

Scoop



October 2024

Issue 125

Halloween Dance

And Haunted House

Time to bust out your
outfits! It's our favorite
time of year!

This year is going to be
bigger and better than
ever!

Scarier treats, more
prizes, and creepy
music! It's the year you
are not going to want
to miss!

The dance will be
held on Friday,
October 25th
starting at 5:00 pm.

The Haunted house will
be open on Thursday,
October 31st. Keep your
eyes peeled for more
information to come!



October's Menu



October 2nd, 2024

Clam Chowder soup & Bun
Gluten free options

Dessert: Haystack cookies

October 9th, 2024

Thanksgiving Feast - The star of the show will be the turkey, alongside the mashed potatoes, gravy and stuffing.

Dessert: Pumpkin Pie



October 16th, 2024

Hashbrown Casserole - Hashbrowns smothered in a cream sauce topped with cheese.

Gluten free options

Dessert: Pumpkin Muffins

October 23rd, 2024

Waffle Wednesday - Light fluffy waffles topped with whipped cream and fruit.

Dessert: Butterscotch pudding



October 30th, 2024

Hamburger soup & Garlic toast - Ground beef and loads of veggies in an amazing broth.

Gluten free options

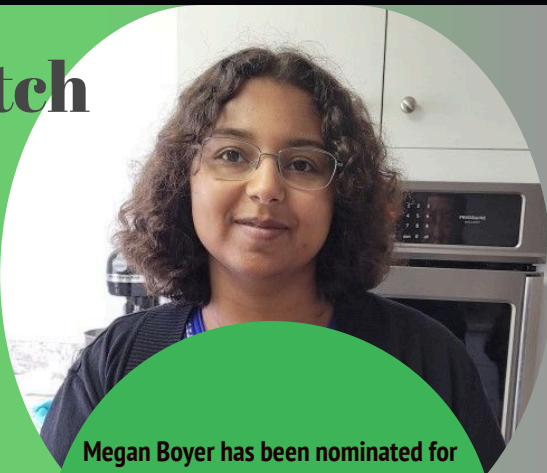
Dessert: Sex in a Pan



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

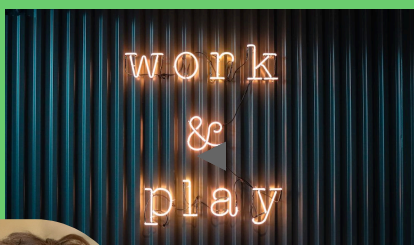
Right from Scratch

Time to whip up some Pretzels for Oktoberfest on October 4th, Quiche on October 11th, and Perogies on October 18th.



Megan Boyer has been nominated for the Inspirational Person of the Month Award, for being creative in the kitchen.

Megan will receive 10 OPC dollars!
Way to go!



Meeting of the Minds

Enjoying the activities? If so, keep the idea's coming!

You want more fun and we like making it happen.

Have other thoughts, concerns, suggestions?

Join us October 16th, 2024 and have your say!

Taco Tuesday

Join us Tuesday, October 8th.

Be sure not to miss out on some good ole fashioned tacos.



Sushi Making Night



Make your own Sushi night! Come on down on Friday, October 11th and get creative with your own sushi, bring your containers to take the leftovers home.



Halloween Cultural Potluck

This month we will be exploring
all the great things about Britain.

Did you know Halloween originally started in
Britain?

Tuesday, October 15th.

Oktoberfest

Join us for a fun filled
night of beer, homemade
pretzels, good times and
great music on Friday,
October 4th.



Halloween Movie & Popcorn

Let's put our new
popcorn machine to
work!

Tuesday, October 29th.

Latte afternoons



It's the season for warm,
yummy drinks. Pumpkin Latte
on Thursday, October 10th and
Halloween latte on Thursday,
October 24th.



Spa



What do you need after a busy
summer?

Why not a relaxing Spa
afternoon.

Wednesday, October 23 @
2:00pm

Force Horse



Brianne has lots of fun planned for us on Wednesday, October 2nd, she will be doing Rocktober - Karaoke and horses!

On Wednesday 16th she would like you to join with your costume on, for Halloween horse bingo!



Art Moment

Sometimes we all need a moment... if it's an art moment, even better!

Come share your favorite art with us. See calendar for dates and times.



Advocacy Afternoon

Come join us for a great discussion about how to advocate for yourself in a respectful way. See calendars for dates and times.

Nacho Night

Nachos made just the way you like!

You choose your toppings!

Tuesday, October 22nd at 5:00 pm.



Family Leadership Series

Northern BC



For more info, visit:
inclusionbc.org/fls-north-2024

Families and caregivers in Northern BC are invited for two days of learning and connecting in Prince George. Learn ways to strengthen your advocacy and access resources to help build a good life for your loved one with a disability.

*"Where rivers meet,
families connect"*

Cost: FREE

Where: 950 Kerry St., Prince George

When: October 2-3, 2024

Who: Families and caregivers who support loved ones with intellectual and developmental disabilities.



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 IRS require staff to participate in a paid event involving tickets and/or food, staff will need to pay on sign up day as well.

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.



**POLLING
STATION**

Voter Information

It's the season again to start learning all about the new candidates in the upcoming election.

Please see calendar for dates and times. Advanced voting will be on October 10th.



Cos-Play w/ Albert

Albert wants to get everyone involved in the world of Cosplay. Join us Wednesday, October 24th at 4:00 pm to learn all about it.



Pumpkin Carving

Come pick a pumpkin and let's get carving, be as creative as you want, while having snack.

Thursday, October 17th.



Halloween Candle Making

Come craft your own Halloween candles, Tuesday, October 15th from 2:00 pm to 4:30 pm.



The Opportunity Centre will be closed October 14th for Thanksgiving.

Harry Potter Night

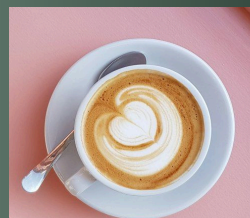


You enjoyed it so much that we will be having another night of it!
Friday, October 18th
Snack and refreshments will be provided.

Walk to Beans and Barley

let's go check out their new location, and enjoy a warm beverage!

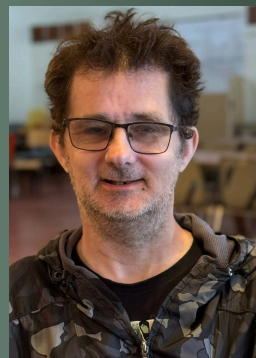
Join us Thursday, October 3rd @ 2:00 pm.



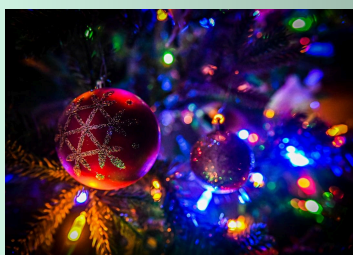
A very spooky **HALLOWEEN** **SCAVENGER HUNT**

Join us Tuesday, October 29th from 2:00 pm for a fun afternoon of hunting for Halloween treasure.

Things to look forward to in November!



Christmas Tree light up



**National
Men's
Day**

X-Mas Baking Series





Opportunity Centre

10108-14th Street

Dawson Creek B.C.

250-782-8377

OpC Cell 250-784-8379

Check out our website:

www.dcscl.org

Email us: oppcentre@dcscl.org