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HOURS OF OPERATION:

THE LEARNING CENTRE IS CLOSED UNTIL FURTHER NOTICE

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| --- | --- | --- | --- | --- | --- | --- |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| January is Alzheimer’s Awareness  Month |  |  |  |  | **1** | **2** |
| **3** | **4** | **5** | **6**  **Radio Bingo** | **7** | **8** | **9** |
| **10** | **11** | **12**  **Tech Tuesday**  **10-2** | **13**  **Radio Bingo** | **14**  **Backwards Day** | **15** | **16** |
| **17** | **18**  **Pay it Forward** | **19** | **20**  **Radio Bingo** | **21** | **22**  **ISP: Personal Hygiene via Teams 10-11 or 1-2** | **23** |
| **24**  **31** | **25** | **26**  **Tech Tuesday**  **10** | **27**  **Radio Bingo**  **Training Committee mtg**  **2-3 (location TBD)** | **28**  **Trivia Day** | **29**  **Mack’s 56th Birthday!!** | **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](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.

Backwards Day: Not limited to clothing or house décor.

Pay It Forward: Random acts of Kindness day.

Trivia Day: Can be self led, or watch your inboxes for some fun MVACL trivia!

Please share pictures and stories! We would love to see the fun the community is having.

**ISP Training:**

Sexual Health: Please contact Mindy Brotton at [mbrotton@mvacl.ca](mailto:mbrotton@mvacl.ca) to arrange 1:1 training/Q&A opportunities via Teams.

Personal Hygiene: Join us via Teams on January 22nd from 10-11 or 1-2 to get your spot for some fun videos and Q&A.

**Mack Tompkins from Murray Drive is turning 56 years young on January 29! Let’s all help him Celebrate with some homemade cards.**

**Looking for your input! (As soon as possible so we can ring in 2021 on a positive note.)**

**On the *Flip Side of 2020!***

We all know the struggles we have faced in 2020, but what have been the accomplishments in 2020? Please share your: **“*despite difficult challenges~good things happen too”*** stories.

Help us by sharing your highlights of the year:

Achievements in 2020 - Barriers overcome in 2020

What are your most proud moments from 2020

This is for staff as well as the people we support within MVACL. Please email your responses to [communityconnector@mvacl.ca](mailto:communityconnector@mvacl.ca)

Facebook.com/MVACL

**ONLINE LEARNING**

Open Future Learning Module: Active Support is an approach that was developed to help combat the lack of engagement in meaningful activities and relationships experienced by people who receive support. Active support is about doing with, not for or to. Active support helps people to have a more active role in their lives and experience a better quality of life. Every moment has potential! Check out more Open Future Learning Videos by visiting [www.openfuturelearning.org](http://www.openfuturelearning.org) or if you need help connecting to modules contact the Learning Centre at 613-756-3817 ext. 205.

Developing Your Emotional Intelligence: Emotional intelligence can help you build effective relationships at work. Executive coach and organizational psychologist Gemma Roberts explains what emotional intelligence is and why it's important. She helps you become more self-aware so that you can identify triggers that may hijack your performance. She also helps you align your intentions and your impact so that you can build strong and collaborative relationships. <https://www.linkedin.com/learning/developing-your-emotional-intelligence/what-is-emotional-intelligence>

Webinar recording on understanding behavior offered by CAMH: <http://register.gotowebinar.com/recording/viewRecording/8202359351126852110/6690071267405725711/ncastle@mvacl.ca?registrantKey=3902517920211728140&type=ATTENDEEMAILRECORDINGLINK>

NADSP always has great webinars which are posted regularly on our Facebook page. <http://nadsp.org/events/>

Community Living presents; inspiring conversations-community is at home too. <https://register.gotowebinar.com/recording/viewRecording/5520568027259797259/3014145510165476879/dssplanner@mvacl.ca?registrantKey=1974202123605751053&type=ATTENDEEEMAILRECORDINGLINK>

Reinventing quality; supporting people with IDD who are aging. <http://reinventingquality.org/upcoming/schedule20_virtual.asp>

Free guide to independence & creating home. [www.empoweringability.org/caregiver-fatigue/](http://www.empoweringability.org/caregiver-fatigue/)

My community hub: Virtual events page. It has online activities, ways to stay connected & virtual attractions. <https://ca.apm.activecommunities.com/mycommunityhub/ActiveNet_Home?FileName=faqPage.sdi>