

Name:

Filled out by:

Month Total: \$

March 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
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			1 Get up & Go: Chair Dancing 9:30 Walking Track* 10:30 OpC Price is Right 1:00 Money Management 2:30 OpC CLOSED @ 4:00	2 Get up & Go with Brianna 9:00 Watercolor Painting 10:30 \$1 Karaoke & Punch 1:00 \$1 Drop in @ OpC 3:00-4:00 Pizza & Video Games with Albert 5:00 \$4	3 CLOSED	4 CLOSED
Week 1 Activity Cost Total = <input type="text"/>						

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5 Get up and Go: Stretching 9:30 One Fitness* 10:30 \$4 Math with Mel 1:00 Reading Corner 2:30-3:30 Supported Works Workshop Dinner Provided 4:00	6 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	7 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	8 Taxes 1:00 Get up & Go: Chair Dancing 9:30 Walking Track* 10:30 Let's Learn about Women's Day 1:00 Sketching with Shylene 2:00 OpC CLOSED @ 4:00	9 Get up & Go with Diane 9:30 Fire Safety 10:30 Bowling* 1:00 \$4 Drop in @ OpC 3:00-4:00 DCSS Madagascar Jr @ Unchagah Hall TBA	10 CLOSED	11 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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12 Get up and Go: Stretching 9:30 One Fitness* 10:30 \$4 Math with Mel 1:00 Art Social 2:30 \$1 OpC Baking 4:00-5:00 \$1	13 Get up and Go-Zumba 9:30 Morning Walk* 1:00 S.O Bowling* Beading Craft 3:00 \$1 OpC Movie & Popcorn 6:00 \$1	14 Lunch Program OpC TLC 11:30 \$5 Karaoke 12:30 Policy & Procedure 2:00 OpC Book Club 3:00 Wing Wednesday @ OpC 5:00-6:30 \$3	15 <u>Taxes 1:00</u> Get up & Go: Chair Dancing 9:30 Walking Track* 10:30 Let's Explore: India 1:00 Crafts with Eileen 2:00 \$2 OpC CLOSED @ 4:00	16 Get up & Go with Chelsea 9:30 Literacy with Michele 10:30 Rolla Pub* 1:00 Drop in @ OpC 3:00 St. Patrick's Day Dance 6:00-7:30 \$1	17 Happy St Patrick's Day 	18 CLOSED
Week 3 Activity Cost Total =						


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19 Get up and Go: Stretching 9:30 One Fitness* 10:30 \$4 Math with Mel 1:00 Round Table 2:30 OpC Baking 4:00-5:00 \$1	20 <u>First Day of Spring</u> Get up and Go- Baking 9:00 Art Gallery Visit* 10:30 1:00 S.O Bowling* OpC Scrapbooking 3:00 OpC Kite Making 6:00-7:30 \$3	21 Lunch Program OpC TLC 11:30 \$5 OpC Book Club 1:00 Safety Smart 2:00 Dating Safety 3:00 Community Kitchen & Safety 5:00-6:30 \$4	22 Get up & Go: Chair Dancing 9:30 Food Safe 10:30 Heathy Lunch with Cara 11:30 \$6 Adult Coloring with Katherine 1:00 CLOSED @ 3:00 for Staff Meeting	23 Spring Cleaning @ OpC 9:00-11:30 Bowling* 1:00 \$4 Drop in @ OpC 3:00-4:00 Game & Appie Night 4:30-7:00 \$1	24 CLOSED	25 CLOSED
Week 4 Activity Cost Total =						

March OpC Activity Calendar

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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	
WEEK 5	26 Get up and Go—Stretching 9:30 One Fitness* 10:30 \$4 Math with Mel 1:00 Home Safety 2:30 OpC Baking 4:00-5:00 \$1	27 Get up and Go: Chair Dancing 9:30 Art Social 10:30 \$1 1:00 S.O Bowling* Health & Safety Workshop 3:00 Taco Tuesday 5:00 \$4	28 <u>Sign up Day</u> Lunch Program OpC TLC 11:30 \$5 OpC Book Club 1:00 Safety Smart 2:00 Dating Safety 3:00 Easter Dance 6:00-7:30 \$1	29 Get up & Go: Zumba 9:30 Music Appreciation 10:30 Easter Craft 1:00 \$2 Sketching with Shylene 2:00 OpC CLOSED @ 4:00	30 CLOSED 	31		
	Week 5 Activity Cost Total =							

IMPORTANT NOTE REGARDING THE CALENDAR AND SIGN-UPS

Sign up Day for April is March 28th 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!