¬Send Community Calendar information to us by email: info@insightnews.com , by fax: 612.588.2031, by phone: 612.588-1313 or by mail: 1815 Bryant Ave. N. Minneapolis, MN 55411. Free or low cost events preferred.

EVENTS

Workshops and Informational Seminar - Dec. 14 The Ministry of Criminal Justice and Trinity Housing Services in collaboration with Peace of Hope presents
Dealing with Incarceration: Turning a Negative into a Positive!
This full day is packed with resources for anyone in the community who has had or are currently experiencing any affiliation with arrest, incarceration, probation, parole or diversionary programs. Come find out about special immediate housing opportunities, transportation to and from the Minnesota Correctional Facilities, how to get your driver's license reinstated and also hear speakers present topics that will benefit the people of our community who have been involved in the criminal justice system. The event will take place Saturday, December 14th at the Minneapolis Urban League, at 2100 Plymouth, from Noon – 6pm. For more information call (612) 220-4678. All children are welcome! Can goods appreciated to help those less fortunate.

Holiday Potluck, Healthy Recipe Exchange and Free Massages - Dec. 18
There will be a Holiday Potluck, Healthy Recipe Exchange and Free Massages on Wed. Dec. 18, 2013 7-9pm, at Fuller Park Rec Center, 4800 Grand Ave S, Minneapolis, MN 55419. Come celebrate the holidays with the Twin Cities Chapter of the Holistic Moms Network by bringing a favorite healthy dish and recipe(s) to share, and a healthy appetite. Relax with free chair massages by a certified massage therapist provided by Moe Bodyworks (http://www.moebodyworks.com). We will all leave with relaxed bodies, full bellies and new healthy recipes to try at home! Holistic Moms Network is a non-profit national organization that connects parents who are passionate about holistic health and green living. The Twin Cities Chapter holds monthly meetings the third Wed of each month, 7-9pm, at Fuller Park Rec Center, 4800 Grand Ave S, Minneapolis, MN 55419. Children are welcome. To contact the Twin Cities Chapter, or for more info, a calendar of events, and a map to our meeting location, visit
http://twincitiesmn.holisticmoms.org
or e-mail
tcholisticmoms@gmail.com
or visit us on Facebook at
www.facebook.com/HMNTwinCitiesMN

Abuelita Rosa Art & Bodywork Social - Dec. 20
Rafa House~Mind & Bodyworks Holistic Network is hosting a massage, bodywork & art social experience on Wed., Dec. 20, 2013 at the JXTA 1108 W. Broadway Artists Cooperative with guest Emcee Robert Hayles from KBEM Jazz 88.5 FM radio, and guest DJ Matthew Mix.Well for a Nutritious Needs Food Drive benefiting the North Minneapolis Salvation Army, and fundraiser for the Abuelita Rosa Foundation. Everyone is urged to bring donations of fresh fruits, vegetables, or other nutritious food items to fill the need for healthy foods at our local food shelf. Relax with the chill vibes of DJ Mix.Well, Live Jazz, positive Northside Community social interaction, and an open studio art & bodywork viewing & shopping experience. A fund drive will

take place for the Abeulita Rosa Foundation, an organization developed to provide holistic therapies to people with disabilities, the elderly, hospitalized, and hospice patients. General admission is free. RSVP your VIP wristbands online today at www.rafahouse.com for your chance to sample a variety of massage, and other natural bodywork therapies. VIP wristbands can also be purchased at the door.

Choo Choo Bob's Great RiverCentre Train Show - Dec. 28, 29

The first-ever Choo Choo Bob's Great RiverCentre Train Show, a two-day train extravaganza at Saint Paul RiverCentre held Saturday, Dec. 28 and Sunday, Dec. 29 9 a.m. - 5 p.m. ADMISSION: $8 - Kids 7 and under are admitted free. Families will enjoy live performances and meet-and-greets with "The Choo Choo Bob Show" cast and the show's band — the Holy Smokestacks Revue. For Thomas the Tank Engine fans, Sir Topham Hatt, owner of the North Western Railway on the Isle of Sodor, will be on hand showing videos, reading stories, meeting the crowd and taking photos with kids. The event will also feature exciting train layouts from local model railroading clubs — to watch and play with — as well as free jumping inflatables, a free ride-on train for kids and plenty of merchandise from Choo Choo Bob's Train Store and other train-related retailers. For more information and the schedule, visit http://stpaultrainshow.com. Tickets are available at the Saint Paul RiverCentre Box Office, Ticketmaster Ticket Centers, by calling 800-745-3000 or online at http://ticketmaster.com. To charge by phone using Ticketmaster TDD/TTY, call 800-359-2525. Certain fees may apply.

DECEMBER
31
Kwanzaa
YOUTH CAFE
FAMILY KWANZAA FEAST
Saturday, December 31,2013
Dinner and Celebration
4:30 p.m. - 6:30 p.m.
Please join us in a community, cultural celebration of the seven principals of Nguzo Saba. There will be live entertainment and food. Come help us affirm our youth in their Food Justice Movement and healthy living.
OAK PARK COMMUNITY CENTER
1701 Oak Park Ave N Minneapolis, MN 55411
For information Contact: 612 377-7000
ADMISSION: FREE
THE ONLY COST IS YOUR WILLINGNESS TO BE ENGAGED.
youthprise
Afro Eco
United Communities