

July 2023

## THE SCOOP



Opportunity Centre

10108—14 Street

Dawson Creek B.C.

250-782-8377

OpC cell: 250-784-8379

[www.dcscl.org](http://www.dcscl.org)

[oppcentre@dcscl.org](mailto:oppcentre@dcscl.org)



### Inspiration Award

Sherman has been nominated for the Inspirational Person of the Month Award, for doing the OpC shopping for Lunch Program.

Sherman will receive 10 OpC dollars!!

Way to go !

### Quotes



**OpC will be Closed Monday, July 3rd. Happy Canada Day!**

# Activity Information

## Right from Scratch

This baking series will explore many different ways to make

affordable meals that taste better, with items you may already have in your pantry.

Wednesday, July 5th from 2:00 pm to 4:30 pm.

We will be making Veggie spring rolls

Friday, July 21st from 1:00 pm to 4:00 pm

We will be making Bread/Buns

Farmington Fairway  
Driving Range and  
Lunch July 18th from  
10:30-3:30pm



Please bring money  
for the golf balls and lunch, dress appropriately for the weather and sign up quickly to secure your spot!

## Star Wars Afternoon



Join Katherine for another  
awesome movie afternoon!

Thursday, July 27th from 1:00 pm  
to 3:00 pm.

## A Meeting of the Minds



It is time to put all of ours together  
So we can have one great activity  
calendar!

Wednesday, July 26th @1:00 pm.

## Exercise Park



Exercise is way  
better with a  
group!

Join us Thursday, July  
13th from  
1:00 pm to 3:00 pm.

## Let's Explore: Finland



Join us as we dive into discovering the  
wonders of this beautiful place.

Thursday, July 13th from 3:00 pm to  
4:30 pm.

See you there!

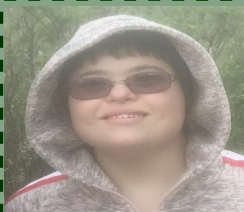


# Activities Hosted By Your Peers



## Spiritual Hour w/ James

Join James on  
Thursday, July 6th @ 10:30 am  
So 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  
one awesome yoga routine!

See calendar for dates.



## Everyday Budget with Cherie

Come learn how to budget  
and be money smart with  
Cherie! See calendar for date  
and time

## Val's Fire Safety

Val is in the mood to teach,  
and teach she will! Come learn  
all about the in's and out's of  
Fire Safety.

Tuesday, July 25th @ 3:30pm



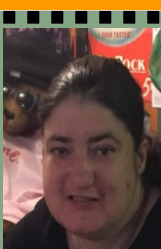
## Cos-Play w/ Albert

Want to hear more about  
Albert's passion?

He will be here on

Thursday, July 20th @ 3:30pm

See you there!



## Meditation w/ Katherine

Join Katherine and learn the art of  
Meditation.

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, July 4th @  
2:30pm

to see what Eileen has in store for you!



## Walk with Don

Join Don for a tour of the town!

Friday, July 21st @ 1pm



# Activities that will keep your body active

## Potluck Dinner



### Summer Dance and Potluck

Bring your favorite side dish or dessert for a delicious supper, then join your friends for a fun dance!

Friday, July 21st 5:00 pm.

## Gardening

Let's make this the best garden we have ever had!



Come learn some tips and tricks to use in your garden as well.

## Fishing license's

If your planning to head out to Swan lake with us, you're going to need a fishing license! It's only \$1.25 for the year!

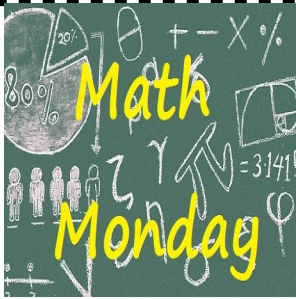
July, Tuesday 4th @ 1:00 pm. Bring \$

See you there!

## Math Morning

Come keep your skills sharp every Monday from

9:30 am to 10:30 am.



## Literacy Hour

Join the gang at the Centre as they take you through some fun Literacy activities!

Check calendar for date and times.



## Picnic and Games in the Park

We will be heading down to the park for the afternoon, bring your bagged lunch and be prepared to play some games.



Thursday, July 20th from 11:30 am to 3:30 pm.



## Swimming at Aquatic Centre



Join us at the pool for a fun filled afternoon. We will be following it up with dinner out. Please bring money for swimming and dinner and don't forget your swim gear.

Sign up early to ensure your spot!

Tuesday, July 11th  
3:30 pm.





# Programs

## Swan Lake Day Camp

Join us for a beautiful, fun-filled day at the lake.

Fishing, Swimming, BBQ and more

Friday, July 7th 9:30am-5pm



## Bonanza Mug Bog



*Heading out, Saturday, July 15th to watch the Mud Bogs!*

*Sure to be a great time!*

*Please sign up early to secure your spot!*

*Wrist bands are \$5*

*Please bring money for lunch.*

## Farmington Community Hall Day Camp

Fully accessible building and bathrooms!

Games, crafts, food and more will be offered, making for an absolutely fun day!

Friday, July 28th 10am-7pm. Leaving OpC at 9:30am



## Track & Field Day Camp

Super fun obstacle course, relay races, mini games (bean bag toss, bocce ball, basketball) & more!

Please remember to dress for the weather!!

Kin Park, Friday, July 14th from 10am-4pm.

Please bring a bagged picnic lunch.



## Force Horse

Who doesn't love sunshine and Horses?!!!

Join us

Wednesday, July 12th and  
Wednesday, July 26th from  
2:00 pm to 4:00 pm.

## Show and Shine



*We will be spending the day down town!*

*Cool cars, good food, great music!*

*Saturday, July 8th.*

*Don't forget cash and sunscreen!*

# 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 OPC sick or become sick while there, arrangements will be made for you to go home and your family or caregiver will be contacted.\***



### Let's talk about it!

Join us for a great discussion on  
Health and Wellness.  
Check calendar for times!

### Cribbage Afternoon



Come on down and join in a  
grand ole game of crib.  
Check calendar for dates.

## Grande Prairie International Street Performers

What better way to spend the day than in Grande  
Prairie, enjoying  
Street Performers,  
food vendors,  
and local shops!

Join us Saturday, July 22nd for a  
jam-packed day of fun!

Please remember to dress for the  
weather & bring cash.



## July Menu

### July 5th

Lunch: Fish Tacos

Dessert: No Bake Peanut Butter Pie

### July 12th

Lunch: BBQ Pork Tenderloin, Potato &  
Veggies

Dessert: Raspberry Sorbet

### July 19th

Lunch: Veggie Spring Rolls

Dessert: No Bake Mango Lime Cheesecake

### July 26th

Lunch: Cheeseburger & Macaroni Salad

Dessert: Strawberry Oatmeal Bar

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



