

A close-up photograph of several purple crocus flowers with bright orange centers, growing through a layer of white snow. The background is softly blurred, showing more snow and distant flowers.

S April 2026
coop

*Happy
Easter!!!*

Issue #143

Inspiration Award

Colton Jung has been honored as the Impact Maker of the Month for being incredibly helpful around the OPC! He will receive 10 OPC dollars as a token of appreciation.

Thank you, Colton!



KARAOKE

Dash over to the Centre and belt it out at karaoke hour! Check out the Calendar for times. 🎤🎵

CHARADES

ACT. GUESS. LAUGH. REPEAT.
BRING YOUR BEST GAME FACE FOR CHARADES AT THE OPC.

SWIMMING

COME SPEND THE AFTERNOON SPLASHING & LAUGHING WITH YOUR FRIENDS!

Art Moment

Unleash your inner kid & paint like nobody's watching!

Food and Kitchen Safety

Outsmart germs, test your knowledge, and pick up tips that make every meal safer with Food Safe.

Learn smart moves around hot surfaces and sharp tools — all through playful, interactive challenges with Kitchen Safety.

Come for the safety... stay for the laughs.
See the calendar for dates and times.

BEADING & BOUNDARIES

String some beads, strengthen some boundaries - a little sparkle, a little self-care.

SOCCER

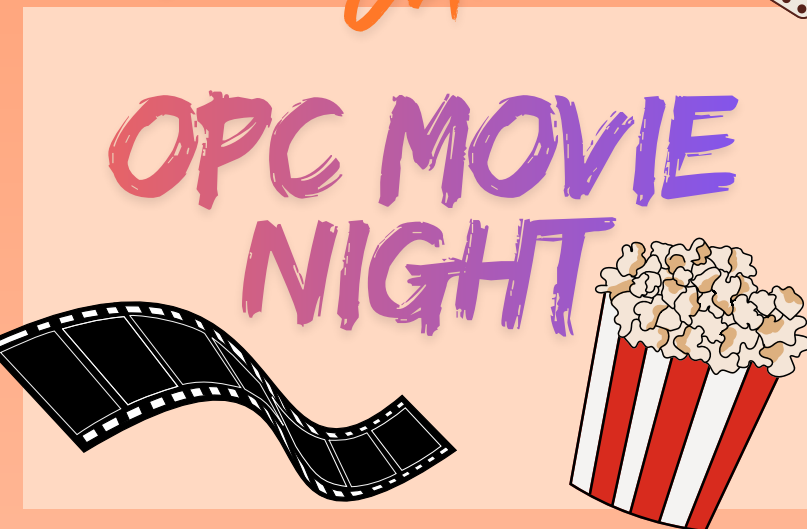
COME CHASE THE BALL...OR
LET IT CHASE YOU!
EITHER WAY IT'S SOCCER SO
JOIN US FOR SOME FUN!

EASTER BAKING

CRACK SOME EGGS, CRACK SOME SMILES - IT'S TIME TO WHIP UP SOME SWEET TREATS!

Time to Plant

**Start small,
grow big - today
we plant, so next
we can
transplant!**



BAKING



Scavenger Hunt

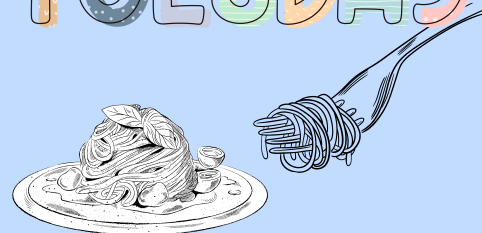


OFC Spring Clean Up

Together we can make a difference!

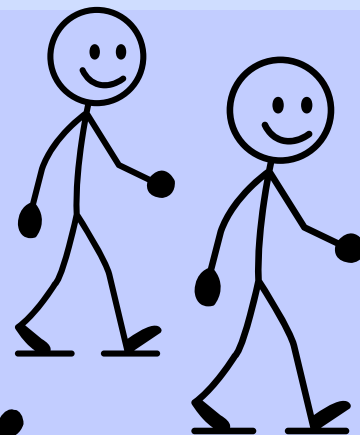
DROP IN!

TUESDAY



Earth Day

More sunshine,
more steps -
Come walk with
us!!



COMMUNITY Safety Tips



From
Scratch to
Stash -
come fill
your
freezer
with us!

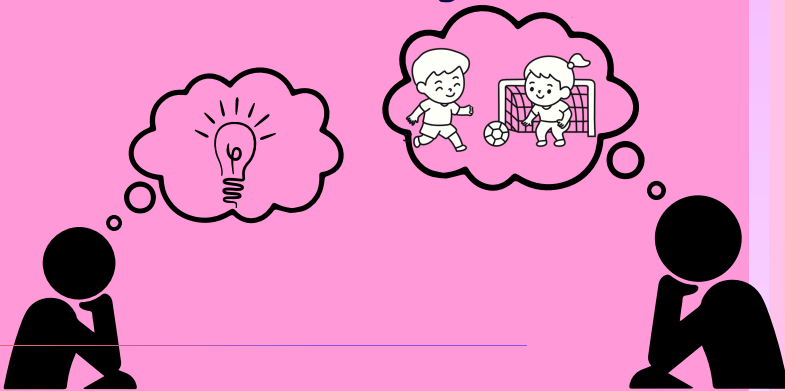


Relax, Recharge, Reset

*Join us for a Mental
Health Spa Morning*

**MEETING OF THE
MINDS...**

Tell us what you think!



**TIME TO
STRETCH!**



*Tea time
IS THE
Best
TIME*



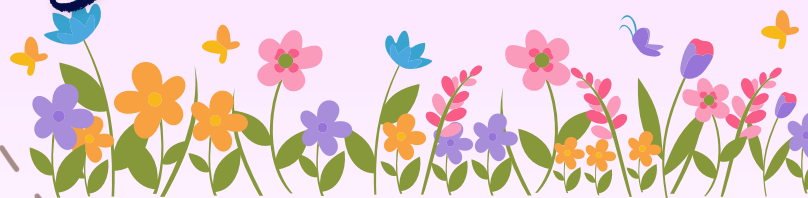
**THE
PURGE**

**DIRT
EDITION**



Don't Miss
it!
Watch for Date
& Time

*Spring
Dinner
&
Dance*



April's Menu

April 1, 2026

**Caesar Salad Wraps
with Homemade Fries**

Dessert: Brownie

April 8, 2026

Sloppy Joes & Coleslaw

Dessert: Fruit Cup

April 15, 2026

Perogies & Sausage

Dessert: Berry Crumble

April 22, 2026

Stir-fry Over Rice

Dessert: Chocolate Pudding

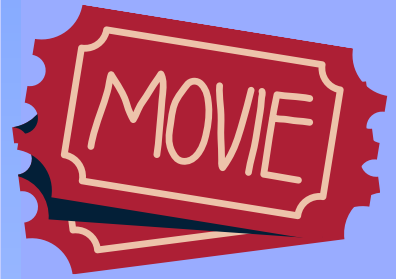
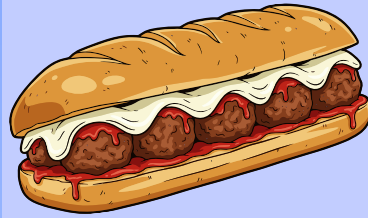
April 29, 2026

Shepard's Pie

Dessert: Cherry Tart



Don't Miss...
Dancing with
MAGGIE!



**JOIN MATT FOR A
GREAT TIME!**



BINGO!
WITH
BERNIE



Yoga & Zumba
with Angie



KATHERINE'S
MEDITATION



Relax. Calm. Peace.



EASTER IN CANADA

Easter arrives as Canada thaws.

With sunshine peeking through winter's claws.

Families gather coast to coast. Sharing treats with those they love most.

We hunt for eggs in melting snow.

Laughing as the spring winds blow.

It's a time for hope, for warmth, for cheer —

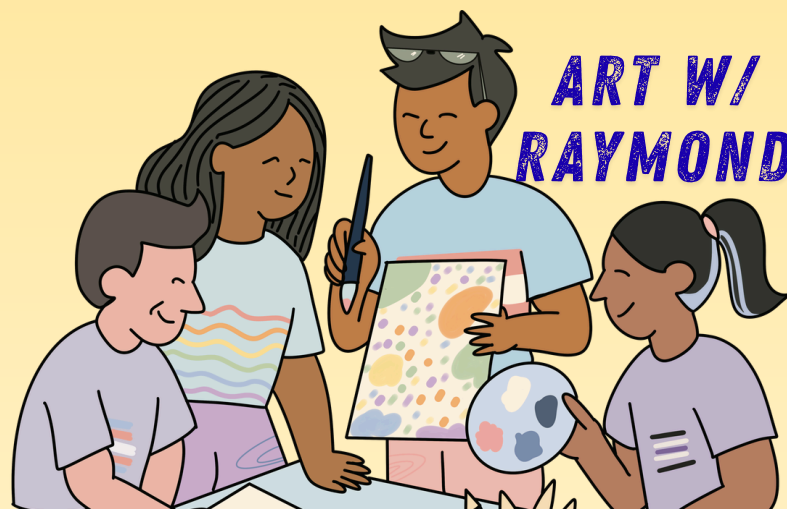
A cherished moment every year.

From maple towns to ocean air. Easter reminds us how much we share.

A gentle pause, a joyful start... A Canadian spring for the soul and heart.

Happy Easter!

GAME TIME WITH KASSI



SIGNS & DRINKS WITH DALLAS



OPPORTUNITY CENTRE EXPECTATIONS FOR ALL PARTICIPANTS

As a community space dedicated to supporting individuals in leading independent, dignified, and socially connected lives, the Opportunity Centre continues to uphold values that promote inclusion, respect, and positive participation. To ensure the Centre remains welcoming and enjoyable for everyone, the following expectations apply to all IRS, staff, and visiting agency personnel.

1. Outdoor Wear

- Jackets and boots must be removed upon entering the Centre.
 - Regular attendees and staff working from the building may keep indoor shoes or slippers on the boot rack.
 - All personal items left at the Centre must be clearly labelled with the owner's name.
 - Individuals who are often cold may leave a sweater at the Centre, provided it is also labelled.
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2. Meal-Time Social Expectations

- Everyone is expected to remain at the table until all members of the group or program have finished eating.
 - Cleaning up or preparing to leave before others are done is considered disrespectful.
 - Staff are expected to model Social Grace by eating together, waiting together, and cleaning up together.
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3. Staff Participation in Meals

- Support staff must eat alongside the IRS they are supporting.
 - If staff choose not to eat the provided meal, they are expected to bring their own lunch.
 - Lunch Program menus are posted in the Scoop and are known at the time of sign-up, so staff should be aware of what is being served.
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4. Avoiding Waste

- Accepting a meal and then discarding it uneaten is considered wasteful and culturally inappropriate – lead by example.
- Staff who cannot eat the provided meal must bring an alternative rather than wasting food

5. Leading by Example

- All staff—whether from DCSCSCL or other agencies—are expected to follow Centre expectations, including removing jackets and outdoor footwear.
- Cell phones are to be put away, unless directly supporting an IRS to research something. Staff will be asked to put it away until their break if needed.
- Even if an IRS refuses to follow a guideline, staff must continue modelling appropriate behaviour.

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6. Inclusive Conversation

- Staff are expected to engage in conversation with the IRS they support and others at the table.
- Social engagement should never be replaced by staff-to-staff visiting.
- Even when assisting someone with feeding, conversation should include the individual and not exclude them.

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7. Meal Preparation for Success

- Food served during the Lunch Program will be prepared in ways that support success and reduce mess.
- Examples include manageable noodle lengths and bite-sized vegetables.

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8. Shared Responsibility for Set-Up and Clean-Up

- All participants—IRS, staff, and visitors—are expected to assist with set-up and clean-up when needed.
- The Centre is enjoyed by many and kept affordable through shared responsibility.

If upkeep continues to fall on only a few individuals, program fees may need to increase to support maintenance.

Additional Information

Complaint Resolution: Information on how individuals receiving services—and their support networks—can submit concerns or complaints is available at www.dcscl.org or in the Orientation Handbook.

Stay Connected: Regular updates about the Society and the Opportunity Centre can be found on our official Facebook page.

Accessibility Notice: A **PORTABLE RAMP** is available upon request for anyone who may need it.

These expectations reflect our shared commitment to dignity, respect, and community participation. Thank you for helping keep the Opportunity Centre a welcoming and inclusive space for all.

Opportunity Centre

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