



# October 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  
3

**9**

**Happy Thanksgiving  
CLOSED**



**10**

9:30 Get up and Go-Zumba

10:30-11:30 Morning Walk\*

1:00 S.O Bowling\*

3:00-5:00 SPCA Volunteerism

6:30\* Cinema on a Budget Please bring money

**11**

11:30 Lunch Program OpC TLC \$5

1:00 Policy & Procedure

1:30 OpC Book Club

3:00-4:00 First Impressions

6:00-7:30 Walking Track\* \$1

**12**

8:30-11:45 Swimming @ Encana Don't forget your swim gear & Money

12:00-1:00 Lunch @ The Lodge Please bring money

1:30-3:30 Karaoke

OpC Closed @ 4:00

**13**

9:30 Get Up and Go: Yoga/Stretching

10:30 Watercolor Paint \$1

1:00 Bowling\* \$4

3:00-5:00 Drop In

5:00-7:30 Pizza & Games with Albert \$4

**14**

Drop in @ OpC 9:00-12:00

Spaghetti Lunch 12:00-1:00 \$2

Games @ OpC 1:00-3:30

**15**

**CLOSED**

Week 3 Activity Cost Total =

W  
E  
E  
K  
4

**16**

9:30 Get up and Go- Coffee Social

10:30 One Fitness \* \$4

1:00 Math with Mel

2:30-3:30 Drama

**17**

9:00 Get up and Go- Baking Morning

10:30 Art Gallery Visit\*

1:00 S.O Bowling\*

3:00- Boundaries Workshop

6:00-7:30 Movie & Popcorn \$1

**18**

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

**19**

9:30 Get up & Go - Yoga/ Stretching

10:30 Music Appreciation

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

3:00-5:00\* OpC Closed Staff Meeting

6:30-8:00 Friendship Ministry\*

**20**

9:30 Get up and Go Morning Activity with Brianna

10:30-11:30 Morning Walk\*

1:00-2:30—Build your Own Fairy Garden \$3

3:00-4:30 Drop In

4:30-7:30 Game & Appie Night \$4

**21**

Coffee Social 9:00-11:00

Lunch @ Le's 11:30\*

Swimming @ Encana\* 1:00-3:30 \$7.50

**22**

**CLOSED**

Week 4 Activity Cost Total =

# October 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  
5

<b>23</b> 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-Halloween \$1	<b>24</b> 9:30 Get up and Go: Dancing 10:30 Food Safe 11:30 Heathy Lunch \$6 1:00 S.O Bowling* 3:00-5:00 SPCA Volunteerism 5:00-7:00 Taco Tuesday \$3	<b>25 Sign up Day</b> 11:30 Lunch Program OpC TLC \$5 1:00 OpC Book Club 2:00 First Impressions 3:00 Dating Safety 4:30-7:00 Freezer Meals & Safety (Max 5) \$6	<b>26</b> 9:30 Get up & Go: Community Walk 10:30 Music Appreciation 1:00 Pumpkin Carving with Helen \$3 2:00-3:30 Baking Afternoon \$1 OpC Closed @ 4:00	<b>27</b> 9:30 Get up & Go: Yoga/Stretching 10:30 Literacy w/ Michelle 1:00 Bowling* \$4 3:00-4:00 Drop In 6:00-7:30 Friday Night Karaoke & Punch \$1	<b>28</b> Halloween Dinner & Dance @ Senior's Hall (See Scoop)* 5:00-8:00 \$4 Week 5 Activity Cost Total =	<b>29</b> CLOSED
---	---	--	---	--	--	---------------------

W  
E  
E  
K  
6

<b>30</b> 9:30 Get up and Go: Sit & Be Fit 10:30 One Fitness* \$4 1:00 Math with Mel 2:30-3:30 Learn to make Caramel Popcorn balls \$1	<b>31</b>  9:00 Get up and Go—Baking Morning \$1 10:30 Halloween Crafts \$1 1:00 S.O Bowling 3:00-5:00 SPCA Volunteerism 6:00-8:00 Halloween Movie \$1
--	---

**IMPORTANT NOTE REGARDING THE CALENDAR AND SIGN-UPS**

**SIGN UP Day for Nov is on Oct 25th 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!**