

MON

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FRI

3

11AM - Mental Health: PTSD

1PM - Weekly Goal Setting

2:30PM to 4PM - Tie Dye

4

 10AM to 12PM - 1:1 Meetings

12PM - *JTP Group

1:30PM - Making Deviled Eggs to bring to T-Lodge BBQ

5

 10AM to 1:30PM - BBQ and Lawn Games at T-Lodge

2:30PM - Stretching/Gentle Movement Group

6

★ 11AM - Art Shelf

1PM - Groveland Food Shelf

7

11AM - Mental Health: Group Movement & Benefits of Physical Activity

 ★ 1PM to 4PM - Uptown Art Fair

10

11AM - Mental Health: Open Peer Support Group

1:30PM - Weekly Goal Setting

11

12PM - JTP: Metro Transit Guest Speaker (open to all)

★ 2PM - Writing Reach Out Letters to Peers

12

11AM - DBT Skills Group

1PM - Health & Wellness with Rose

★ 2PM - Melting Beads Art

13

11AM - Ping Pong Tournament & Root Beer Floats

 2PM to 4PM - 1:1 Meetings

14

11AM - Mental Health: Agoraphobia & Other Anxiety Disorders

 12:30PM to 4PM - MN Largest Candy Store

17

11AM Mental Health: Personality Styles

1:30PM - Weekly Goal Setting

18

 10AM to 12PM - 1:1 Meetings

12PM - *JTP Group

1:30PM - Uno/Board Game Day

19

11AM - DBT Skills Group

2PM - Lake of the Isles Walk

20

★ 11AM - Origami

 1PM to 3:30PM - Trip to Minnehaha Falls

21

11AM - Mental Health: The Benefits of Laughter

 12:30PM - Lu's Free Sandwich

★ 2PM - Karaoke

24

11AM - Mental Health: Grief

12PM - Health & Wellness with Rose

1:30PM - Weekly Goal Setting

25

★ 10:30AM - Glam Doll Donuts Walk

12PM - *JTP Group

2PM - Cornhole/Ladder Ball

26

11AM - Mental Health: Guest Speaker from Vail Communities

★ 1PM - Baking: B-Day Cake for August Birthdays (8/27)

 2PM to 4PM - 1:1 Meetings

27

11AM - Bingo w/ Prizes

1PM - August Birthdays (Cake & Ice Cream)

1:30PM - Summer Challenge Series August Prize 

28

11AM - Community Board Set Up

 12:30PM to 4PM - Stillwater Trip

31

11AM - Mental Health: Emotional Regulation & Coping Skills

1:30PM - Weekly Goal Setting

**JTP groups are only for members enrolled in the Job Training Program*

AUGUST

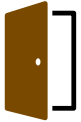
HOURS AND CONTACT

Mon–Fri | 10AM–4PM
2419 Nicollet Ave S,
Minneapolis
612-298-4062

ACTIVITY NOTES & KEY



Event requires members to sign up in advance with staff.



Meet with staff 1:1 for support, goals, or resources.



Activities with the Star count toward individual challenge points!



For outdoor events, please dress for the weather and your comfort.

TASKS
UNLIMITED

HOW TO JOIN IN

Calendar events are open to all Resource Center members. To keep your membership active, please participate in at least one activity every six months. To become a member, connect with staff to set up a meeting.

THE SUMMER CHALLENGE SERIES

We're wrapping up the final month of the **Summer Challenge Series** in August. Show up, take part, and build your score.

Activities marked with ★ on the calendar earn points toward the leaderboard. Each activity completed increases your score, with prizes each month and additional awards at the end of the series. Check out the poster for more info!

AUGUST HIGHLIGHTS

8/5: BBQ at T-Lodge - Meet at the Resource Center. Lunch & games at T-Lodge.

8/7: Uptown Art Fair - The Art Fair features over 350 artists, food, entertainment, and hands-on activities for all.

8/13: Ping Pong Tournament - Bring your competitive spirit! Root beer floats served. Prize for the winner.

8/14: Minnesota's Largest Candy Store - Trip to the Jordan, MN candy store.

8/26: Guest Speaker - A Vail Communities member will share his journey with mental illness and the book he wrote about it.

State Fair Tickets: Resource Center members can receive a State Fair ticket when attending as part of a Resource Center group outing during the week of August 31 to September 4. At this time, tickets are available for outing participants only.