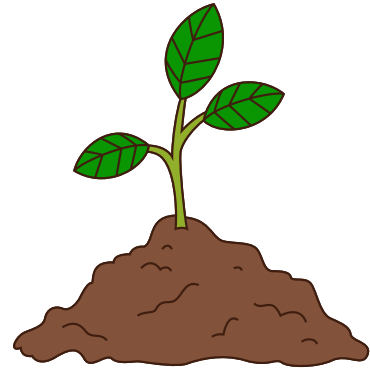


Monthly updates from Guild's Community Support Program

GUILD COMMUNITY SUPPORT PROGRAM



MAR. 2025



Member Council Elections

Member Council elections will be held at the March All Member Meeting on Thursday, March 27th! If you are interested in serving on the Member Council, please submit your name for consideration to Diane and Alex. If you have any questions about Member Council duties and responsibilities, please reach out to CSP staff at (651) 457-2248 ext. 2115



UPCOMING EVENTS/CLASSES



Art with Jennifer

Continued open art sessions with the opportunity for more structured lessons.

**Fridays,
March 7th,
14th, &
21st**

Mental Health Support Group

This group is led by CSP staff and explores various topics in mental and behavioral health including coping skills, healthy relationships, dealing with loss and trauma, overcoming fear, social skills, and many more!

**Thursdays,
March 6th &
20th**

Dinner Club

At Olive Garden in Eagan on Wednesday, March 5th at 4:30pm **MUST RSVP \$\$**

**Wednesday,
March 5th**

Movie Club

Wednesday, March 19th at Woodbury 10 Theater. Movie and Time *To Be Determined* (will be a matinee) **RSVP. Snacks provided.**

**Wednesday,
March 19th**

Morning Motion

Start your day with energy and positivity! This group brings people together for a refreshing morning exercise routine to boost fitness, focus, and well-being.

**Tuesdays,
March 4th,
11th, 18th, &
25th**

Como Conservatory

Join us for a trip to the Como Conservatory! Transportation and lunch provided. **Must RSVP. Arrive at the CSP at 11am for transportation.**

**Saturday,
March 8th**

Mental Health Skills Group

A supportive space to learn and practice tools for managing emotions, building resilience, and fostering well-being together.

**Tuesdays,
March 11th
& 25th**

CSP Updates

GAME DAY AT THE CSP



Get ready for an epic Game Day as we showcase our newly upgraded Game Room!

Whether you're a pool shark, a board game strategist, or a video game champion, there's something for everyone. Come try out our brand-new pool table, dive into classic and modern board games, or battle it out in a video game.

Bring your competitive spirit, grab some snacks, and enjoy a day of fun, friendly competition, and great company. Don't miss out—game on!

Date: Friday, March 28th
Location: CSP Member Center
Time: 1:00pm

See you there!

CSP LIBRARY NOW OPEN

The CSP is excited to announce its brand new library is officially open!—a space created especially for Members to enjoy. Explore an inviting atmosphere with a diverse selection of books and resources to inspire your next great read.

Looking for a book recommendation? Be on the look out for a fresh selection of monthly staff and member picks. Interested in submitting a book pick of your own? See Alex for more information!

Cooking with Diane

RED LENTIL AND BLACK BEAN SOUP

This is a recipe that Peggy made, it smelled delicious. Try this recipe with a crusty bread. Instead of tomato paste Peggy substituted a can of diced tomatoes. Bon Appetit!

Ingredients

- 1 T extra-virgin olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- ½ tsp chili powder
- ½ tsp ground cumin
- ¼ tsp paprika
- 4 cups low-sodium vegetable broth
- 1 T tomato paste
- ¾ cup red lentils
- 1 can (15 oz) black beans, rinsed and drained, half of the beans mashed with a fork
- Juice of 1 lime
- ¼ tsp salt
- ¼ tsp ground black pepper
- 2 T chopped fresh cilantro

Directions

1. In a large soup pot over medium heat, heat the oil.
2. Add the onion and cook, stirring frequently, for 5 minutes, or until soft.
3. Add the garlic, chili powder, cumin, and paprika and cook for 1 minute.
4. Add the broth and tomato paste and stir to combine.
5. Increase the heat to high and bring the mixture to a boil. Add the lentils.
6. Reduce the heat to a simmer and cook for 25 minutes, or until the lentils are tender.
7. Add the black beans (whole and mashed), lime juice, salt, and pepper.
8. Cook for 5 minutes, or until heated through.
9. Ladle into bowls and sprinkle with cilantro.

