

Upcoming Events

Thursday, October 3rd
Self-Advocacy Meeting
ARC of Whatcom County's
Dan Goodwin Center
4:30-6:30 pm

Friday, October 4th
Downtown Art Walk
6:00-8:00pm
Participating Downtown Businesses
FREE

Sunday, October 6th
16th Annual Buddy Walk
Starts at Depot Market Square
For more info visit their website:
[https://www.classy.org/campaign/
2019-whatcom-county-buddy-
walk/c226445](https://www.classy.org/campaign/2019-whatcom-county-buddy-walk/c226445)

Monday, October 7th
Max Higbee Calendar Planning
5:30-6:30pm
Max Higbee Center
Join us to add your idea to next
month's calendars!

Monday, October 21st
SPIN Dance
Theme: Halloween Costume
Bellingham Senior Center
6:00-8:00pm
FREE (donation of unopened
graham crackers or unsweetened
apple juice appreciated!)

Wednesday, October 30th
P2P Halloween Party
5:30-7pm
Bloedel Donovan Park
For more information contact (360)
715-0170 or email
p2p@arcwhatcom.org

HIGBEE HAPPENINGS

October All Day Outing: Bellewood Acres

Wednesday, October 16th

Time: 10:00am-5:30pm

Cost: \$20

Drop off and pick up at MHC, arrive on time so we can catch our buses!

No regular Skill Share or CAP programs will be held during the all-day outings in order to provide the most opportunities for members to get involved and preserve staff-to-member ratios. After School Program will run as usual.

You will need:

- Bus pass OR \$4 for bus fare
- Packed lunch OR money to buy lunch at Bellewood Bistro
- Optional additional spending money for a small pumpkin
- Water bottle, comfortable shoes that you don't mind getting a little muddy, and layers for unpredictable fall weather!
- Please be prepared for rain or shine!

Registration required! Sign up here:

<https://tinyurl.com/MHCBellewoodAcres2019>

Questions? Contact: 360.746.7181 or alyssa.maxhigbee@gmail.com

Weather Changes & Cold Season

MHC would like to give a friendly reminder that with the change in seasons comes rain and colder weather. Please come prepared with appropriate clothing and know that even when it's raining, MHC braves it all to do things we love: getting out in to the community!

Please refrain from attending programs if you feel you have a cold both to take care of yourself as well as respecting others' health and wellness who come to the center. We encourage everyone to advocate for themselves, so you can rest up and return to programs feeling healthy and excited to be with friends! If you come to programs and start to feel unwell, let a staff member know so they can assist you in getting picked up early if needed. Washing hands frequently and making sure to cover up coughs or sneezes with an elbow or tissue helps to stop the spread of germs!



Welcome New MHC Staff!

Fall marks a lot of changes, both in the color of leaves as well as staffing at Max Higbee Center! We are so pleased to welcome (and welcome back) a whole bunch of new staff members who will be working in programs. As we're also onboarding a few new members in the After School Program, there are going to be a lot of new faces around the Center. Be sure to introduce yourself and give them a warm welcome!

Joining the Max Higbee Center staff team this fall are several previous interns who have taken on staff roles:

- Katie Collins
- Kristina Hatch
- Neco Pacheaco
- Sam Konieckza
- Sarah Atkins

And one new hire:

- Dylan Benson

Look for their staff bios and pictures on the website soon!

Feedback Needed!

Tierra Village, an organization in Leavenworth, WA that serves adults with developmental disabilities is looking to create more opportunities and plans on hosting a Family Retreat in July 2020. They are looking for feedback and family-interest through the survey below. The survey includes questions regarding this family retreat that so they can tailor it to best fit families' interests, needs, and schedule. Please take a moment and give your ideas here: <https://www.surveymonkey.com/r/STJJYGP>

September Member of the Month:

Our September Member of the Month is Ian!

Ian has been attending the Max Higbee Center through the Mentor Program for a few years and has just recently taken a new

leap in independence by riding the paratransit bus to and from group programs on his own. Some of his favorite parts of programs are riding the bus, going to ice cream shops like Mallards, hanging out with friends, and attending baseball games. He

further satisfies his love for baseball by working his part-time job at Inside Pitch, Bellingham's batting cages. Ian has a lively sense of humor and is quick to swing into any circle of friends with a hilarious punchline or by breaking into song. He loves rap, 80's pop, and soul music, and can often be caught

acting as a "hype man" for the songs he loves most. Ian also has a passion for Pikachu, and says he wants to be a Pikachu Vampire for Halloween. We're scared already! Ian also loves performing, so keep your eyes and ears

peeled at our upcoming Max Higbee Center Showcase. Thank you for lighting up the Max Higbee Center, Ian. We look forward to creating new memories with you!

Adaptive Cycling Expo

Saturday, October 12th from 11am-2pm
Squalicum Creek Park

Free, pre-registration required. Register through Bellingham Parks & Rec here:

https://apm.activecommunities.com/bellingham/Activity_Search/adaptive-cycling-session/5422

Autism Life Coaches LLC along with Bellingham Parks & Recreation, The AIROW Project and Outdoors for All Foundation are hosting an adaptive cycling event at Squalicum Creek Park. This will be a free event for youth and adults with Autism and other developmental, physical or intellectual disabilities. Siblings and friends are welcome to join the fun!