



Weekly Schedule for Winter 2012 Programs (January– March) Unless otherwise specified programs start Jan.16th)

Please note: Individuals of any age can access any program.

Programs for: **Youth**

Programs for: **Adults**

Programs for: **Older Adults**

COMPUTER BASED PROGRAMS

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	9-12 pm: <u>CUSTOMIZED COMPUTER</u> 10:30-12 pm: Creative expressions 11-1 pm: Zumba	9-12 pm: <u>CUSTOMIZED COMPUTER</u> 10-12 pm: Sun Run (starts Jan 31)	9-12 pm: <u>INTERNET INSTITUTE</u> 11-4pm Leadership & snowboarding or Snowshoeing	9-12 pm: <u>CUSTOMIZED COMPUTER</u> 10-12 pm: Sun Run (starts Jan 31)	9-12 pm: <u>TECHNOLOGY INSTITUTE</u> 10:30-12 pm: Golden Years Fitness	9-12 pm: Internet Café 9:30-12 pm: Nintendo Wii Drop-In 10-12 pm: Community Kitchen (only the last Saturday of each month)
Afternoon	1-3 pm: <u>CREATIVE WRITING</u> 12:30-2:45 Badminton 2:00-3:30 Making Connections	1-3 pm: <u>DIGITAL PHOTOGRAPHY</u> 1-3 pm: Tai Chi 1-3 pm: Healthy Lifestyles	1-3 pm: <u>CUSTOMIZED COMPUTER</u> 1:30-3:30 pm: Gourmet 101	1-3 pm: <u>DIGITAL DESIGN</u> 1-3 pm: Knitting/Crochet and Mindfulness 1:15-3:30pm Aqua fit and pool orientation	1-3 pm: <u>CUSTOMIZED COMPUTER</u> 2 -4:30 pm: Celebrating Diversity 1-3PM: Strategies for Wellness & Yoga	12-3:45 pm: Internet Café 1-3 pm: Dragon Boat (Feb-June) 1-3:45 pm: Nintendo Wii Drop-In
Evenings		3:00-5:00 pm: GO Gourmet 5:00-6:30 pm: Creative Corner 5:00-7:00pm Movie Night (only the first Tuesday of each month) 4-7:45 pm: Internet Café	4:00-7:00 pm: Games Night (Nintendo Wii, board games etc.) 5:45-8pm Basketball 4-7:45 pm: Internet Café	3:00-5:00pm: GO Youth 4-7:45 pm: Internet Café	Consumer Advisory Committee: First Wednesday of every month from 4-5 pm.	

Orientation Sessions: First and Third Tuesdays of the month from 11am-12 noon. (Jan. 3rd & 17th, Feb. 7th & 21st, March 6th & 20th)

Note: Please call 604-876-0773 to pre-register for the orientation session.

Leisure & Education Services

300-30 East 6th Avenue

Phone: 604-876-0773 Fax: 604-876-0775 Website: www.opendoorgroup.org

Leisure:

Walking to Wellness This goal oriented walking program meets twice a week, and participants are encouraged to walk at a pace that increases their fitness level gradually, by increasing the duration and intensity of the walks. This training program will prepare participants to complete a 5km or 10 km event.

Tai Chi This is facilitated at the Taoist Tai Chi Centre where participants have been able to learn this graceful form of exercise that can help reduce stress and enjoy other health benefits such as increased flexibility, muscle strength, energy, stamina, agility.

Mindfulness & leisure activity Join us to explore ways to improve your wellness and coping skills through Mindfulness. We will also be participating in a leisure activity (i.e. crochet, knitting).

Leadership & leisure activity Are you a natural leader or want to develop your leadership skills? Join us to participate and learn about a variety of leadership activities including for example: teambuilding and communication skills. We will also be participating in a seasonal leisure activity (i.e. snowboarding or snowshoeing).

Basketball & Basketball These programs takes place at Creekside Community center.

Healthy Lifestyles This program is for adults to promote increased health and wellness through fitness, nutrition and self-care. It will also help increase awareness of community resources through participating in variety of activities within the community.

Aqua fit and Pool orientation Join us at a local pool for an Aqua-fit class or just come for a swim.

Community Kitchen Enjoy cooking? Want to learn new recipes while making lunch for others? This class takes place once a month on Saturdays.

Strategies for Relaxation and Yoga Learn about how to manage you stress with various educational workshops ending with a one hour yoga session.

Dragon boat The Conquering Waves dragon boat team has been challenging the stigma of mental illness by bringing together individuals living with mental illness, their friends and families to train for and compete in the dragon boat festival.

Healthy Gourmet – 101 This is a beginner cooking program that teaches basic nutrition, shopping, budgeting and cooking skills, using an educational/ information session as well as cooking application. This program is designed for people that have little or no skills in this area.

Celebrating Diversity This is a cross-cultural program for those who appreciate cultural diversity to meet & socialize with people from other ethnicities. Participants will have the opportunity to learn & experience the food, creative arts, & practices of another culture through thematic weekly activities & events.

Making Connections This is a unique program providing members with the opportunity to meet other people with similar interests. It also has an educational component to the class which focuses on social and communication skills.

Internet Café This Program provides members of Open Door Group with the opportunity to utilize a variety of multimedia programs and the internet. Other activities include Creative Corner, movie night, games night and occasional workshops/events.

Youth/Young Adult specific programs:

Go Gourmet This is a program that teaches basic nutrition, shopping, budgeting and cooking skills, using an educational/ information session as well as cooking application for youth. GO Gourmet is designed to encourage healthy eating and developing basic cooking and baking skills.

Go Youth A youth directed program that allows members to brainstorm, discuss and decide monthly activities in a safe, social environment. GO Youth provides an opportunity for youth and young adults to develop socialization and networking skills. The program will sample a variety of activities with the purpose of helping expand member's knowledge of leisure awareness, interests and abilities.

Older Adult specific programs:

Golden Years Fitness This fitness program is designed for older adults. This program will be structured around fitness routines that increase or maintain range of motion, cardiovascular health and muscle strength. Education will be provided throughout to increase awareness around fitness and health.

Creative Expressions This program is designed to give members an opportunity to learn or use their creative skills as a form of emotional, mental, physical or personal development.

Education:

Customized Computers Work with your instructor to design individualized learning plans based on your needs. Students can enjoy learning basic computer operations, the exploring the web, or learning how to use specific computer programs (i.e. Word, Excel, Powerpoint).

Digital Photography Do you have a camera you can't figure out or have always wanted to take pictures but don't have a camera? The digital photography class will teach you how to make the most of your camera, take artistic photos, and transfer them on the computer so you can share pictures with your friends and family.

Digital Design This class focuses on using free computer programs and the internet to modify your digital photos. Discover great websites and programs that you can use on any computer while creating artistically altered photos, making collages, and publishing your photos on your own personal website. Basic familiarity with computers and the surfing the internet is required.

Creative Writing Get your creative juices flowing as you develop tactics to write creatively. The class will include topics such as character creation and development, poetry, basic script writing, narratives and using descriptive language bring your writing alive.

Technology Institute This class will focus on using computers to create interesting projects such as stickers, business cards and letter head along with great internet applications to help you explore the world.

Internet Spectrum Explore the vastness of the World Wide Web and learn common skills and techniques you can use to maximize your surfing pleasure. This is a drop in class, and websites visited change every week.