

Forever Friends December 2022 Newsletter

1510 7th Avenue South St. James, MN

Phone: 507-375-4453

Greetings, Clubhouse Members!

Happy Holidays to you! We can't believe that we are approaching the end of another year, time sure does fly by!

We have many fun activities planned for December, we will be playing games with Brown County, exercising, having mental health group, playing bingo, and making cards. Pay close attention to your calendars, as we have some activities that are both Group A & B, on **December 6th** we will be making cards. On **December 22nd** we will be playing games with Brown County clubhouse @ Forever Friends, on **Tuesday December 27th** we will be exercising and on **December 29th** we will be playing Bingo. These are all group A & B activities, so please be sure you sign up! Cooking Matters will be on **December 8th** from 1pm-3pm.

Tuesday December 20th from 10am-12pm will be the annual Christmas Brunch at WCHS Community Room. Please see attached flyer. **You will need to sign-up for this at the clubhouse or by calling Sharon at 375-7836 by December 14th.**

The clubhouse is closed on **December 1st and December 26th**

In order to sign up for 10 County Activities, you MUST be attending group weekly. We have had continued poor attendance by members, resulting in canceled groups. Please make the clubhouse a priority in your Mental Health Recovery, so that we may continue to provide you with activities.

Your AMH Team,

Amy, Christina, Katy, Laura, Sharon & Rhonda

