














































































## February 2012 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b>	<b>2</b>	<b>3</b>
<p><b><i>SYMBOL KEY:</i></b></p> <p> Community Involvement Activity</p> <p> GOALS Activity</p>		<p>  Walk Toward Success Walking group</p>	<p> Play &amp; Learn Group</p> <p>  Quit Smoking group</p> <p>  Zumba®</p>	<p>  Going Places Job Network</p>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<p>  AeroTek Staffing</p>	<p> Toastmasters</p> <p>  Zumba®</p> <p> CCAPS Meeting</p> <p>  Cooking Matters Class</p>	<p>  Walk Toward Success Walking Group</p>	<p> Play &amp; Learn Group</p> <p>  Quit Smoking group</p> <p>  Zumba®</p>	<p>  Going Places Job Network</p> <p>  True Colors Training</p>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<p>▪ Community Center Game Day</p>	<p> Toastmasters</p> <p>  Zumba®</p> <p> CCRC Meeting</p> <p>  Cooking Matters Class</p>	<p>  Walk Toward Success Walking Group</p>	<p> Play &amp; Learn Group</p> <p>  Quit Smoking group</p> <p>  Zumba®</p> <p>  Gruesome Guide to Getting a Job</p>	<p>  Going Places Job Network</p> <p>▪ IKEA Trip</p>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <p>President's Day - VHA Closed</p> </div>	<p> Toastmasters</p> <p>  Zumba®</p> <p> CCAPS Meeting</p> <p>  Cooking Matters Class</p>	<p>  Walk Toward Success Walking group</p>	<p> Play &amp; Learn Group</p> <p>  Quit Smoking group</p> <p>  Zumba®</p> <p>  Gruesome Guide to Getting a Job</p>	<p>  Going Places Job Network</p>
<b>27</b>	<b>28</b>	<b>29</b>	<b>March 1</b>	<b>March 2</b>
<p>▪ Scrapbook Group</p>	<p> Toastmasters</p> <p>  Zumba®</p> <p>  Cooking Matters Class</p>		<p> Play &amp; Learn Group</p> <p>  Quit Smoking group</p> <p>  Zumba®</p> <p>  Gruesome Guide to Getting a Job</p>	<p>  Going Places Job Network</p>

## February 2012 Event Descriptions

### **Tuesdays in February –**

Toastmasters: Whether you're a professional, student, stay at home parent, or retiree, Toastmasters is the best way to build confidence, great communication & leadership skills. VHA may sponsor membership. Call Carol at 992-0228 for more info or to sign up, transportation available. 12:00-1:00 PM at Clark County Auto Licensing bldg. *This satisfies CIAEP.*

### **Wednesdays in February –**

Walk Toward Success Walking group: Group meets from 9:00 – 10:00 AM at the Vancouver Mall, just inside the entrance by Outback Steakhouse. Wear comfortable walking clothes, and be sure to bring a water bottle! RSVP with Karin 360-993-5301 ext. 110. *This group satisfies the Health & Wellness GOALS elective.*

### **Tuesdays and Thursdays in February –**

Zumba®: Zumba® is an effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. The Family Self Sufficiency Program will sponsor 2 classes (if approved) when you commit to 4 classes total. FSS clients can attend for only \$2.50/class! Located at the Salmon Creek Grange, 1900 NE 45th Ave from 5:30-6:30PM. Contact Karin to reserve your spot (space is limited for the sponsorship) at 993-5301 ext 110. *This group satisfies the Health & Wellness GOALS elective.*

### **Thursdays in February –**

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.

Smoking Cessation: Quitting is hard, but TOGETHER WE CAN DO IT!! FREE; if you are not a Sea-Mar client, you will need to fill out “new patient” paperwork at the first session. 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 child care. Classes meet in the lobby at the Main Street Office.

### **Fridays in February –**

Going Places Job Class: A program of Dress for Success Oregon. FREE and open to women seeking employment. Learn how to present your personal “brand” in interviews. Work one-on-one with career coaches in a small supportive environment with other women. You'll also get at least one work-wear outfit FREE. Call Bridgette at 993-9556 to sign up; limited to 21 participants. Class runs from 10:00 – 12:00 PM at the Main Street Community Room. *This class satisfies a GOALS program requirement.*

### **February 6 –**

Aerotek Staffing: Representatives from Aerotek Staffing will be at the VHA to recruit and interview clients for positions with local employers. Bring your résumé, dress for an interview, and be prepared to complete an assessment test. At Main Street Community Room from 9:00. Call Karin at 993-9501 for more information.

### **February 7, 21 –**

CCAPS (Community Center Adult Program Sponsors): Meets for fun adult activities such as arts & crafts at 10:00 AM at the RISE & STARS Community Center. Call Sharon at 360-992-0205 for more information.

### **February 10 –**

True Colors Training: True Colors is a model of personality identification that is easy to understand, remember and apply. With this user-friendly, practical tool, you'll find your own True Color and discover what it means for your relationships and life. Call Michael at 992-0213 to sign up; class size is limited. 11:00 – 1:30pm at VHA Main Street, Hough Conference room. *This class satisfies CIAEP and GOALS Elective hours.*

### **February 14 –**

CCRC Meeting (Clark County Resident Council): Meets quarterly at the RISE & STARS Community Center, 500 Omaha Way. Meeting is at 12:00 PM. Leave a message for Kathi at 992-0206 for more information.

### **February 7, 14, 21, 28, March 6, 13 –**

Cooking Matters Class: You'll learn how to: make the most of your food resources, cook nutritious, delicious food, shop defensively at the grocery store, work with foods you've never used before, learn recipes from chefs—and recreate them with FREE ingredients you take home each week. Class runs from 10:00am – 12:00pm at the RISE & STARS Community Center. Sign up now, only 7 spaces left! Call Erin at 992-0229 to sign up. *This class satisfies CIAEP hours and the GOALS Education Elective for 2 credit hours.*

### **February 13 –**

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 provide. Game day takes place between 11:00 AM – 1:00 PM at RISE & STARS Community Center.

### **February 16, 23 –**

The Gruesome Guide to Getting a Job. In this FUN six-workshop series, you'll get some Super(Natural) strategies for surviving slumps and savoring success! Great for people who may have background issues or other barriers/ roadblocks to getting a job. Meets 10:30-12:30 at Aurora Place. Only 8 spots left, call NOW to sign up. Call Carol at 992-0228.

### **February 17 –**

IKEA Trip: Trip to IKEA in Portland. Adults only. Transportation leaves from RISE & STARS Community Center at 10:00, returning by 2:30 PM. Space is limited. Call Sharon at 992-0205 for more information and to reserve a space.

### **February 27 –**

Scrapbook Group: Seasoned scrapbookers will gather with novices to create their very own scrapbook masterpieces. Please bring any supplies you have; some supplies will be provided. Donations of scrapbooking materials greatly appreciated. Call Sharon at 360-992-0205 for more information. 10:00 – 12:00 PM at RISE & STARS Community Center.