



S March 2025 **coop**

Issue 130



Inspiration Award

Sherman Hanson has been nominated for the Inspirational Person of the Month! For always being open to try new things.

Sherman will receive 10 OPC dollars!
Way to go Sherman!

Social Safety

What's Social Safety you ask? We have started a new series that helps you understand your rights in a social situation. What does bullying look like? How should you respond to it? This series will give you a personal tool kit to help you handle uncomfortable social situations. See calendar for dates and times.



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 Wednesday, March 19th 2025 to have your say!



Walk with Don

Bundle up and join Don for a wonderful afternoon of seeing the sites! Friday, March 7th starting at 1:00 pm.

Right from Scratch



We will be making pickled beans on Friday, March 7th from 1:00 pm to 4:00 pm.

Pizza Buns on Thursday, January 20th from 9:30am to 11:30am

If you're feeling adventurous, join us in making our very own dishwasher detergent on Thursday, March 27th 9:30 am to 11:30 am.

Enjoy the thrill of creating something special!



Crocheting Afternoon

Join us on Tuesday, March 4th at 10:30 am for a delightful morning of crocheting with Margaret and Cherie. Whether you're a seasoned crocheter or just starting out, this session promises to be both fun and educational. Don't miss this opportunity to unwind, learn, and connect with fellow crochet enthusiasts!



Shop for the Opp

Come along and help us hunt for the savings, learn what healthy, budget friendly options are out there not just of us for you as well.

Check calendars for dates and times!

Walking Track

Wednesday

Brrr it's cold outside, lets head to the walking track to warm up! Time to challenge your staff to see who can do more laps-them or you?

Check Calendar for dates and times





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.

Tax Time

It's that time of year! Sheila will be
at the OPC to support you to get
your taxes completed, this is a free
service! Sign up for your time slot
before March 20th!

Tax Season



Exploring "Harry Potter and the half Blood Prince"
is like entering a thrilling maze of magic, mystery,
and intense emotions!

The novel is pivotal as it sets the stage for the
ultimate battle between good and evil!

Join us on Friday, March 21st!

Poutine Night



Poutine night is the perfect
opportunity to dive into the
deliciousness of this Canadian
classic! Check calendar for
date and time.

Beading & Boundaries



As requested, lets bust out those beads and get crafting as we have a great discussion around boundaries!
Check Calendar for dates and times.



Chuckles & Chats with Stacy & Marla

Join us for a delightful afternoon with "Chuckles & Chats with Stacy and Marla!" This engaging Q&A session is scheduled for March 12th at 1:00 pm. Whether you're tuning in for some light-hearted humor or insightful conversations, Stacy and Marla promise to deliver both!

Spa Afternoon

Ladies assemble!
Time to get our Spa on!
Friday, February 21st @1:00 pm.



Guy Time

Guys! While the ladies are getting pampered it's your turn to enjoy some guy time with your buddies!
Friday, February 21st @ 1:00 pm.



St Patty's Dance

Get ready to celebrate St. Patrick's Day in style at our St. Patty's Dance on March 14th from 5:00 pm to 8:00 pm!

Look forward to an evening filled with lively music, dancing, and good company. We'll be serving delicious snacks and offering green beer to keep the festive spirit going. Whether you're an experienced dancer or just looking to have a fun time, this event is perfect for everyone. Get on your best green attire and come ready to enjoy an unforgettable night. Don't miss out on this opportunity to embrace the luck of the Irish!



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, 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 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 moment's notice, in order to support people to participate in 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.

Cos-Play w/ Albert

Join Albert as he walks us through all things cos-play! Wednesday, March 26th @ 4:30pm.



You DON'T NEED TO BE AN EXPERT TO DO SOMETHING GREAT

Mardi Gras

Traditionally celebrated in New Orleans, with grand parades, colorful costumes, and lively music, Mardi Gras is a time for revelry and community spirit.

Join us March 4th. We will be serving up Jambalaya. Come in your brightest outfit!

Chair Aerobics

When it's this fun you won't even know you're working out! Good music and great friends-let's do this! Check calendar for dates and times.



Green Potluck

In honor of St Patrick's day, this Potluck is going to be on the green side, so bust out your food colors and get creative! Join us Tuesday, March 11th from 4:30pm to 7:00 pm.



March's Menu



March 5th, 2025

Chicken Stir Fry w/ Rice

Dessert: Mississippi Mud Bars



March 12th, 2025

Irish Stew

Dessert: Margarita Pie



March 19th, 2025

Hawaiian Pizza

Dessert: Cookie Cake



March 26th, 2025

Goulash

Dessert: Orange Cake

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

Italian Soda & Karaoke



Join us for an exciting, delicious and guilt free Italian soda and Karaoke event on Thursday, March 13th at 3:00 pm! This event promises a perfect blend of fun and flavor. Sip on refreshing, bubbly soda while you belt out your favorite tunes or simply sit back and enjoy the performances.



Things to look forward to in April!



Easter

National
Grilled
Cheese
Day



Force Horse

The Force Horse Program is making a return with events scheduled for Wednesday, March 19th, and Thursday, March 27th from 2:00 pm to 4:00 pm.

Brianne is excited to have you back! Lets kick this spring off right!

Please ensure you are dressed for the weather!

Rubber boots are a must!



Comedy Music Dance Party

Get ready for a night of laughter, music, and wild dance moves at the Comedy Music Dance Party, hosted by the ever-energetic, Chrystal! This unforgettable event promises an evening filled with joy and entertainment. Get your goofiest outfits and join in the fun. There'll be loads of variety of delicious snacks to keep your energy up.



Riddle Scavenger Hunt



A riddle scavenger hunt is an exciting and interactive activity that combines the fun of solving riddles with the adventure of a treasure hunt. Join us Thursday, March 6th from 2:30 pm to 4:00 pm.



Opportunity Centre

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Check out our website:

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