

October



2021



BLUE ZONES PROJECT

eliminating racism
empowering women
ywca
Walla Walla & Columbia Counties

Building Community Resilience – Together!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Free Yoga Class 1 Kaleidoscope Studios Noon (online or in person) Sign up here .	Take a walk! 2 Leave your phone at home and discover new things!
Family Time 3 Watch a video on Empathy and talk about it.	Surprise Note 4 Write a note for a friend or loved one and hide it where they will find it, e.g., lunchbox, pillow.	BLUE ZONES PROJECT 5 ZUMBA in the PARK 5:30 – 7:30 p.m. Click to RSVP	4-7-8 Deep Breaths 6 Breathe in for 4 counts. Hold for 7 counts. Out for 8 counts.	Lunch and Learn* 7 CRI: Why Does Community Resilience Matter? Noon – 1 p.m.	Free Yoga Class 8 Kaleidoscope Studios Noon (online or in person) Sign up here .	Crisis Calm Cards 9 Every family member writes or draws on little cards what makes them happy and calm.
#movenaturally 10 Take a 20-minute walk to enjoy the fall colors	#connect 11 Call a friend or family member to (re-)connect.	BLUE ZONES PROJECT 12 ZUMBA in the PARK 5:30 – 7:30 p.m. Click to RSVP	Make a Worry Jar 13 Family members write each worry on a piece of paper and drop it in the jar for later discussion.	Lunch and Learn* 14 BLUE ZONES PROJECT Purpose Workshop 11 a.m. – 1 p.m.	Free Yoga Class 15 Kaleidoscope Studios Noon (online or in person) Sign up here .	Wine at 5 16 Meet some friends for a glass of wine or a meal #connect, #downshift
Family Time 17 Watch a video on how Mindfulness Empowers Us , and talk about it.	Sign up 18 With BLUE ZONES PPROJECT and a local organization to volunteer on Oct. 20.	#dvam challenge 19 Download and print the sign . Use words, art, photos to describe a world without violence.	Wear Purple! 20 Participate in the DV Memorial Walk. More info here .	Lunch and Learn* 21 YWCA: Supporting Healthy Teen Dating Noon – 1 p.m.	Free Yoga Class 22 Kaleidoscope Studios Noon (online or in person) Sign up here .	Safari Walk 23 Go for a family walk with everyone pointing out as many critters, large or tiny, as possible.
Family Time 24 Watch a video on Emotional Hygiene and talk about it.	Breathe! 25 Observe your breathing and take a few deep breaths at least once every hour.	Mindful Eating 26 Eat with your non-dominant hand and focus just on your food. No electronics!	Thank-You Note 27 Give it to a teacher, mail carrier, grocery store worker, nurse, etc.	Lunch and Learn* 28 CRI webinar: Rhythms of Regulation Noon – 1 p.m.	Free Yoga Class 29 Kaleidoscope Studios Noon (online or in person) Sign up here .	Family Meeting 30 Meet as a family and celebrate what went well this week.
Practice Gratitude 31 Before eating dinner, name 5 things for which you are grateful.	*For Lunch and Learn webinars via Zoom on Thursdays, please register with the individual organizations: BLUE ZONES PROJECT: https://wwwvalley.bluezonesproject.com/events CRI: https://criresilient.org/community-engagement/ YWCA: https://www.ywcaww.org/DVAM/					