

The Learning Centre is open for telephone and virtual meetings: Tues, Wed, Thurs and Fri from 930-330 by appointment.

Contact Heidi at 613 756 3817 x205



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7 Core Competency Training 9-1	8 Tech Tuesdays Contact Heidi 10-2	9 Radio Bingo 	10	11 Energy Health Management 10-11	12
13	14 CHAIR YOGA 3-4pm 	15 Tech Tuesdays Contact Heidi 10-2	16 Ted Talk & Coffee 	17 Internet Safety Training 	18	19
20 HAPPY Father's DAY 	21 CHAIR YOGA 3-4pm 	22 Tech Tuesdays Contact Heidi 10-2	23 Radio Bingo 	24 Physical Fitness Training 	25 Open Future Learning: Teams meeting discussion Lunch and Learn	26
27	28	29 Tech Tuesdays Contact Heidi 10-2	30			

CALENDAR EVENTS

Radio Bingo: Tickets can be purchased at the Golden Lake Variety store. \$10 per ticket. Can be heard over 104.9 My FM at 7 pm weekly on Wednesday evenings. <https://www.pembroketoday.ca/radio-bingo/>

Tech Tuesdays: Contact Heidi at communityconnector@mvacl.ca if you are interested in setting up a Q&A via Teams on all things technology. This can also include information sessions on adaptive equipment to empower inclusion if there is interest. Available times are on **Tuesdays between 10 to 2.**

Breathe and Be Chair Yoga: Are you looking for ways to stay active, or looking to try something new? Each **Monday from 3 - 4 PM** you can catch a virtual chair yoga session with Breathe & Be Yoga. Join in for this fun, relaxing activity from the comfort of your own home, no experience necessary! <https://bluejeans.com/117614374>

Core Competency Training. An introductory course on the core competencies for the developmental service sector. Support staff will learn how to complete a Competency Assessment Questionnaire (CAQ).

Energy Health Management Check in: Let's get together via teams to check in with each other. Joe Roberts spoke to energy health management, so let's get together to share and motivate.

Training for Supported People:

Internet Safety: June 17th

Physical Fitness: June 24th

Contact Heidi for times available at 613 756 3817 x205 or at communityconnector@mvacl.ca

CAMH: There is lots of talk right now about COVID-19 or the Coronavirus. We may come across lots of information out there, but it is not always easy to understand and it can be confusing. Our team is working together to create and gather resources from around the world and information to support people with developmental disabilities and their families during this time. See many resources in regards to COVID, the vaccine and mental health at: https://www.hcarddcovid.com/info?mc_cid=029fff25b8&mc_eid=43f83b6a6d#vac cine

The Barry's Bay Farmers Market opened for the 2021 season on May 21 at its new location: Royal Canadian Legion, 250 John Street (Hwy 62 and Stafford Street). The Market will be held, rain or shine, every Friday from 11 a.m. to 4 p.m. First stop for us, some donuts — and this year Andrea cooks them on site so the aroma is heavenly

ONLINE LEARNING

Open Futures Side by Side Learning Module of the Month (Lunch and Learn):

Diversity: To recognize that every person is unique and to respect each person's difference define diversity and the mission of the module. This module features four very different perspectives on diversity. These perspectives will in turn explore how you can allow people to define who they are, how they will lead their lives, what they need to be safe, and how your support can lead them to reach their potential in all that they do.

[Openfuturelearning.org](https://openfuturelearning.org)

June 25th from 1-2.

June 9 Introduction to living your strengths. Free online course. 8-9pm. Do you feel unfulfilled in your work or personal roles? If so this free strengths webinar was built to help you. <https://tinyurl.com/bue5btwc>

June 9 Blood Donor Clinic at the North Grenville Municipal Centre. 285 County Road 44 in Kemptville. Book online at www.blood.ca

June 18 Eganville Farmers market opens for the season. Visit them at the legion field from now until thanksgiving. 3-5 pm on Fridays. Fresh, locally produced products. Meet the vendors and support local agriculture and more. Find them on Facebook and www.Eganvillefarmersmarket.com

Ted Talk

Sleep is your life-support system and Mother Nature's best effort yet at immortality, says sleep scientist Matt Walker. In this deep dive into the science of slumber, Walker shares the wonderfully good things that happen when you get sleep -- and the alarmingly bad things that happen when you don't, for both your brain and body. Learn more about sleep's impact on your learning, memory, immune system and even your genetic code -- as well as some helpful tips for getting some shut-eye.

https://www.ted.com/talks/matt_walker_sleep_is_your_superpower?language=en

Thank you to all who participated in Community Living Month! It was a great success!

