

NO WALLS NEWSLETTER



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No Walls Day Hab

In the month of May, we tried getting outdoors, but with the unpredictable weather it kept us in most days. When we were able to get outside, we spent some time at Jones Dairy Farm in Spencer Iowa. Members and staff enjoyed this fun, exciting and educational day. Members were given a tour and educated on daily activities at the dairy farm. This included where the milk comes from, to when it leaves the milk tanker, and how it ends up on your table as cheese. Members were taught what the cows are fed to make the cheese so tasty and nutritional. They were given the opportunity to milk the cows by hand and see how they are milked by a machine. Everyone was then given the opportunity to bottle feed the baby goats and calves. Members then shared how this brought back so many memories for them, many of them having grown up on farms. As you can imagine they had many questions and even asked about how to get a job at a Dairy Farm.

HIGHLIGHTS OF MAY ACTIVITIES



Memorial Day Laying of Flowers



Whittemore Freedom Rock



Water's Edge Nature Center

Nickel Bingo, Multipurpose Center, Emmetsburg

Wednesdays and Fridays from 01:00 to 02:30.

Members really enjoy this time to mingle with community members, build relationships and even win prizes. This has been really a big hit and something that everyone looks forward to every week.



Community Coffee, Emmetsburg

Fridays from 09:30 am to 10:30 am. Every Friday has become a custom to some Horizons members. Going out for community coffee is a time to catch up with old friends, teachers and relatives too. We are always excited to find out where it will be each week and who they will see.



Water Aerobics, Smith Wellness Center, Emmetsburg

Mondays, Wednesdays and Fridays from 08:30 am to 11:00.

Three times a week, we gather with peers and the community for fun in the water. This program has been great for making new friends and is also a fun way to get exercise. We have had members who were once scared of the water who now can't wait to go.



Volunteering and a Whole Lot of Fun!

In the month of May, No Walls put in 47.5 hours of Volunteer time at Various locations such as, Care Centers, Senior Centers, Animal Shelters and The Feed Our Kids Program. Our Members love volunteering and giving back to a community that has given so much to them. You never know where you might see us. It could be volunteering at a local care center or assisted living, picking up a park, the library or water aerobics, maybe dinner date or just out having some fun.

Some things we are looking forward to in June are a picnic at the end of the month, a game of softball and maybe we will even catch a fish or two.

