

HOURS OF OPERATION:

CLOSED: SATURDAY, SUNDAY & MONDAY

OPEN: TUESDAY - FRIDAY (9:00 – 4:30)



2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 Helping you connect to Developmental Services 10:30 – 11:30 a.m.	3
4 SON BOW MINISTRIES 9-1 	5 CLOSED Colouring Club with Amanda K. 11:00 – 12:00 ZUMBA 7:00-8:00 p.m.	6 ZUMBA 6:00-7:00 p.m.	7 TOPS 4:30-6:30 p.m.	8	9 EMS At Water Tower Lodge 1-3 p.m.	10
11 SON BOW MINISTRIES 9-1  REMEMBRANCE DAY <i>Let's We Forget</i>	12 CLOSED ZUMBA 7:00-8:00 p.m.	13 12:00 - Lavina's Recipe Club ZUMBA 6:00-7:00 p.m.	14 STAFF OPPORTUNITY: Core Competency Meeting: Holding People Accountable 2:00 – 3:00 TOPS 4:30-6:30 p.m.	15 Self-Advocate Meeting 5:00 p.m.	16	17
18 SON BOW MINISTRIES 9-1	19 CLOSED Private Training 9:00 – 4:00 ZUMBA 7:00-8:00 p.m.	20 ZUMBA 6:00-7:00 p.m.	21 2:00 – Training Committee TOPS 4:30-6:30 p.m.	22	23	24
25 SON BOW MINISTRIES 9-1	26 CLOSED Colouring Club with Amanda K. 11:00 – 12:00 ZUMBA 7:00-8:00 p.m.	27 ZUMBA 6:00-7:00 p.m.	28 TOPS 4:30-6:30 p.m.	29	30 STAFF OPPORTUNITY: Open Future Learning Module: Supported Decision-Making drop in to The Learning Centre at your convenience	

EMERGENCY MEDICAL SERVICE

Friday, November 9th - EMS from 1:00 p.m.- 3:00 p.m. Held at Water Tower Lodge for monthly checks of blood pressure and sugar levels. Please feel free to stop by for a free health check!

TRAINING EVENTS AT OUR LEARNING CENTRE

Friday, November 2nd - 10:30 a.m. - 11:30 a.m. - Helping you connect to Developmental Services. If you need information on connecting to services through DSO we can help you. We can help you find answers to any questions you may have. Call Michele at the Learning Centre if you want to set up a meeting between 10:30 and 11:30 a.m. 613-756-3817 ext. 205.

STAFF OPPORTUNITY: Wednesday, November 14th from 2:00 p.m. - 3:00 p.m. - Core Competency Meeting on Holding People Accountable: Come meet as a group on an open discussion to help staff complete their Core Competencies. Help give examples and talk about how you can reach your competency goals. November's Competency is **HOLDING PEOPLE ACCOUNTABLE**. This is about communicating in a direct way what one wants or requires of others. It includes giving directions, setting limits, and holding people accountable for performance, insisting on high performance, confronting problem employees, and using appropriate positional authority to ensure performance with the long-term good of the organization in mind. It involves being firm and assertive, and stepping up to difficult decisions.

STAFF OPPORTUNITY: Friday, November 30th - Open Future Learning Module: Supported Decision-Making. The people you support can and should make decisions. This module will help you to learn how. The relationship you have with the people you support is an intimate one. Over time you develop trust, respect and understanding. This module will help you to understand how you can support people to claim their voice so they can express their opinions and make their choices. Drop in to the Learning Centre anytime throughout the day to watch the video OR to learn how to connect to Open Future Learning modules that you can watch at your convenience.

OTHER EVENTS AT THE LEARNING CENTRE

Adult Colouring on Monday, November 5th and Monday, November 26th from 11:00 - 12:00 p.m. Pack your own lunch and join Amanda Klett at Activities Plus for some adult colouring and friendship. If you have any questions call the Learning Centre.

Thursday, November 15th, 2018 - Self Advocate Group Meeting: PLEASE NOTE THE CHANGE OF VENUE AND CHANGE IN DAY: This month's meeting will be held on **THURSDAY** at **ACTIVITIES PLUS** and if everyone could bring a light dish or snack. Call Lavina for more information 613-756-3817 ext. 205.

PRIVATE BOOKINGS OPEN TO THE PUBLIC

ZUMBA on Monday's from 7:00 - 8:00 p.m. and on Tuesday's from 6:00 - 7:00 p.m. Come dance and groove with Kim Shalla. If interested, please contact Kim at 613-756-2330 or on her cell at 613-633-7077. *Due to the holiday on Monday, September 3rd, the usual Monday night Zumba will be held in combination with the Tuesday, September 4th class instead to make a two hour class.*

TOPS every Wednesday 4:30-6:30 p.m. If you are interested in joining, please contact Donna Smith by phone at 613-756-1393 or by email at Teddybear19395@aol.com for more information.

Pastor Rose LeClair of SON BOW MINISTRIES. Sunday mornings from 9:00 - 1:00 p.m. Everyone is welcome to attend.

