

Name:

Filled out by:

Month Total: \$

December 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
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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				1 <u>RSVP for Gala</u> 9:30 Get up & Go: Relaxation Techniques <input type="checkbox"/> 10:30 Winter Safety <input type="checkbox"/> 1:00 Bowling* <input type="checkbox"/> \$4 3:00-5:00 Drop In <input type="checkbox"/> Songwriter's Place @ the Table (Meet @ OpC) 6:15* <input type="checkbox"/>	2 CLOSED	3 UN International Day of Persons with Disabilities Film Festival at the KPAC 2:00* Meet at KPAC <input type="checkbox"/>
				Week 1 Activity Cost Total = <input type="text"/>		

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4 9:30 Get up and Go- Chair Dancing <input type="checkbox"/> 10:30 One Fitness * <input type="checkbox"/> \$4 1:00 Math with Mel <input type="checkbox"/> 2:30-4:00 Community Walk* <input type="checkbox"/> 4:00-5:30 OpC Baking <input type="checkbox"/> \$1	5 9:30 Get up & Go: Sit and Be Fit <input type="checkbox"/> 10:30 Library Visit* <input type="checkbox"/> 1:00-3:00 S.O Bowling* <input type="checkbox"/> 3:00-4:00 Proper Handwashing & Safety <input type="checkbox"/> 6:00 Peoples First Meeting <input type="checkbox"/>	6 11:30 Lunch Program OpC TLC <input type="checkbox"/> \$5 1:00-2:00 OpC Book Club <input type="checkbox"/> 2:00-3:00 Safety Smart <input type="checkbox"/> 3:00-4:00 Dating Safety <input type="checkbox"/> 4:30-7:00 Freezer Meals & Safety <input type="checkbox"/> \$6	7 9:30 Get up & Go with Chelsea <input type="checkbox"/> 10:30 Crafts with Helen <input type="checkbox"/> \$2 1:00-3:00 Tobogganing* Kin Park Please dress appropriately <input type="checkbox"/>	8 9:00 Get Up and Go: Christmas Baking with Lois <input type="checkbox"/> \$3 10:30 Water Color Painting <input type="checkbox"/> \$1 1:00-3:00 OpC Price is Right <input type="checkbox"/> 3:00-4:00 Drop In <input type="checkbox"/> 5:00 Dinner @ Sun Palace* <input type="checkbox"/>	9 CLOSED	10 CLOSED
				Week 2 Activity Cost Total = <input type="text"/>		

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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
11 9:30 Get up and Go- Sit & Be Fit 10:30 One Fitness * \$4 1:00 Math with Mel 2:30-3:30 Circular Art-Christmas 4:00-5:30 OpC Baking \$1	12 9:30 Get up and Go- Baking Morning 10:30 Food Safe 11:30 Heathy Lunch \$6 1:00 S.O Bowling* 3:00 Drop in @ OpC 6:00 OpC Movie	13 11:30 Lunch Program OpC TLC \$5 1:00 Policy & Procedure 1:30 OpC Book Club 3:00-4:00 Safety Smart Wing Wednesday @ OpC 4:30 \$3	14 8:30-12:00 Swim @ Encana* Please bring money and your swim gear. 12:30-2:00 Decorate OpC for Christmas 2:30-4:00 Music Appreciation	15 <i>OpC Open @ 12</i> OpC to Get Ready Make up Hair Bring Outfit 1:00 Christmas Gala @ Seniors Hall* 5:00	16 CLOSED	17 CLOSED
Week 3 Activity Cost Total =						

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18 9:30 Get up and Go- Coffee Social 10:30 One Fitness * \$4 1:00 Math with Mel 2:30-3:30 Karaoke 4:00-5:30 OpC Baking \$1	19 9:30 Get up and Go: Chair Dancing 10:30 Art Gallery* 1:00 S.O Bowling* 3:00 Afternoon Walk* Cinema on a Budget* TBA	20 <i>Sign up Day</i> 11:30 Lunch Program OpC TLC \$5 1:00 OpC Book Club 2:00-3:00 Dating Safety 3:00-4:00 Safety Smart 5:00 -7:00 Community Kitchen & Safety \$4	21 9:30 Get up & Go - Yoga 10:30 Music Appreciation 1:00-2:00 Crafts with Eileen \$2 Closed @ 3:00 Staff Meeting	22 9:30 Get up and Go with Brianna 10:30 Christmas Caroling & Egg Nog 1:00-2:30 Gingerbread Houses \$3 3:00-4:00 Dance Party 6:00 Christmas Light Drive*	23 CLOSED	24 CLOSED
Week 4 Activity Cost Total =						

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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

25

CLOSED



26

CLOSED

27

10:00-2:00

11:30
Lunch Program
OpC TLC \$5

12:30-2:00
Christmas Memories

28

10:00-2:00

10:00-12:00
Coffee Social

12:30-2:00
Christmas Movie &
Popcorn

29

10:00-2:00

11:30
OpC Brunch \$3

12:30-2:00
Karaoke

30

CLOSED

31

CLOSED



Week 5 Activity Cost Total =

IMPORTANT NOTE REGARDING THE CALENDAR AND SIGN-UPS

SIGN UP Day for Jan is Dec 20th from 9:00-11:30 & 3:00-4:00pm (See Scoop for more information)

The 4 Steps to Sign Ups...

1. Check off all your activities.
2. Add up payment total.
3. Hand Black and White Copy to OpC Staff with payment **ON SIGN UP DAY!**
4. Keep Colored Calendar for your own personal reference. Looks really great on the fridge!

Please 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 make ONE attempt to contact those who did sign up. A refund will be made for activities cancelled by the OpC however, there will be no refunds for no-shows, and all refunds are given at the discretion of Program Coordinator or Directors.

Further information on activities can be found in the Scoop! So please read it!

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