

November 2022



THE SCOOP

Opportunity Centre

10108 14th Street

Dawson Creek B.C.

250-782-8377

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Inspiration Award

Devin Peters, has been nominated for the Inspirational Person of the Month Award, for being helpful around the Centre.

Devin will receive 10 OpC dollars!!

Way to go !

Quotes of Life:

SUCCESS
DOESN'T JUST
COME AND
FIND YOU,
YOU HAVE TO
GO OUT
AND GET IT.



I AM IN
CHARGE OF
WHAT I FEEL
AND TODAY
I'M CHOOSING
HAPPINESS...

OpC will be closed Friday, November 11th for Remembrance day.

Activity Information



Christmas Baking Series

Let's get a jump on our
Christmas baking!



We will be starting Tuesday,
November 15th

And will run until December 20th

Sign up and start making your baked goodies!



Thirsty Thursday Mocktails



We will be creating a bunch of different
mocktails so stop on in to try them and
tell us which is your favorite!

Thursday, November 17th @ 1:00 pm.

Yoga w/ Yvonne



Does the chill weather got you down.

Yvonne is back to warm you up with a healthy
dose of yoga!

Monday, November 14th from

1:30 pm to 2:30 pm.

Braille Smarts



We all learn in different ways!

Why not learn a different way to read?

Join us to see what Chenyl has in store for
you!

Check calendar for dates.

Let's Explore: Remembrance Day

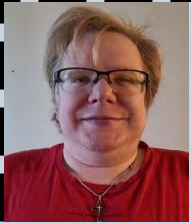


Let's take a moment to remember history,

To remember the men and woman who
left their homes and their families to fight
for the freedoms we still enjoy!

Wednesday, November 9th @ 10:30 am.

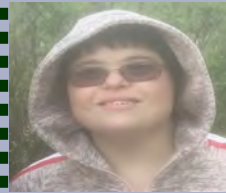
Activities Hosted By Your Peers



Spiritual Hour w/ James

Join James on Friday, November 25th
@ 10:30 am

Come on down to the Centre to see
what James has in store for you.



Morning Yoga w/ Angie

*Come start your day with
Angie as she takes you through
an awesome yoga routine!*

See calendar for dates.



Art w/ Jake

Jake always has a great art
project up his sleeve.

Join us Thursday, November 10th @
1:00 pm.

Val's Old time Shows

Val is back and wanting
to share her favorite shows.

It's going to be
a blast from the past.

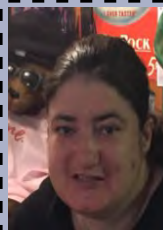


Cos-Play w/ Albert

Want to hear about
Albert's passion and
maybe try it out?

He will be here on

Tuesday, November 29th @ 3:30 pm.



Meditation morning w/ Katherine

Katherine will be leading us in a
relaxing morning!

Keep calm and meditate on!

Check calendar for dates and times.



Bingo w/ Bernie

Join us every Monday
@ 3:00 pm for a wild
crazy game of Bingo!



Craft w/Eileen

She is all fired up and ready to show
you some new crafts!

Join us Tuesday, November 8th @
3:00 pm

to see what Eileen has in store for you!

***Want to host your own activity? Come down to the Centre and speak
with Ashley or Tanya and we can put your plan into action.***

Everyone's doing it!

Evening Programs

Pajama Movie Night with Pizza!



You asked for it,
so we're making it happen!
Join us Friday, November 25th
from 5:00 to 8:00 pm.

Taco Tuesday



Join us Tuesday, November 15th from
4:00 pm to 7:00 pm.
*It's a great time to preparing and
enjoying a meal with friends!*

Board Games Night



Who doesn't love an evening where
you can hang with your friends, have
some snacks and of course, win a
game?!

Friday, November 4th.

Evening Swimming



We understand that there is not enough time
in the day to get everything done!
That's why we made time for swimming in the
evening!

Grab your swim trunks and join us Tuesday,
November 8th.

Christmas Tree Light Up

We are awaiting the Cities announce-
ment when this is happening!

Keep an eye open for more details.



Movie Night



We will get together to decide if you
want to go to the movies
(depending on what is playing)
or stay in and picking one.

Tuesday, November 1st.

More Activity Information

Family Night

Invite your family to join us for an evening of dinner, activities and lots of laughs! Tuesday, November 29th @5pm
Let us know your +1's so we can ensure there is enough food.



Force Horse

Brianne is forever working on new challenges to test your skills!

Come see what she has in store for you in November!

Check calendar for dates and times.

Peer Committee Meeting

We will be hosting a Peer Committee meeting on

November 15th @ 3:00 pm.

You bring us the idea's and do our best to fulfill your requests. Let's keep it going!

Join us and have your say!

Fancy Coffee Afternoon



The crew at the Centre is going to be whipping up some Caramel Macchiatos!

Join us for this warm cup of awesomeness on Tuesday, November 10th

@ 3:00 pm.



Let's Explore: Dia De Muertos



Love learning about different cultures and their traditions?

Then you're really going to enjoy this!

Join us Tuesday, November 1st

@ 3:00 pm.

Activity Information Continued

Attendance & Sign-Up Guidelines

The OPC staff DO NOT answer the phone during Lunch or activities. Sign-ups are done on the last Wednesday of every month. Please note, the staff offices are OFF LIMITS unless a staff takes you back with them.

The OPC reserves the right to cancel activities if there is not enough interest or too few participants have signed up. We will attempt to notify the individuals that had been signed up, prior to the activity.

A refund will be issued when the OPC cancels an activity. If you are unwell or must cancel, you will be given a credit IF you call and notify OPC staff before the activity starts. Refunds will not be given for no-shows.

The OPC phone number is (250)782-8377.

Please be advised that if you are not signed up for an activity but show-up unannounced, efforts will be made to accommodate you, however it may not be possible, especially if transportation is involved or supplies are limited.

Community events can be scheduled suddenly or discovered last minute. The OPC reserves the right to cancel planned activities at a moments notice, in order to support people to participate in such community functions.

IF SICK, please help us to stop the spread of germs by staying home. If you arrive at the Centre sick or become sick while there, arrangements will be made for you to go home and your family or caregiver will be contacted.*

Friendship Group



Suzanne & Claude are back
with a few changes.

It will now be taking place at the
Opportunity Centre.

Thursday, November 10th and
24th @ 6:00 pm.

See you there!

S.O Bowling

Bowling is back! Every Tuesday at 1:00 pm.



The OpC will be open for drop
in at this time for those who do
not bowl!



Let's talk about it!



Join us for a great discussion
on Health and Wellness.

Check calendar for times!

Cribbage Afternoon



We will be playing on Thursday,
November 24th from 3:00 pm to
4:00 pm.

See you there!

November Menu

November 2nd

Lunch: Turkey Soup & Bun

Dessert: Fruit Salad

November 9th

Lunch: Spaghetti & Meat Sauce

Dessert: Hot Chocolate Cookie

November 16th

Lunch: Chicken Fingers & Fresh Veggies

Dessert: Cranberry Orange Upside Down Cake

November 24th

Lunch: Rice Stew

Dessert: Berry Crisp

November 30th

Lunch: Chicken Pot pie

Dessert: Cherry Tarts

*Thank you to all those that help make Lunch
Program the great success that it is!*

