

Upcoming Events:

All are open to the Community

Thursday, October 7th

ARC Virtual Self-Advocacy Meeting

4:30-6:30pm

FREE

Register by emailing:

selfadvocacy@arcwhatcom.org

Monday, October 18th

SPIN Dance at Home

6:00-8:00pm

FREE

Register for SPIN through the Bellingham Parks and

Rec website at: <https://tinyurl.com/SPINFall2021>

Thursday, October 21st

Social Hour: Movement, Crafts, & Chats

5:30-7:30pm

Cost: \$10

Bloedel Donovan Park Pavilion - 2114 Electric Ave,
Bellingham, WA 98229

Join MHC and BPR for a couple of fun hours of
crafts, chats, and adaptive movement in one of the
local parks. Spots will be held for current MHC
members but be sure to register early as the
activity is open to anyone in the community!

Register through the Bellingham Parks and Rec
website at:

<https://tinyurl.com/Fall2021MHCSocialHour>

Monday, October 25th

Holiday Edition: Skillshare at Home

Halloween Haunts

10-11am

Cost: \$10

Join us for some Halloween fun! The Max Higbee
Center and Bellingham Parks and Recreation
provide individuals with disabilities crafty holiday
projects and supplies! Max Higbee friends will lead
you through the projects and all supplies will be
delivered to you the Friday prior to each date!

Register through the Bellingham Parks and Rec
website at: <https://tinyurl.com/HolidaySkills2021>

Monday, October 25th

Developmental Disabilities Advisory Board Meeting

4:30pm – 6:00pm

3333 Squalicum Parkway

HIGBEE HAPPENINGS

What a wonderful start to fall: our brand-new Fall Crawl Event and Auction was a big success, and we had so many folks let us know that it was a lot of fun. One participant stated that “I went to some places I might not have gone and experienced a range of places that were amazing. [...] I had fun, saved some money and donated to you folks - in hockey that’s a hat trick!” We are so glad to hear that this new event was so well received and would love to hear your stories and feedback. If you have a chance, write a quick note to admin@maxhigbeecenter.org so we know how we did and can plan for next year!

Another happy update is that we’ve onboarded some new recreation leaders! A warm welcome to Ana, Jaiya, and Travis—photos and bios on the website coming soon. Be sure to say hi and introduce yourself if you see them in programs. We’re so very excited to grow our team!

Lastly, would you or a friend like a **free pumpkin** compliment of a generous friend of MHC? Fill out this quick request form and get a free pumpkin!

<https://tinyurl.com/MHCPumpkins2021>



Cheers,
MHC Staff



Harvest of the Month

The Harvest of the Month for October:
Broccoli & Cauliflower!



Each month, Max Higbee Center features a seasonal fruit, grain, or vegetable in its cooking classes based on the local nonprofit, Sustainable Connections, and their Harvest of the Month. Harvest of the Month provides a great opportunity to try new foods, talk about food choices, and think about where our food comes from. Check out our working Recipe Catalog document in the link below to look up recipes that have been featured in MHC cooking classes! For questions about our cooking classes, contact our Services Lead Kelsea at Kelsea@maxhigbeecenter.org.

Digital MHC Recipe Book: <https://tinyurl.com/MHCRecipes>