

July 2021



The Learning Centre is currently open for Telephone and Virtual Support. Contact Heidi Tuesday to Friday from 930-330 at 613 756 3817 x205 for more information.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Canada Day! 		
4	5	6	7	8	9	10
	Chair Yoga 3-4pm 	Tech Tuesday Contact Heidi 10-2 	Larry's Walking Club! 1pm 	Passport Training: Be Your Own Broker 		
11	12	13	14	15	16	17
Annual Garden Tour 	Chair Yoga 3-4pm 	Tech Tuesday Contact Heidi 10-2 	Radio Bingo! 	Phil Hansen TED Talk 		
18	19	20	21	22	23	24
	Chair Yoga 3-4pm 	Tech Tuesday Contact Heidi 10-2 	Passport Training: Understanding MVACL processes 		Lunch & Learn Open Futures Learning 	
25	26	27	28	29	30	31
	Chair Yoga 3-4pm 	Energy Health Management with Joe Roberts! 11 am 	Radio Bingo! 		Music in the park. More information to follow.	



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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 a things technology. This can also include information sessions on adaptive equipment to empower inclusion if there is interest. Available times are on Tuesdays between 10-2.
- ❖ **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>
- ❖ **Walking with Larry:** Join Larry every Wednesday at 1pm, to walk around and explore the town of Barry's Bay!
- ❖ **July 6: The Barry's Bay public library is opening.**
- ❖ **July 8: Passport Training-How to Submit your own Invoices.** Do you have questions about how to file and submit your receipts for reimbursement with PassportONE? Would you like to learn some tips to help you arrange and prepare invoices for the goods and services you have received? Sign up for this training to gain a better understanding of the expectations and step by step processes of being your own passport broker. Contact the CPS Manager; Nicole for more information ext.204
- ❖ **July 21st: Passport Training-Understanding MVACL's new Policy and Updated Action Plan:** Come with your questions about how to assist the people we support with using their Passport funding. We will review the new policy and discuss the steps in the process of goal planning, making requests and submitting receipts. Contact the DSS Planner; Kelly N for more information ext. 212
- ❖ **July 27th at 11 am- Energy Health Management Meeting.**
Join us for a check in with Joe Roberts; an inspirational and motivational speaker! Let's share our successes and challenges. Let's strategize together for future goals and help to motivate each other. Please contact Heidi to sign up & looking forward to being mindful together!
- ❖ **Ted Talk Feature of the month.** Taking a cue from his own artistic journey, Phil Hansen challenges us to spark our creativity by thinking inside the box. In art school, Phil Hansen developed an unruly tremor in his hand that kept him from creating the pointillist drawings he loved. Hansen was devastated, floating without a sense of purpose. Until a neurologist made a simple suggestion: embrace this limitation ... and transcend it. https://www.ted.com/talks/phil_hansen_embrace_the_shake
- ❖ **Inclusion Ontario:** Read author Marilyn Dolmage's blog post titled, "Inclusive education during COVID - the Right to Accommodation". In this post Dolmage shares that "the people most at risk due to the Covid pandemic were vulnerable all along. This is an important time to understand why, and to take action." <https://www.inclusionontario.ca/blog/inclusive-education-during-covid-the-right-to-accommodation>
- ❖ **ISP training:** Is closed for the summer, however content can still be found on TEAMS. Call the Learning Centre for more information.

