

Activities for **FEBRUARY 2012** Hickok Center 271-8640

The computer lab is always open AND Open Gym everyday from 1:15 to 2!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Hickok to Work every Monday and Tuesday from 2 to 4 pm! For more information please contact Gretchen Cota, 271-8640, ext. 105!</p> 		<p>1 1030 Art with NAZ 1100 Lunch/coffee at Lovin' Cup Café 115 TBI Support Grp with Jose N 115 Work it out in the gym!</p> 	<p>2 1030 Hickok Center newsletter 11 Color Me Mine 115 Computers with Gretchen 115 Chess crew</p> 	<p>3 1045 to 12 Meals on Wheels Volunteering 10 Super Bowl Party – the 2008 Super Bowl - the Giants defeated the Patriots, 17 to 14! Get ready for the re-match!</p> 
<p>6 10 NAZ PT 1030 Central Library, & an on site MLK exhibit 1030 NAZ Art 1245 Read about the brain with France 115 Music with Matt 115 Healthy Body, Healthy Mind with Gretchen</p>	<p>7 1030 Clover Lanes 1030 Earle's discussion grp 11 Brain Science 115 SportsTalk 115 Anger Management with Lynda</p> 	<p>8 Day Trip! International Boxing Hall of Fame, with Ray Ciancaglini!</p> 	<p>9 10 Foodlink 1030 Basic cooking skills with Emily 115 Biography with Tom 115 Natasha's reading group</p> 	<p>10 1030 Book Sale at the Brighton Library 1030 Poetry with Robert 115 ASL with Tim 115 Crochet with Bernadette</p> <p>Evening outing – U of R Men's Basketball game!</p>
<p>13 10 NAZ PT 1030 NAZ Art 1030 YouTube and the Grammys 1245 Read about the brain with France 115 Music with Matt 115 Dimitri's discussion grp</p>	<p>Happy Valentine's Day! (Party!)</p> <p>Evening TBI Support Grp, 630 to 730</p> 	<p>15 1030 Spring OVERNIGHT trip...planning committee 1030 NAZ Art 115 Computers with Gretchen 115 Wii Fitness! Improve balance and strength!</p>	<p>16 1030 Biography with Mary Anne 11 Pellegrino's for lunch 115 Tom's cultural discussion grp 115 Art with Irene</p> 	<p>17 1030 Clover Lanes 1030 Poetry with Robert 115 ASL with Tim 115 Hickok Center newsletter</p> <p>AND... A day long Checker Tourney brought to you by Sandra W!</p>
<p>20</p>  <p>...presentation at 10 am Evening outing – Razorsharks basketball!</p>	<p>21</p> <p>Celebrate Mardi Gras at Beale St Café!</p> 	<p>22 1030 Movie day at the center... 1030 NAZ Art 115 Earle's music grp 115 Hickok Ctr newsletter</p> 	<p>23 1030 George Eastman House, the Dutch Connection 115 Ron's discussion grp 115 Bio with Gretchen</p> 	<p>24 10 Foodlink 1030 Art with Irene 115 ASL with Tim 115 Poetry with Robert</p> 

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<p>27 10 NAZ PT 1030 YouTube and the Oscars 1030 NAZ Art 1245 1245 Read about the brain with France 115 Music with Matt 115 Basic cooking skills with Emily</p>	<p>28 Day Trip! Dave and Buster's in Buffalo, NY</p> 	<p>29 10 The Mall at Greece Ridge for shopping & lunch 1030 NAZ Art 115 Band Hero! Rock out with Charlie 115 Anger Management with Lynda</p> 	<p>Current Events this month will be celebrating BLACK HISTORY MONTH with various readings and topical discussions by members. Big thanks to Lynda for providing oversight & support!</p>	<p>****SPECIAL EVENT**** Sunday, Feb 19th at the Memorial Art Gallery...the gallery's annual Black History Month Celebration! Music, dance, traditional storytelling, and more!</p>
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More Information about activities

Hickok to Work, every Mon & Tue from 2 to 4: Create a resume; do mock interviews, & more!

Brain Science w/France!: Learn about the brain, its complexities, the vocabulary, and how the brain works.

TBI Support Group with Jose N: Discuss yours and others stories, review coping skills and strategies.

Poetry w/Robert: Robert loves words. With poetry, words can take on more meaning, more beauty. Explore our language and how expressive it can be.

Crochet w/Bernadette: Join Bernadette as she creates some magic with yarn!

SportsTalk w/Jermaine: Tuesday afternoon is ALL sports!

Music Appreciation w/Matt: Go from Abba to Metallica, sometimes in one sitting! Matt spins it all!

Chess with Ron: Social and competitive, players are willing to teach – join in!

Biographies: We've talked about Keith Haring, Garth Fagan, Bill Haley, Oprah, Susan B. Anthony, Abby Wambach, and Patti LaBelle – with more to come!

Anger Management: Discuss with your peers tools to handle anger – your own anger and others

Various discussion groups with Earle, Marc, Ron, Dimitri, and more!

Reading group with Natasha: Be it a short story, novel, or non-fiction Natasha creates a provocative group discussion revolving around the written word