







































## November 2011 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>SYMBOL KEY:</b>  Community Involvement Activity  GOALS Activity		 CCAPS Meeting	  Walk Toward Success walking group   Medicare Info Session	 Play & Learn Group    Quit Smoking group	  Going Places Job Club	
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
 National College Job Fair	 CIAEP Meeting	 Washington Colleges Info Fair	  Walk Toward Success walking Group    The Professional Job Seeker's Group	 Play & Learn Group    Quit Smoking group	<i><b>Veteran's Day – No School VHA Offices Closed</b></i>    Going Places Job Club   Bridgette's Open Office Hours	
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
	■ Community Center Game Day for Adults	 CCAPS Meeting	<i><b>EPS – K-12 Early Release</b></i>   Walk Toward Success walking Group  ■ Thanksgiving Potluck	 Play & Learn Group    Quit Smoking group	  Going Places Job Club	
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
	■ Scrapbook Group		<div style="border: 1px solid black; height: 20px; width: 100%;"></div>   Walk Toward Success walking group	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>No School – VPS &amp; EPS</b> </div> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>VHA Offices Closed</b> </div>		
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>December 1</b>	<b>December 2</b>	<b>December 3</b>
			  Walk Toward Success walking group	  Quit Smoking group		

## November 2011 Event Descriptions

### **November 1 & 15 –**

CCAPS (Community Center Adult Program Sponsors): Meets the 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays of the month at 10:00 AM at the RISE & STARS Community Center. Call Sharon at 360-992-0205 for more information.

### **November 2, 9, 16, 23, 30 –**

☞ ✂ 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](mailto:klavalla@secondstephousing.org)  
*This group satisfies the Health & Wellness GOALS elective.*

### **November 2 –**

☞ Medicare Information Session: State Health Insurance Benefits Advisors will talk about changes to Medicare & Medicaid for 2012. Bring your questions. SHIBA will also speak about the services they offer, including one-on-one consultations to assist clients with determining the best Medicare, Medicare Advantage & Medigap plans for their needs. Main Street Office from 10:00 – 12:00 PM For additional information contact Erin Adams at 360-992- 0229. Sorry, no childcare.

### **November 3, 10, 17 –**

☞ 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 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](mailto:EricScott@seamarchc.org). Sorry, no childcare.

### **November 4, 11, 18 –**

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

### **November 6 & 7 –**

☞ National College Job Fair: See [www.nationalcollegefairs.org](http://www.nationalcollegefairs.org) for official information or for a list of schools exhibiting. At the Oregon Convention Center, 777 NE Martin Luther King Jr. Boulevard, Portland, OR. Call 800-791-2250 or 503-235-7575. Sunday, November 6 1:00–5:00 PM & Monday, November 7 - 9:00 AM–12:00 PM.

### **November 7 –**

☞ CIAEP General Meeting: Meetings take place every 1st Monday at 2:15 PM at the Main Street Community Room. General Monthly Meetings allow members to meet each other & hear presentations from a variety of guest speakers; organizations that need volunteers, schools offering training & Q&A session with one of our CIAEP staff. Everything you want to ask about the Community Involvement & Employment Program. RSVP at 360-993-9521; your name will be put in a drawing to win one of two gift certificates.

### **November 8 –**

☞ Washington Colleges Info Fair: Information provided about transferring credits from a community college to a four-year college or university in our state. 9:00 AM -12:30 PM & 5:30PM-7:30PM at Clark College in Gaiser Hall.

### **November 9 –**

☞ ✂ The Professional Job Seekers Group: Need a Job? You're not alone. This group will provide participants with job leads & tips to make the job search process more effective & hopefully less stressful. Each week speakers will offer information & insight to improve your chances of finding the job you want. The Professional Job Seekers Group meets from 1:00 – 2:15 PM in the Hough Conference room, Main Street. *This event is geared toward all VHA resident job-seekers & satisfies CIAEP & GOALS.* Contact Carol Van Atta at 360-992-0228 or [cvanatta@vhaus.com](mailto:cvanatta@vhaus.com). Sorry, no childcare available.

### **November 11 –**

☞ Bridgette's Skyline Open Office Hours: If you would like to talk to Bridgette about jobs, volunteer hours she will be at the RISE & STARS Community Center from 1:00 – 3:00 PM.

### **November 14 –**

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.

### **November 16 –**

Thanksgiving Potluck: Come together with other VHA residents and enjoy the friendly atmosphere of the RISE & STARS Community Center. Call Sharon at 360-992-0205 to RSVP and indicate what dish you will be bringing. 12:00 – 1:00 PM at RISE & STARS Community Center.

### **November 21 –**

Scrapbook Group: Seasoned scrapbookers will gather with novices to create their very own scrapbook masterpieces. You are encouraged to 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.