

August 2011 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		<p> Time Management Class</p> <p> The Grown-Up Lunchbox</p> <p> National Night Out</p>		<p> Play & Learn Group</p> <p>■ Dress for Success</p>		
7	8	9	10	11	12	13
		<p> CCRC Meeting</p> <p> Clearing the Mental Clutter</p>		<p> Play & Learn Group</p>	<i>Last Day of Youth Summer Program</i>	
14	15	16	17	18	19	20
				<p> Play & Learn Group</p>	<p> Couponing Class</p> <p> Nutrition and Weight Mgmt</p>	
21	22	23	24	25	26	27
				<p> Play & Learn Group</p>		<p> First Aid, CPR & AED for Adults, Children & Infants</p> <p> Vancouver Heights Street Mural Painting</p>
28	29	30	31			

August 2011 Event Descriptions

August 2 – 🖐️ Time Management Class: Class will be held at the VHA Main Street Office, 2500 Main Street, 98660 in the Hough Conference Room from 9:00 AM – 10:00 AM. Only 12 seats, call Mary at 993-5301 ext. 126 to reserve your spot.

🖐️ The Grown-Up Lunchbox: As an adult, you've got lots of choices to make, including, and especially, what to eat for lunch. We'll talk about some tasty and healthful choices to save you time and money on your lunch. We'll also talk about what will happen should you choose the dark side... *fast food*.

Class will be held at the VHA Main Street Office, 2500 Main Street, 98660 in the Hough Conference Room from 10:00 AM – 11:00 AM. Space is limited to 12 participants. Call 992-0229 to sign up or for more info.

🖐️ National Night Out: Celebrate National Night Out – America's night out against crime from 5:00 PM – 6:30 PM.

NATIONAL NIGHT OUT is designed to:

- Heighten crime and drug prevention awareness;
- Generate support for, and participation in, local anticrime programs;
- Strengthen neighborhood spirit and police-community partnerships; and
- Send a message to criminals letting them know that neighborhoods are organized and fighting back.

Get outside, get to know your neighbors and show your neighborhood that you care. National Night Out has been celebrated with outside lights, front-yard BBQs, parades, and block parties. Check with your local neighborhood association to find out how your community will participate!

August 4, 11, 18, and 25 – 🖐️ Play and Learn: This activity is for parents and caregivers with children ages 0 – 5. Come participate in this free and fun play group. Snacks, crafts and activities are provided. Information about healthy child development and resources are also included. Help your child get ready to learn to read. Drop in from 10:00 AM – 12:00 PM at the RISE & STARS Community Center at 500 Omaha Way. Call Sharon at 992-0205 for more information.

August 9 – 🖐️ Clearing the Mental Clutter: Does your brain feel like the kitchen junk drawer? This can become a cause of constant stress or even physical illness. Learn some strategies for keeping it all together without walking away. Space is limited to 12 participants. Call 360-992-0229 to sign up or for more info. Class will be held at the VHA Main Street Office, 2500 Main Street, 98660 in the Hough Conference Room from 9:30 AM – 12:30 PM.

🖐️ CCRC Meeting: (Clark County Resident Council) Meets quarterly at the RISE & STARS Community Center, 500 Omaha Way. Meeting is from 11:00 AM – 12:00 PM at the RISE & STARS Community Center, 500 Omaha Way. Call Kathi at 992-0203 for more information

August 19 - 🖐️ Coupons Class: Liz will talk about how you, too, can shop for brand names using couponing to stretch your grocery budget. Class runs from 12:00 PM - 1:00 PM at the VHA Main Street Office, 2500 Main Street, 98660 in the downstairs Community Room. Right afterward... there will be

🖐️ Nutrition and Weight Management: Michelle Elrod will be here to talk about nutrition and how eating organic food can be made cost-effective. Class is from 1:00 PM – 2:00 PM at the VHA Main Street Office, 2500 Main Street, 98660 in the downstairs Community Room.

August 27 – 🖐️ First Aid, CPR & AED for Adults, Children & Infants: First Aid training with splinting and environmental emergencies, CPR for adult child and infant AED for adult child and baby. A thorough recap of the AHA updated 2010 guidelines for CPR and First Aid. *There will be a \$15.00 co-pay (cash only) for the class.* Call 360-992-0229 to sign up, limited to 9 seats. We will start a waitlist also. Class runs from 9:00 AM – 5:00 PM at the RISE & STARS Community Center, 500 Omaha Way.

🖐️ Vancouver Heights Street Mural Painting: This is a great summer activity for everyone, but particularly for kids! We'll begin painting around 9:00 AM and finish up at 1:00 PM. Food will be available. Come for the entire time, or just for a little while. The location will be at the corner of the Garrison/Morrison Triangle.