar at:

<https://maxhigbeecenter.org/calendar/>

### **WP = Weekend Program**

6pm-8:30pm

Friday & Saturday, \$5 per hour

Our oldest program, WP is an opportunity for folks to have a fun weekend with friends while having a night on the town! Members can participate in Art Walk, evening strolls, in-house games and activities, or just have a fun place to hang out with friends! Staff are on-hand to facilitate the fun.

## Reminders

### In Person Programs:

- Participants must bring bus pass or money, water bottles, and any needed snacks
- Come prepared for unpredictable weather with appropriate clothing and shoes
- To better facilitate programs, please make your best effort to arrive at the beginning of programs, don't miss any of the fun!
- Dress appropriately according to the planned activities
- Calendars are tentative, activities are subject to change
- **Do NOT attend programs if you're sick!** If you become sick during programs you will be asked to go home.
- Masks, social distancing, and a health screening are all required to participate in programs
- All programs are choice based! Members can join in on the planned activities or choose to do their own activity.

### Virtual Programs:

- **Respect Each Other:** In virtual programs, this means giving other folks the opportunity to share during group conversations and not talking over each other. Raise your hand if you have a question or a comment.
- **Value Each Other's Space:** Virtually, this means making sure there's no background noise or keeping yourself muted unless it is your turn to speak/share.
- **Keep Ourselves and Each Other Safe:** It is very important not to share personal information online, such as phone numbers or emails, even during an MHC program. If you'd like to chat with your friends after the program, ask a staff member for creative ways of staying in touch with your friends!
- **Be Prepared for Programs:** Joining programs on time and prepared for the activity is just as important as it is in person! Also, make sure you're prepared by being in a comfy spot or with any needed supplies gives you more time to enjoy the activity.

**Instructions for Joining Virtual Programs:** MHC Virtual Programs can be joined using either a computer, a smart phone, or a traditional phone. To call in (audio only) using a traditional phone, simply dial 408-638-0968 and enter the meeting ID (523-869-9291) followed by the pound sign (#) twice to join. To join us through video chat, open the meeting link (<https://zoom.us/j/5238699291>) during the scheduled meeting time. It may prompt you to download the Zoom application. If the meeting does not launch, try clicking the link again or call Art at 360-398-6671.