

Name:

Filled out by:

Month Total: \$

# April OpC Activity Calendar

Some activities are limited so sign up early!  
Activities will be cancelled with not enough interest.

Out-of-Town and/or  
Community Activity

OpC Activities

Self-Advocate Led  
Workshop

Skills Building  
Workshop

Volunteerism

Health & Safety  
Workshops

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

W  
E  
E  
K  
1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

CLOSED

Week 1 Activity Cost Total =

W  
E  
E  
K  
2

2

CLOSED

3

Get up and Go—  
Baking 9:00

Library Visit\*  
10:30

S.O Bowling \*  
1:00

Internet Safety  
3:00

People's First Meeting  
6:15

4

Lunch Program  
OpC TLC  
11:30 \$5

OpC Book Club  
1:00

Safety Smart  
2:00

Dating Safety  
3:00

Freezer Meals & Kitchen  
Safety  
4:30-6:00 \$6

5

Get up & Go: Chair  
Dancing 9:30

Walking Track\*  
10:30

OpC Jeopardy  
1:00

Bingo with Bernie  
2:30

OpC CLOSED @ 4:00

6

Get up & Go with Diane  
9:30

Fire Safety  
10:30

Bowling\*  
1:00 \$4

Drop in @ OpC  
3:00-4:00

Pizza & Video Games  
with Albert  
5:00-7:00 \$4

7

CLOSED

8

CLOSED

Week 2 Activity Cost Total =

# April OpC Activity Calendar

Some activities are limited so sign up early!  
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Out-of-Town and/or  
Community Activity

OpC Activities

Self-Advocate Led  
Workshop

Skills Building  
Workshop

Volunteerism

Health & Safety  
Workshops

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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W  
E  
E  
K  
3

<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Get up and Go: Stretching 9:30	Get up and Go- Zumba 9:30	Lunch Program OpC TLC 11:30 \$5	Get up & Go: Chair Dancing 9:30	Get up & Go with Chelsea 9:30	<b>CLOSED</b>	
One Fitness* 10:30 \$4	Seed Planting with Cherie 10:30	Policy & Procedure 1:00	Walking Track* 10:30	Literacy with Michele 10:30		
Math with Mel 1:00	S.O Bowling* 1:00	OpC Book Club 1:30	OpC Price is Right 1:00	Let's Explore Singapore 1:00		
Karaoke 2:30	OpC Scrapbooking 3:00 \$1	Dating Safety 3:00	Crafts with Eileen 2:30 \$2	Drop in @ OpC 3:00		
OpC Baking 4:00-5:00 \$1	Rockwell's Pub* 5:00-6:30	Community Kitchen & Safety 5:00-6:30 \$4	OpC CLOSED @ 4:00	OpC Movie & Popcorn 6:00-8:00 \$1		
<b>Week 3 Activity Cost Total =</b>						

W  
E  
E  
K  
4

<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Get up and Go: Stretching 9:30	Get up and Go- Baking 9:00	Lunch Program OpC TLC 11:30 \$5	Get up & Go: Chair Dancing 9:30	Get up and Go- Zumba 9:30	<b>CLOSED</b>	
One Fitness* 10:30 \$4	Art Gallery Visit* 10:30	OpC Book Club 1:00	Food Safe 10:30	Watercolor Painting 10:30 \$1		
Math with Mel 1:00	1:00 S.O Bowling*	Safety Smart 2:00	Heathy Lunch with Cara 11:30 \$6	Bowling* 1:00 \$4		
Afternoon Walk* 2:30	Money Management 3:00	Dating Safety 3:00	Adult Coloring with Katherine 1:00	Drop in @ OpC 3:00-4:00		
OpC Baking 4:00-5:00 \$1	Evening Out & About* 5:45-7:30 (See Scoop)	Karaoke with Punch 6:00-7:30 \$1	CLOSED @ 3:00 for Staff Meeting	Home & Leisure Garden Show @ Encana 6:00-7:30 (See Scoop)*		
<b>Week 4 Activity Cost Total =</b>						



# April OpC Activity Calendar

Some activities are limited so sign up early!  
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Out-of-Town and/or Community Activity	OpC Activities	Self-Advocate Led Workshop	Skills Building Workshop	Volunteerism	Health & Safety Workshops
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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W  
E  
E  
K  
5

<b>23</b> Get up and Go— Stretching 9:30 One Fitness* 10:30 \$4 Math with Mel 1:00 Afternoon Walk* 2:30 OpC Baking 4:00-5:00 \$1	<b>24</b> Get up and Go: Chair Dancing 9:30 Art Social 10:30 \$1 1:00 S.O Bowling* Drop in @ OpC 3:00-4:00 Taco Tuesday 5:00-7:00 \$4	<b>25</b> Sign up Day Lunch Program OpC TLC 11:30 \$5 OpC Book Club 1:00 Safety Smart 2:00 Dating Safety 3:00 Gal's Night 6:00 - 7:30 \$1	<b>26</b> Get up & Go with Brianna 9:00 Morning Walk* 10:30 OPC Pictionary 1:00 Bingo with Bernie 2:30 OpC CLOSED @ 4:00	<b>27</b> Get up & Go: Zumba 9:00 Music Appreciation 10:30 Sketching with Katherine 1:00 Drop in @ OpC 3:00-4:00 Game & Appie Night 4:30-7:00 \$4	<b>28</b> CLOSED	<b>29</b> CLOSED
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Week 5 Activity Cost Total =

W  
E  
E  
K  
6

<b>30</b> Get up and Go— Stretching 9:30 One Fitness* 10:30 \$4 Math with Mel 1:00 Health & Wellness 2:30 OpC Baking 4:00-5:00 \$1
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## IMPORTANT NOTE REGARDING THE CALENDAR AND SIGN-UPS

**Sign up day for May is April 25th from 9:00-11:30 & 3:00-4:00**

\* Indicates that the OpC Activity Workers are out doing an activity so the OpC will be closed. If you are not signed up or not participating please be aware.

### The 4 Steps to Sign Ups...

1. Check off all your activities.
2. Add up payment total.
3. Hand into the OpC with payment. (Black & White Copy)
4. Keep a calendar for your own personal reference. (Colored Copy)

Be aware that some activities have limited space to sign up. All activities will start 5 minutes after start time and if you are late please join the activity quietly. If there is not enough sign-ups for an activity it will be canceled without notice, and the OpC will attempt once to contact those who did sign up. A refund will be made for activities canceled by the OpC however, there will be no refund on self-cancelled activities.

**Further information on activities can be found in the SCOOP!**