

December 2011 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov 27	Nov 28	Nov 29	Nov 30	1	2	3
SYMBOL KEY: Community Involvement Activity GOALS Activity			Walk Toward Success walking group	Play & Learn Group Quit Smoking group Zumba	Going Places Job Club	
4	5	6	7	8	9	10
	Skyline Crest Tree Lighting	Zumba	Walk Toward Success walking Group	Play & Learn Group Quit Smoking group Zumba		
11	12	13	14	15	16	17
	Community Center Game Day for Adults Christmas Card-making	Zumba	Walk Toward Success walking Group	Play & Learn Group Quit Smoking group Zumba		
18	19	20	21	22	23	24
	Soup 'n Story	Zumba	Walk Toward Success walking group	Play & Learn Group Quit Smoking group Zumba		
"Winter Break" No School – VPS & EPS						
25	26	27	28	29	30	31
<i>Christmas Day</i>	VHA Offices Closed	Zumba	Walk Toward Success walking group VHA Board Meeting	Play & Learn Group Quit Smoking group Zumba		<i>New Year's Eve</i>
"Winter Break" No School – VPS & EPS						

December 2011 Event Descriptions

December 1, 8, 15, 22, 29 –

👏 Play and Learn Group: Free play group for Parents & caregivers with children ages 0–5, includes snacks, crafts & activities. Get info about healthy child development & resources. 10:00–12:00 PM at the RISE & STARS Community Center. Call Sharon at 360-992-0205 for info.

December 1, 8, 15, 22, 29 –

👏 ✂ Smoking Cessation with Sea Mar: If you've been meaning to quit smoking, let Sea Mar help you take the leap. Quitting tobacco is hard, but TOGETHER, WE CAN DO IT!! Improve the chances of success by joining our Smoking Cessation class. There is no cost, but if you are not a Sea-Mar client, you will need to fill out "new patient" paperwork at the first session. Classes take place at the Main Street Office from 3:00 – 4:30 PM. Contact Eric McNair Scott from Sea Mar at 360-566-4425 ext. 16425 or at EricScott@seamarchc.org. Sorry, no childcare.

December 1, 6, 8, 13, 15, 20, 22, 27, 29 -

✂ Zumba: Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. The Work Opportunities Program will sponsor 2 Zumba classes (upon approval) when you commit to one month (4 classes total). Class cost is \$5 a class, but *Family Self Sufficiency (FSS) participants can attend for only \$2.50/class!* You must contact Karin to reserve your spot (space is limited for the sponsorship) at 993-5301 ext 110 Meets Salmon Creek Grange 1900 NE 45th Ave 5:30-6:30PM.

December 7, 14, 21, 28 –

👏 ✂ Walk Toward Success walking group: Wear comfortable walking clothes, and be sure to bring a water bottle! Meets weekly on Wednesdays, from 9:00 – 10:00 AM at the Vancouver Westfield Mall, just inside the entrance by Outback Steakhouse. RSVP with Karin 360-993-5301 ext. 110 email: klavalla@secondstephousing.org *This group satisfies the Health & Wellness GOALS elective.*

December 2 –

👏 Going Places Job Class: Series continuation. Call Bridgette at 360-993-9556 for more info.

December 5 -

👏 Skyline Crest Tree Lighting: Let's get together, sing Christmas carols and have hot chocolate as we celebrate the start of the Christmas season at the Community Center by lighting the community Christmas tree. Thanks to our hosts Julie and Daniel! Meets at the RISE & STARS Community Center 6:00 – 7:30 PM.

December 12 –

Community Center Game Day for Adults: Board games, cards or our Wii, there will be fun & friends! Questions? Call Sharon at 360-992-0205. Adults only; no childcare provided. 11:00 AM – 1:00 PM at RISE & STARS Community Center.

December 12 –

👏 Make Your Own Christmas Cards: 'Tis the season! Out of all the cards your loved ones receive this year, the one they'll treasure most is the one you've made by hand. There will be a separate kids' activity. At the RISE & STARS Community Center, 6:00 – 7:30PM. Call Sharon at 360-992-0205 for more info.

December 19 –

👏 Soup n Story: At this family event, we'll get toasty warm enjoying a bowl of hearty soup while we share stories of holiday tradition. At the RISE & STARS Community Center, 6:00 – 7:30PM. Call Becky at 360-992-0209 for more information.

December 19 through January 2 - No School for VPS & EPS Students

December 26 –

VHA Offices Closed for Christmas Holiday

December 28 –

👏 VHA Board Meeting: The VHA is governed by a six-member Board of Commissioners appointed by the Mayor of Vancouver, Washington. Meets the fourth Wednesday of each month at 10:00 AM in the VHA's second floor board room. Meetings are open to the public. 2500 Main Street.