










**HOURS OF OPERATION:  
THE LEARNING CENTRE IS  
CLOSED UNTIL FURTHER  
NOTICE**

# MARCH

# 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b>  <b>CHAIR YOGA</b> 3-4pm	<b>2</b>  <b>Tech Tuesdays</b> Contact Heidi 10-2	<b>3</b> Radio Bingo 	<b>4</b> Webinar: managing everyday stress: 1-2:30pm	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> International Women's Day. Tea & Chats 	<b>9</b>  <b>Tech Tuesdays</b> Contact Heidi 10-2	<b>10</b> Help with Taxes virtual info. Session for DSS 1pm.	<b>11</b> Virtual Coffee & Chats! 10am 	<b>12</b>	<b>13</b>
<b>14</b> Daylight saving time- spring forward one hour at 2 am. 	<b>15</b>  <b>CHAIR YOGA</b> 3-4pm	<b>16</b>  <b>Tech Tuesdays</b> Contact Heidi 10-2	<b>17</b> 	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>  <b>CHAIR YOGA</b> 3-4pm	<b>23</b>  <b>Tech Tuesdays</b> Contact Heidi 10-2	<b>24</b> Radio Bingo 	<b>25</b> Open Future Learning: Teams meeting discussion <i>Lunch and Learn</i>	<b>26</b> Diet and Nutrition training (contact Heidi for options)	<b>27</b>
<b>28</b>		<b>30</b>	<b>31</b> Webinar: What is financial planning? 630-8pm			

## CALENDAR EVENTS

Radio Bingo: Tickets can be purchased at the Golden Lake Variety store. \$10 per ticket. Bingo 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](mailto: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>

International Women's Day: Tea, Girl Talk & Wellness: Bring an example of a woman who inspires you to share with over tea and chats! **March 8<sup>th</sup> 2 pm** virtually via TEAMS. All are welcome! Please contact Heidi to sign up.

Virtual Coffee & Chats: Open to all. For those who would like to join we would love to hear the things you are doing to occupy yourselves these days. As well as what you look forward to most in future. No pressure, just coffee with community members. **Thursday March 11<sup>th</sup> at 10am.**

Help with Taxes Info Session for DSS: March 10<sup>th</sup> at 1pm. Bring your tax questions for the people we support. Several guests will share what has worked and what hasn't worked and hopefully demystify filing a simple tax return. Call Heidi to sign up for this Teams meeting.

Eganville & District Seniors Drive-Thru Dinner. A fundraising event on **March 10.** Roast pork loin, mashed potatoes, gravy, vegetables, salad, bun, carrot cake. \$16 per meal. 4:00pm-6:00pm. Catered by Schmid'ts Catering. Register and pre-pay by March 5, 2021. Phone: 613-628-2354

### Training for Supported People

Diet and Nutrition: Join us virtually via Teams on **March 26.** Contact Heidi to book a time to meet. Have your food guides ready!

Looking for more training opportunities or resources? Contact Heidi to access our catalog of training files and lending library. She can be reached at her email: [Communityconnector@mvacl.ca](mailto:Communityconnector@mvacl.ca) or Call 613-756-3817 x 205

## ONLINE LEARNING

Managing Stress and Anxiety Webinar: March 4<sup>th</sup>, 1-230 pm  
Managing stress and anxiety can be a challenge. Whether it's self-regulating or supporting someone else, there are many different techniques you can use to help alleviate daily stress and anxiety. In this webinar, you will hear from self-advocates, parents and supporters who use different strategies, techniques, and technologies to manage their stress and anxiety.  
<https://register.gotowebinar.com/register/1604945441547372304>

Valley Heritage Radio Arnprior Lions Club Radio Bingo happens every Thursday at 7:00pm. March 4th, 11th, 18th and 25th. A sheet of six cards is \$6. Multiple purchase locations across Renfrew and Lanark Counties. See locations on Facebook or Phone: 613-432-9873

What is Financial Planning: ABLE2 is offering a series of virtual workshops on March 31<sup>st</sup> 630-8 pm to help families create a safe and secure future for a loved one with a disability. <https://www.able2.org/events/what-is-financial-planning-able2-grow-education-series/>

International Women's Day online event on March 8<sup>th</sup> from 7:00pm-8:30pm. Proceeds support the Deep River & District Community Foundation Women's Fund and Bernadette McCann House. Hear some inspirational female thought leaders, entrepreneurs, innovators and activists. (All genders are welcome). \$26. Options Maven Catering dinner. Register at [www.eventbrite.ca/e/international-womens-day-2021-tickets-138502361291](http://www.eventbrite.ca/e/international-womens-day-2021-tickets-138502361291)

Reducing Barriers to Inclusion Using Wearable Technology: Remembering that devices that promote inclusion are not limited to technology. Check out this YouTube video which highlights some assistive devices:  
<https://www.youtube.com/watch?v=bG2Hhuoy2CE>

Open Futures Learning Module for March (Lunch and Learn): March 25<sup>th</sup> from 1-2. Advocacy Explained: Advocacy is either speaking up for someone to make sure they are heard, or helping someone to speak up for themselves. The module reviews and defines the nature, purpose, limitations, different forms, and key principles of advocacy as it relates to your role. [Openfuturelearning.org](http://Openfuturelearning.org)

Food Labelling: The good, the bad and the ugly. Join Jo-AnnMcArthur, Founding Partner and President of Nourish Food Marketing, for a deep dive into the marketing and misconceptions behind food labels. 1:00pm. Free to attend. Visit our website and choose the events tab for more information see: [info@farmfoodcare.org](mailto:info@farmfoodcare.org) [www.farmfoodcareon.org](http://www.farmfoodcareon.org)

Wills and Powers of Attorney in Ontario. A March of Dimes Canada free webinar on March 1<sup>st</sup> 1:00pm-2:00pm. Join lawyer Suzanne Deliscar as she discusses preparing a will, costs associated, powers of attorney and the administration of an estate without a will. This is a free, online event. [www.marchofdimes.ca](http://www.marchofdimes.ca)