

October 2011 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8
<ul style="list-style-type: none">  CIAEP Meeting  Insight Online High School Info Session 	<ul style="list-style-type: none">   Walk Toward Success  CCAPS Meeting 		<ul style="list-style-type: none">  Play & Learn Group 	<ul style="list-style-type: none">  Going Places job class  Skyline Crest Res. Leadership Group 	
10	11	12	13	14	15
<ul style="list-style-type: none">  Community Center Game Day for Adults 	<ul style="list-style-type: none">   Walk Toward Success 	<ul style="list-style-type: none">   The Professional Job-Seeker's Group  How-to Become an Assistant Apartment Manager 	<ul style="list-style-type: none">  Play & Learn Group 	<p style="text-align: center;"><i>EPS No School</i></p> <ul style="list-style-type: none"> ▪ CIAEP info session – <i>Skyline Crest</i>  Going Places Job Class 	<ul style="list-style-type: none">  Starting Your Own Business info session
17	18	19	20	21	16
<ul style="list-style-type: none">  Scrapbook Group 	<ul style="list-style-type: none">   Walk Toward Success  CCAPS Meeting 	<p style="text-align: center;"><i>EPS & VPS Early Release</i></p> <ul style="list-style-type: none">   FAFSA Workshop with Karin 	<p style="text-align: center;"><i>VPS Elementary Conferences- No School</i></p> <ul style="list-style-type: none">  Play & Learn Group  Smoking Cessation with SeaMar 	<p style="text-align: center;"><i>VPS Conferences – All Students No School</i></p> <ul style="list-style-type: none">  Going Places Job Class 	
24	25	26	27	28	29
<p style="text-align: center;"><i>VPS Late Start</i></p>	<p style="text-align: center;"><i>EPS Conferences – Early Release</i></p> <ul style="list-style-type: none">   Walk Toward Success 	<ul style="list-style-type: none">   The Professional Job-Seeker's Group 	<p style="text-align: center;"><i>EPS Conferences – Early Release</i></p> <ul style="list-style-type: none">  Play & Learn Group  Smoking Cessation with SeaMar 	<p style="text-align: center;"><i>EPS Conferences – Early Release</i></p> <ul style="list-style-type: none"> ▪ CIAEP info session – <i>Skyline Crest</i>  Going Places Job Class 	
31	November 1	2	3	4	5
	<ul style="list-style-type: none">   Walk Toward Success  CCAPS Meeting 		<ul style="list-style-type: none">  Play & Learn Group  Smoking Cessation with SeaMar 	<p>SYMBOL KEY:</p> <ul style="list-style-type: none">  Community Involvement Activity  GOALS Activity 	<p>LOCATION KEY:</p> <p>VHA Main St: 2500 Main Street</p> <p>RSCC: RISE & STARS Community Center, 500 Omaha Way</p>

October 2011 Event Descriptions

Tuesdays in October – ✂👉 Walk Toward Success: Wear comfortable clothes and bring your water bottle! Meets at the new Vancouver Community Library to walk for about 1 hour. Provided: a map of the walk, pedometer, and water for your bottle. RSVP with Karin at 993-5301 ext. 110. 901 C Street. 8:00 AM–9:10 AM. *This group satisfies the GOALS Health & Wellness elective.*

Thursdays in October – 👉 Play and Learn: For parents or caregivers and their children ages 0 – 5. Help your child get ready to learn to read; come to this fun playgroup with snacks, crafts and activities. Get info about healthy child development and resources. FREE, Drop-in 10:00 AM–12:00 PM at the RSCC. Call Sharon at 992-0205 for more info.

Friday, Sept 30 & Fridays in October - 👉 Going Places Job Class: Going Places Network by Wal-Mart, a program of Dress for Success Oregon is FREE open to women who are seeking employment. 12 weekly meetings to learn how to present your personal “brand” in interviews, customize your résumé for different positions, navigate LinkedIn. You will have the chance to work one-on-one with career coaches and build your personal network in a small, supportive environment with other women. 10:00AM – 12:00PM at VHA Main St. Call Bridgette at 993-9556 to RSVP or for more info.

October 3 – 👉 Community Involvement and Employment Program General Meeting: Everything you have wanted to ask about the Community Involvement and Employment Program. Our General Monthly Meetings allow members to meet and mingle with each other as well as to hear presentations from a variety of guest speakers from organizations that need volunteers to schools offering training and much more. Every first Monday from 1:00 – 2:00 PM at VHA Main St. RSVP at 993-9521 and your name will be put into a drawing to win one of two gift certificates.

👉 Insight Online High School info session: Insight Virtual High School is a free, accredited high school which students attend using a free laptop issued to them by Insight. This program grants regular diplomas which are accepted by colleges and universities across the country. Come hear Jeff Bush talk about Insight schools. 3:00 – 4:00 PM at VHA Main St. Call Bridgette at 993-9556 for more info.

October 4, 18 – 👉 CCAPS Meeting: (Community Center Adult Program Sponsors) Meets the 1st & 3rd Tuesdays of the month at 10:00 AM at the RSCC. Call Sharon at 992-0205 for more info.

October 10 – 👉 Community Center Game Day for Adults: Board games, cards or our Wii, there will be fun and friends! Questions? Call

Sharon at 992-0205. Adults only; no childcare provided. 11:00 AM–1:00 PM at the RSCC.

October 12 - 👉 How-to Become an Assistant Property Manager: Learn about our six-month “On The Job” training opportunity. 2:30 – 3:30 PM at VHA Main St. Call Bridgette at 993-9556 for more info.

October 12, 26 - ✂👉 The Professional Job Seekers Group: Need a Job? You’re not alone. This group will provide participants with job leads and tips to make the job search process more effective and hopefully less stressful. Each week speakers will offer information and insight to improve your chances of finding the job you want. 1:00 – 2:15PM at VHA Main St. Call Carol at 992-0228 for more info.

October 14, 28 - 👉 Community Involvement and Employment Program Meeting: Talk to Bridgette about jobs or doing your Community Involvement hours, 1:00 - 3:00 PM at the RSCC.

October 15 - 👉 Starting Your Own Business info session: Thinking about starting a business? SCORE Vancouver presents a half day Workshop designed just for you. This half-day workshop will help you understand what it takes so you can decide whether to proceed or not. 8:30 AM – 12:30 PM. Call Bridgette at 993-9556 to RSVP; seating is limited.

October 17 – 👉 Scrapbook Group: Scrapbookers gather to create their very own scrapbook masterpieces. You are encouraged to bring any supplies you have; some supplies provided. *Donations of scrapbooking materials greatly appreciated.* Call Sharon at 992-0205 for more info. 10:00 AM- 12:00 PM at the RSCC.

October 19 – ✂👉 FAFSA Workshop with Karin: Learn about the Free Application for Federal Student Aid. Satisfies the GOALS Education elective for 2 credit hours. 5:30 – 7:30 PM at VHA Main St. Hough room. Limited to 12 seats. Call Karin at 360-993-53601 ext. 110 to RSVP.

October 20, 27 – ✂👉 Smoking Cessation with SeaMar: In this FREE class, you will get various strategies to quit and stay quit, as well as the support of fellow ‘quitters.’ Quitting tobacco is hard, but YOU CAN DO IT!! Improve your chances of success by joining our Smoking Cessation class. Presented by Eric McNair Scott of Sea-Mar Behavioral Health. If you are not a Sea-Mar client, you will need to fill out “new patient” paperwork at the first session. Sorry, no child care available. Meets Thursdays, October 20, through December. At 2500 Main St., from 3:00 –4:30pm. For more info, contact Eric McNair Scott at 566-4425 ext. 16425 or at ericscott@seamarchc.org. *This class satisfies CIAEP, GOALS Health & Wellness elective.*