











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

# APRIL

# 2021



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 	3
4	5 	6 <b>Tech Tuesdays</b> Contact Heidi 10-2	7 Radio Bingo 	8	9	10
11	12 	13 <b>Tech Tuesdays</b> Contact Heidi 10-2	14 Training Committee meeting 2-3 pm (location tbd)	15 Virtual Coffee & Chats! 10am 	16	17
18	19 	20 <b>Tech Tuesdays</b> Contact Heidi 10-2	21 Radio Bingo 	22 Diet and Nutrition training (contact Heidi for options) 	23	24
25	26	27 <b>Tech Tuesdays</b> Contact Heidi 10-2	28	29 Open Future Learning: Teams meeting discussion <i>Lunch and Learn</i>	30 BBQ on the green 	May 1 Income tax return deadline 

## 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](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>

**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 April 15<sup>th</sup> at 10am.**

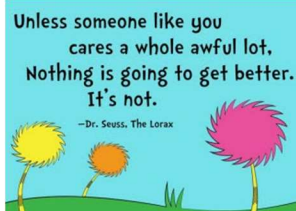
### Training for Supported People:

**Diet and Nutrition:** Join us virtually via Teams on **April 22nd.** Contact Heidi to book a time to meet. Have your food guides ready!

[Rights and Responsibilities of persons served & statement of rights.](#) [Orientation to mission statement.](#) [Service principles.](#) [Review policy and procedures on privacy, confidentiality, consent & use or disclose personal information:](#)

Resources on site.

### **April 22<sup>nd</sup> is EARTH day**



**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#vacine](https://www.hcarddcovid.com/info?mc_cid=029fff25b8&mc_eid=43f83b6a6d#vacine)

## ONLINE LEARNING

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

About Person Centred Planning: This module will introduce you to person centred planning and explain why planning may be helpful to you. This module features presentations from a range of leading professionals and self advocates.

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

**April 29<sup>th</sup> from 1-2.**

**April 6** Food & Farm Care Ontario's Virtual Conference and Speakers' Program. 1:00pm-4:00pm. Free, virtual event. Featuring professional home economist and generational change and the future of food.

<https://www.farmfoodcareon.org/>

**April 8** Blood Donor Clinic at the North Grenville Municipal Centre. 285 County Road 44 in Kemptville. Book online at [www.blood.ca](http://www.blood.ca)

**April 10** Convergence Wallhanging. This convergence quilt features four coordinating fabrics cut into strips, sewn together, then cut and pieced again. Very simple and yet the results are amazing. The quilt is finished off by adding a couple of borders and red circles. Beginner. \$35 plus taxes/supplies. 10:00am-4:00pm. [cyndi@algonquinswingcentre.ca](mailto:cyndi@algonquinswingcentre.ca)

**April 20** See the state of your health with a Thermography Medical Clinic at Pura Vida Nutrition Store in Renfrew. Thermography gives you a look at the most important indicator of potential health problem: inflammation. Find out if you have inflammation before it becomes a chronic condition.

<https://thermographymedicalclinic.com/>

**April 30** Deadline to file your income tax return for your 2020 taxes

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

**MAY is Community Living Month! Gear up for a BBQ on the green on April 30<sup>th</sup> & other activities throughout the month!**