





Guild Community Support Program
 1740 Livingston Avenue
 West Saint Paul, MN 55118

RSVP (651) 457-2248 Ext. 2115
RSVP on or after the 1st of the month

May 2019

Monday 12-4 pm	Tuesday 12-4 pm	Wednesday 12-4 pm	Thursday 12-4 pm	Friday 12-4 pm	Saturday Closed
<p>**Tours of the CSP are available Monday and Friday afternoons. Call Diane or Megan for an appointment**</p>	<p>MAY IS MENTAL HEALTH MONTH!</p>	<p>1</p> <p>1:00 Yoga 2:00 TED Talks 2:30 Creative Writing</p>	<p>2</p> <p>12:30 Lunch with Friends 1:30 NEW: Comic Book Club! (see newsletter)</p>	<p>3</p> <p>12:30 What's Happening? 1:30 Art with Jennifer – OPEN</p>	<p>4</p> <p>2:30 pm Dorothy Day RSVP (see newsletter)</p>
<p>6</p> <p>12:30 TED Talks 1:00 Backyard games w/Frank 1:30 Art with Jennifer- OPEN</p>	<p>7</p> <p>1:00 Peer Support Group 2:00 Music Group 3:00 Walking Club 4:30 Dinner Club RSVP (\$\$)</p>	<p>8</p> <p>1:00 Yoga 2:00 TED Talks 2:30 Women's Group</p>	<p>9</p> <p>12:30 Lunch with Friends AND All Member Meeting</p> 	<p>10</p> <p>12:30 What's Happening? 1:30 Jean's Arts & Crafts</p>	<p>11</p>
<p>13</p> <p>12:30 TED Talks 1:30 Art with Jennifer- OPEN</p> 	<p>14</p> <p>1:00 Peer Support Group 2:00 Music Group 3:00 Walking Club 6:30 NAMI Meeting – RSVP</p>	<p>15</p> <p>1:00 Yoga 2:00 TED Talks 2:30 Pablo's Drawing Class</p>	<p>16</p> <p>12:30 Lunch with Friends 1:00 Spiritual Conversations with Stan</p>	<p>17</p> <p>10:30 Brunch Club – RSVP(\$\$) 12:30 What's Happening? 1:30 Art with Jennifer-OPEN</p>	<p>18</p>
<p>20</p> <p>12:30 TED Talks 12pm – 4pm Field Trip to the MN Landscape Arboretum with volunteer Frank! (see newsletter for details) RSVP</p>	<p>21</p> <p>1:00 Peer Support Group 2:00 Music Group 3:00 <i>Memorial Day Concert</i> 3pm – 6pm GUILD ART SHOW (see newsletter for details)</p>	<p>22</p> <p>1:00 Yoga 2:00 TED Talks</p>	<p>23</p> <p>12:30 Lunch with Friends 1:30 NEW: Comic Book Club! (see newsletter)</p>	<p>24</p> <p>12:30 What's Happening? 1:30 Art with Jennifer – OPEN</p> 	<p>25</p>
<p>27</p> <p>CSP CLOSED</p>  <p>Memorial Day!</p>	<p>28</p> <p>1:00 Peer Support Group 2:00 Music Group 3:00 Walking Club</p>	<p>29</p> <p>11:30-2:30 Feed My Starving Children – RSVP 1:00 Yoga 2:00 TED Talks</p>	<p>30</p> <p>12:30 Lunch with Friends 1:30 NEW: Elizabeth's Class (see newsletter)</p>	<p>31</p> <p>12:30 What's Happening? 1:30 May Birthdays &</p> 	<p>**Classes subject to change: please call ahead to confirm**</p>



Seeing Strengths.
Creating Options.
Restoring Health.

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1740 Livingston Avenue
West St. Paul, MN 55118
651-457-2248

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CSP Happenings

ART WITH JENNIFER: MOSAICS & OPEN ART



A mosaic is a piece of art or image made from the assemblage of small pieces of colored glass, stone, or other materials. It is often used in decorative art or as interior decoration. Most mosaics are made of small, flat, roughly square, pieces of stone or glass of different colors. Please come finish a project for the Art Show or work on a Mosaic – the choice is yours all month long!

Mondays: May 6th & 13th

Fridays: May 3rd, 17th & 24th

1:30 pm

(No RSVP needed this month)

Jean's Arts and Crafts

Come join member center volunteer Jean to do a fun and exciting Mother's Day art and craft project!

Friday, May 10th

1:30pm (RSVP)

Facilitator: Jean M., volunteer

CSP Happenings

The Annual Guild Art Show Is Here!

When? Tuesday, May 21st from 3-6pm at the CSP

Who Can Participate? Any Guild clients, staff and CSP members

What to do? Fill out necessary submission form and bring your art piece(s) – up to two each – to the CSP and give to Megan or Diane **NO LATER THAN** Tuesday May 14th at 4pm.

****New this year:** Artists have the option of putting a price tag on their piece or artwork, meaning that if the artist wants, their piece of art will be on sale during and after the Art Show (see submission form for details . . . artists keep all commission from selling their artwork!)

NEW: COMIC BOOK CLUB!

The New Comic Book Club was off to a great start last month! Arising from the depths of collective interests, we continue to welcome this new group to inspire conversation, creativity, and jovial appreciation of the comic book universes! A collection of comics will be available to read, discuss, and enjoy by our members. Come feel free to grab a comic, read, and enjoy sharing amongst the masses!

Thursdays, May 2nd & 23rd

1:30pm

Facilitators: Joseph M. (member) and Justin G. (staff)

May is Mental Health Month!

In honor of Mental Health Month, NAMI in Dakota County has sponsored a free mental health awareness event:

On **Tuesday, May 14th**
@7pm Mary, Mother of the Church is showing the film/documentary **"Suicide: The Ripple Effect"**

(Address: 3333 Cliff Rd East
Burnsville, MN. 55337)

****Register for the event for free at the following website:**

suicide-the-ripple-effect-burnsville.eventbrite.com

Community Outing:

Dorothy Day

Saturday Activity at the Dorothy Day Center - Volunteers Needed!

Catholic Charities' Dorothy Day Center serves multiple functions.

During the day, the Dorothy Day Center provides meals, mental health services, medical care, showers, and much more to help people experiencing homelessness. Join us as we help prep and serve dinner!

Saturday, May 4th

2:30-5:30 (RSVP)

Feed My Starving Children

Come and join us to pack food for children living in poverty. This is a great way to give back and it helps you feel great in the process!

Wednesday, May 29th

11:30am-2:30pm (RSVP)

CSP Newsletter – May 2019

CSP Groups & Classes

NEW: Elizabeth's Class

For this month's class, we will be making a personal journal or smash book! What is a smash book you say? A **smash book** is a journal in which you can write, draw, paint and glue in embellishments and memorabilia as you're on-the-move. No planning is involved – you simply decorate as you feel in the moment! This project will be a great way to preserve some of your favorite memories on a day to day basis. Everyone is welcome to attend!

*Thursday, May 30th
1:30pm - RSVP*

SPIRITUAL CONVERSATIONS

Do you connect with or wonder about spirituality in your life? Join this month's group!

*Thursday, May 16th @ 1pm
Facilitator: Stan S., volunteer*

CSP Happenings

Backyard Games

Come join volunteer Frank in playing some all-time favorite backyard games, including Bocce Ball, Bean Bag Toss and more!



Monday, May 6th @ 1:00pm

TED Talks: Healthy Living

Each month we feature 20 minute TED talks for our healthy lifestyles classes. TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where **Technology, Entertainment and Design** converged, and today covers almost all topics



*Mondays @ 12:30pm
Wednesdays @ 2pm
Facilitator: Diane & Megan*

Pablo's Drawing Class:

Come learn how to draw with Pablo to become the artist you always wanted to be!

Wednesday, May 15th @ 2:30pm

The Happy Body & Mind Column

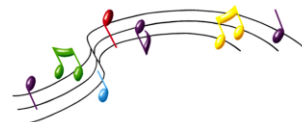
Field Trip: MN Landscape Arboretum

The Minnesota Landscape Arboretum, a top visitor attraction, is more than 1,200 acres of gardens and tree collections, prairie and woods and miles of trails. Come join volunteer Frank to enjoy a beautiful day exploring nature!

*Monday, May 20th
Noon-4pm (RSVP)*

Music Group

Come one, come all! Join us in our quest to sing together ☺ As a wise person once said, "Music gives a soul to the world, wings to the mind, flight to the imagination, and life to everything."



*Tuesdays at 2:00pm
Facilitator: Megan*

Chair YOGA & Mindfulness: EVERYONE Welcome!



Wednesdays at 1:00pm
