

March 2024



THE SCOOP

Opportunity Centre

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Dawson Creek B.C.

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Inspiration Award

Albert Duque has been nominated for the Inspirational Person of the Month Award for hosting an amazing activity.

Albert will receive 10 OpC dollars!!

Way to go!

Quotes



The OpC will be closed Friday, March 29th

Happy Easter!

Activity Information

Self Advocate Net Exploration

Let's dive into the S.A.N webpage, read stories from our peers, and more.

Join us, Friday, March 15th at 9:30am.



SelfAdvocateNet
Our Voice. Our Strength

St Patrick's Dinner & Dance

Bring on the green beers, great dance moves and good food



March 15th from 5:00 pm to 8:00 pm

Dinner will be Irish Coddle

Cost is \$5

Right From Scratch

Pineapples & Pineapple Juice

We will be canning up some delicious juice

Friday, March 15th from 1:00 pm to 4:00 pm.

Cowboy Candy & BBQ Sauce

Time to spice things up

Friday, March 22nd from 1:00 pm to 4:00 pm.



Activity Information

Force Horse



We are back at it!
Big jackets, big boots and you guessed it
big horses!
Join us Wednesday, March 13th
and
Wednesday, March 20th
From 2:00 pm to 4:30 pm.
Please come prepared to be outside.
See you there!

Swim & Dinner



We will be heading to the Fixx
and afterwards we will stop in
at the Aquatic Centre for a visit
and warm beverage.
Don't forget to bring cash.

Chair Aerobics

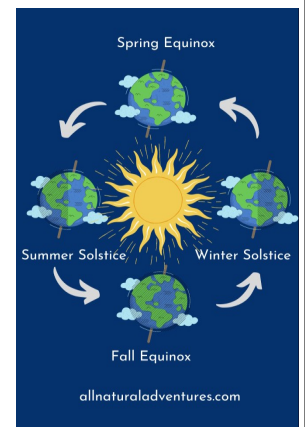


Don't feel like getting up?
Well lets sit, work out, and have
fun with friends.
Check calendar for dates and
times
See you there.

Let's Explore: Spring Equinox

Spring is in the air!
So let's learn all
about it.

Tuesday, March
19th from 3:00
pm to 4:00 pm.



MAD LIBS

The _____ nurtures a safe
climate where each _____ can
take risks and where _____
behavior is managed in a positive,
proactive manner.

Mad Libs Monday

Every Monday in March
from 1:00 pm to 2:00 pm.

MAD LIBS

The _____ nurtures a safe
climate where each _____ can
take risks and where _____
behavior is managed in a positive,
proactive manner.

Activities That Will Warm Your Soul

Yoga with Yvonne



Time to bring out those yoga mats, because Yvonne is here.
Thursday, March 7th from
3:00 pm to 4:00 pm.

A Meeting of the Minds



It is time to put all of our noggins together so we can have another great activity calendar!

Wednesday, March 20th 1:00pm



Belly Dancing with Bernie

Bernie's ready to get moving, are you?

Friday, February 12th, 19th and 26th
from 9:30 am to 10:30 am.

See you there.

Colorful Expressions with Don

Join Don on Thursday,
February 1st and 15th
from 2:30 pm to 4:30 pm.
As he leads us in some
creative colorful art.



Walk to Stuies

Let's head to Stuies Diner and have an old fashioned milkshake.

Wednesday, March 27th 2:00pm

Don't forget to bring your money.



International Woman's Day

Friday, March 8th

We start off our celebration with a Pancake Lunch \$5 at noon, followed by an afternoon high tea social, concluded by an Open Mic afternoon. Have poetry you want to share? Jokes you want to tell? Song you want to sing? Dance you want to teach? Open mic is for you!



Programs

Community Safety



Let's get together and learn ways to stay safe
within our community.

Check calendar for date and times.

Spot Light on James



*Did you know?
James has been
hosting an awesome
spiritual hour every
month?*

*James is being recognized for the
amazing job he does to include all of
his friends.*

Way to go James!

Indoor Picnic and Art



Pack up your lunch and
join us a picnic and
chalk art.

Thursday, March 21st
from 12:00 pm to 2:00 pm.

See you there!

Move Your Body



It's cold!



Come down to the

*Centre and warm up with a fun time at Move
Your Body.*

Check calendar for dates and times.

Tax Time



Sheila's back!

**If you haven't had a chance to get
your taxes completed, now's the
time.**

**Tuesday, March 12th starting at
1:00pm.**

Planting Seeds



**It that time of year
again!**

**Come help us start our
seeds for the
Summer.**

**Thursday, March 7th @
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 OPC sick or become sick while there, arrangements will be made for you to go home and your family or caregiver will be contacted.*



March's Menu

Mar 6th

Lunch: Hawaiian Spaghetti

Dessert: Pineapple Cake

Mar 13th

Lunch: Taco Soup

Dessert: Oatmeal Chocolate Chip Bar

Mar 20th

Lunch: Hash Brown Casserole

Dessert: Pumpkin Cheesecake

Mar 27th

Lunch: Beef Stew

Dessert: Cranberry Cookie

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

