

January 2012 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p><i>New Year's Day Holiday</i></p> <div style="border: 1px solid black; padding: 2px; text-align: center;">VHA Offices Closed</div> <div style="border: 1px solid black; padding: 2px; text-align: center;">No School – VPS & EPS</div>	<p>☞ CCAPS Meeting</p> <p>☞ Toastmasters</p> <p>☞ ↗ Zumba®</p>	<p>☞ ↗ Walk Toward Success Walking group</p>	<p>☞ Play & Learn Group</p> <p>☞ ↗ Quit Smoking group</p> <p>☞ ↗ Job Skills Night</p>	<p>↗ Vision Boarding</p>
9	10	11	12	13
<p>▪ Community Center Game Day for Adults</p>	<p>☞ Toastmasters</p> <p>☞ ↗ Zumba®</p>	<p>☞ ↗ Walk Toward Success Walking Group</p> <p>☞ ↗ The Professional Job Seeker's Group</p>	<p>☞ Play & Learn Group</p> <p>☞ ↗ Quit Smoking group</p> <p>☞ ↗ Zumba®</p>	
16	17	18	19	20
<p><i>Martin Luther King, Jr. Day</i></p> <div style="border: 1px solid black; padding: 2px; text-align: center;">VHA Offices Closed</div> <div style="border: 1px solid black; padding: 2px; text-align: center;">No School – VPS & EPS</div>	<p>☞ CCAPS Meeting</p> <p>☞ Toastmasters</p> <p>☞ ↗ Zumba®</p>	<p>☞ ↗ Walk Toward Success Walking Group</p>	<p>☞ Play & Learn Group</p> <p>☞ ↗ Quit Smoking group</p> <p>☞ ↗ Zumba®</p>	<p>☞ ↗ Stress Management</p>
23	24	25	26	27
<p>▪ Scrapbook Group</p>	<p>☞ Toastmasters</p> <p>☞ ↗ Zumba®</p>	<p>☞ ↗ Walk Toward Success Walking group</p> <p>☞ ↗ Biting Back</p>	<p>☞ Play & Learn Group</p> <p>☞ ↗ Quit Smoking group</p> <p>☞ ↗ Zumba®</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;">No School – EPS</div>
30	31	February 1	February 2	February 3
<p>SYMBOL KEY:</p> <p>☞ Community Involvement Activity</p> <p>↗ GOALS Activity</p>	<p>☞ Toastmasters</p> <p>☞ ↗ Zumba®</p>	<p>☞ ↗ Walk Toward Success Walking group</p> <p>☞ ↗ Biting Back</p>	<p>☞ Play & Learn Group</p> <p>☞ ↗ Gruesome Guide to Getting a Job</p> <p>☞ ↗ Quit Smoking group</p> <p>☞ ↗ Zumba®</p>	<p>☞ ↗ Going Places Job Network</p>

January 2012 Event Descriptions

January 3 and 17 –

CCAPS (Community Center Adult Program Sponsors): Meets the 1st & 3rd Tuesdays of the month for fun adult activities such as arts & crafts. 10:00 AM at the RISE & STARS Community Center. Call Sharon at 360-992-0205 for more information.

Tuesdays and Thursdays in January –

Zumba®: Are you ready to party yourself into shape? That's what Zumba® is all about. It's an 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 Work Opp Participants can attend for only \$2.50/class! At the Salmon Creek Grange, 1900 NE 45th Ave. Tuesdays and Thursdays 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.*

Tuesdays in January –

Toastmasters: Whether you're a professional, student, stay at home parent, or retiree, Toastmasters is the best way to build confidence, great communication skills, and leadership skills. VHA may sponsor your 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.

Wednesdays in January –

Walk Toward Success Walking group: This group meets weekly on Wednesdays, from 9:00 – 10:00 AM. The group meets at the Vancouver Westfield 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.*

Biting Back: Are you tired of the vampires in your life feasting on your fun, money, or your freedom? *Biting Back* is a no-nonsense, no-garlic guide to ridding yourself of the vampires in your life. Starts Jan. 25th, 6:15 - 8:00 PM. Call Carol at 992-0228 to sign up; class size is limited.

Thursdays in January –

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.

Thursdays in January –

Smoking Cessation: If you've been meaning to quit smoking, improve your chances by joining this group. 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.

January 5 –

Job Skills Night: At this event, you will find all the information you need to begin writing your own success story UNDER ONE ROOF! We will have representatives available to help answer your questions and get you started on your journey.

You'll also have the opportunity to enter a drawing for some exciting door prizes including a School Survival Kit for grown-ups. Job Skills Night runs from 6:00 – 8:00 PM at the RISE & STARS Community Center. Kids' activities, refreshments available.

January 9 –

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.

January 20 –

Stress Management with Cydney: Workshop that focuses on what stress is, how it feels and how it affects your life. Identify your triggers, learn calming techniques for de-stressing and planning/ organizing to de-stress. 10:00 – 12:00 PM in the Main Street Community Room. Call Cydney at 993-5301 to sign up; limited to 12 participants. *This class satisfies 2 GOALS elective credits.*

January 23 –

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.

Thursdays in February... 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. Limited to 14 spots. Call Carol Van Atta at 992-0228 by January 26th.

Fridays beginning February 3rd –

Going Places Job Class: The Going Places Network, a program of Dress for Success Oregon, is FREE and open to women who seek employment. In 12 weekly meetings you will learn how to present your personal "brand" in interviews. Work one-on-one with career coaches and build your personal network 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.*