

Name: \_\_\_\_\_

Filled out by: \_\_\_\_\_

Month Total: \$ \_\_\_\_\_

# November 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

		<b>1</b> <u>Flu Clinic</u> 11:30 Lunch Program OpC TLC \$5 1:00-2:00 OpC Book Club 2:00-4:00 Art with Marsha 6:00-7:30 Walking Track*	<b>2</b> 9:00 Get up and Go: Chair Dancing 10:30 Music Appreciation Sketching Club with Shylene 2:00-4:00 Art with Marsha	<b>3</b> 9:30 Get up & Go: Yoga 10:30 Card Making Workshop \$1 1:00 Bowling* \$4 3:00-5:00 Drop In 5:00 Pizza & Video Games with Albert \$4	<b>4</b> CLOSED	<b>5</b> CLOSED
						Week 1 Activity Cost Total = _____

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<b>6</b> 9:30 Get up and Go— Sit and Be Fit 10:30 One Fitness * \$4 1:00 Math with Mel 2:30-4:00 Karaoke 4:00 Supported Works Workshop Dinner Provided	<b>7</b> 9:30 Get up & Go: Morning Walk* 10:30 Library Visit* 1:00-3:00 S.O Bowling* 3:00 Prevent Infections 6:00 Peoples First Meeting	<b>8</b> 11:30 Lunch Program OpC TLC \$5 1:00-2:00 OpC Book Club 2:00-3:00 First Impressions 3:00-4:00 Dating Safety 4:30-7:00 Freezer Meals & Safety \$6	<b>9</b> 9:30 Get up & Go with Chelsea 10:30 Music Appreciation 1:00-2:00 OpC Jeopardy 2:30-4:00 Baking Afternoon \$1	<b>10</b> 9:30 Get Up and Go: Relaxation Techniques 10:30 Let's Explore: Remembrance Day 1:00-3:00 Rolla Pub * 3:00-4:00 Drop In Nacho's and Comedy Movie Night 5:00 \$3	<b>11</b> CLOSED	<b>12</b> CLOSED
						Week 2 Activity Cost Total = _____

# November 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

**MONDAY**      **TUESDAY**      **WEDNESDAY**      **THURSDAY**      **FRIDAY**      **SATURDAY**      **SUNDAY**

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3

**13**

**CLOSED**  
For  
Remembrance  
day



**14**

9:30 Get up and Go-  
Baking Morning

10:30  
Food Safe

11:30  
Heathy Lunch  \$6

1:00  
S.O Bowling\*

3:00  
Bingo

6:00  
OpC Movie  \$1

**15**

11:30  
Lunch Program  
OpC TLC  \$5

1:00  
Policy & Procedure

1:30  
OpC Book Club

3:00-4:00  
First Impressions

4:30  
Fondue Fun  \$3

**16**

9:30 Get up and Go-  
Chair Dancing

10:30 Music  
Appreciation

1:00  
Crafts with Helen  \$2

2:30-4:00  
Karaoke

**17**

9:30 Get Up and Go:  
Yoga

10:30  
Watercolor Paint  \$1

1:00  
Bowling\*  \$4

3:00-5:00  
Drop In

Christmas Tree Light up  
6:30\*

**18**

**CLOSED**

**19**

**CLOSED**

Week 3 Activity Cost Total =

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4

**20**

9:30  
Get up and Go- Coffee  
Social

10:30  
One Fitness \*  \$4

1:00  
Math with Mel

2:30-3:30  
Art Social

4:00-5:30  
Baking Afternoon  \$1

**21**

9:00  
Get up and Go- Danc-  
ing

10:30  
Art Gallery\*

1:00  
S.O Bowling\*

3:00 Fire Safety

Cinema on a Budget\*  
6:30

**22**

11:30  
Lunch Program  
OpC TLC  \$5

1:00  
OpC Book Club

2:00-3:00  
Dating Safety

3:00-4:00  
First Impressions

5:00 -7:00 Community  
Kitchen & Safety  \$4

**23**

9:30 Get up & Go - Zumba

10:30  
Music Appreciation

1:00-2:00  
Crafts with Eileen  \$2

OpC Closed for Staff  
Meeting  
3:00

**24**

9:30 Get up and Go with  
Brianna

10:30 Literacy with  
Michele

1:00-2:30  
OpC Price is Right

3:00-4:30  
Drop In

Disco Dance Inferno  
6:00  \$1

**25**

**CLOSED**

**26**

**CLOSED**

Week 4 Activity Cost Total =

# November 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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5	<b>27</b> 9:30 Get up and Go: Sit & Be Fit <input type="checkbox"/>	<b>28</b> 9:30 Get up and Go: Baking Morning <input type="checkbox"/>	<b>29</b> <u>Sign up Day</u> 11:30 Lunch Program OpC TLC <input type="checkbox"/> \$5	<b>30</b> 8:30-11:45 Swimming @ Encana* Please bring Swim Gear & Money <input type="checkbox"/>	CLOSED	CLOSED	CLOSED
	10:30 One Fitness* <input type="checkbox"/> \$4	10:30-11:30 Chair Dancing <input type="checkbox"/>	1:00 OpC Book Club <input type="checkbox"/>	12:00 Lunch @ Stuiie's Meet @ OpC* Please bring Money <input type="checkbox"/>			
	1:00 Math with Mel <input type="checkbox"/>	1:00 S.O Bowling* <input type="checkbox"/>	2:00 First Impressions <input type="checkbox"/>	1:30-4:00 Karaoke <input type="checkbox"/>			
	2:30-3:30 Afternoon Walk* <input type="checkbox"/>	3:00 Money Management <input type="checkbox"/>	3:00 Dating Safety <input type="checkbox"/>				
	4:00 Art Social <input type="checkbox"/>	5:00-7:30 Taco Tuesday <input type="checkbox"/> \$4	6:00 Walking Track* <input type="checkbox"/>				
						Week 5 Activity Cost Total = <input type="text"/>	

## IMPORTANT NOTE REGARDING THE CALENDAR AND SIGN-UPS

SIGN UP Day for Dec is Nov 29th 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!