

# CALENDAR | November-December 2018



INSPIRATION  
AT WORK

**Hours of Operation:** Monday, Friday, Saturday | 9:30am – 4:00pm

Tuesday, Wednesday, Thursday | 9:30am – 7:00pm

**Thrive Resource Café:** Tues- Thurs 4:00pm -7:00pm, Saturdays 9:30am - 4:00pm

**Most Programs start the week of November 5<sup>th</sup> – 10<sup>th</sup>  
unless otherwise specified**

**New Participants | Orientation and Intake**  
1st & 3rd Tuesday each month | Nov 6 | Nov 20 | Dec 4 | Dec 18  
1:00pm - 2:00pm

## Leisure Education

**Creative Art Projects** | Join this themed art group to learn more about various art techniques. In this program you can explore painting techniques, and participate in creating an art mural for Project EveryBODY.  
**Thursdays 1:00pm-3:00pm**

**Digital Photography / Smart Device Photography** | This program teaches you how to take artistic photos with a digital camera and YOUR PHONE.. Cameras and smart devices are available. **Saturdays 1:30pm-3:30pm**

**Lantern Making** | In this program you will create beautiful lanterns and join the 25<sup>th</sup> Annual Winter Solstice Lantern Festival on December 21<sup>st</sup>, 2018.  
**Fridays 11:00am-1:00pm, Program starts on November 23<sup>rd</sup>**

**Holiday Caroling** | Learn singing techniques and be a part of thrive's holiday choir in December. **Mondays 11:00am-1:00pm**

**Holiday Baking & Edible Crafts** | Learn how to make various edible crafts and baked goodies. Great gift ideas or just a sweet treat for YOU. **Thursdays 4:30pm-6:30pm**

**Holiday Gift Making and Crafts** | Create an assortment of holiday themed crafts also learn how to make your own affordable yet attractive small gifts to give away to special ones for the holidays.  
**Wednesdays 4:00pm-6:00pm**

## Program Sign up dates and times

*These are for existing clients to register for programs*



Thurs Oct 18<sup>th</sup> 2pm  
Fri Oct 19<sup>th</sup> 1pm  
Tue Oct 23 2pm  
Wed Oct 24<sup>th</sup> 3pm  
Thurs Oct 25<sup>th</sup> 2pm  
Fri Oct 26<sup>th</sup> 1pm  
Wed Oct 31<sup>st</sup> 3pm  
Thurs Nov 1<sup>st</sup> 2pm  
Fri Nov 2<sup>nd</sup> 1pm

Thrive | 300-30 East 6th Avenue, Vancouver, BC, V5T 1J4 | [www.opendoorgroup.org](http://www.opendoorgroup.org) | [thrive@opendoorgroup.org](mailto:thrive@opendoorgroup.org) | 604 876 0773

**\*\*\* Please Note we are closed on Nov 10<sup>th</sup> & 12<sup>th</sup>, Dec 25<sup>th</sup>, 26<sup>th</sup>, 27<sup>th</sup>, 28<sup>th</sup>, 29<sup>th</sup> 30<sup>th</sup> & Jan 1<sup>st</sup>**

**Holiday Community Exploration and Food Resources** | Through leisure education and community exploration; participants will learn, participate and connect with a wide range of holiday activities and food resources that are free or low cost. Some activities may include the Gingerbread house competition, art shows, holiday light displays etc. **Fridays 1:00pm-4:00pm**

**Community Kitchen** | Do you love cooking? Do you wish you could cook more? or had more opportunities to cook? If you answered "yes" then this is the program for you. Every Saturday the Community Kitchen group helps out with preparing our Saturday lunches. This is a great opportunity to socialize and do more of something you love. You will also learn the basics of cooking for larger groups. **Saturdays 10:30am-1:30pm**

**Jewelry Making** | Join this fun jewelry making group to learn how and to make various pieces of jewelry. You will be using various jewelry making products everything from beads to hemp. **Thursdays 4:00pm-6:00pm**

**Holiday Workshops** | Join this interactive group to participate in a variety of **1 day workshops**. Each week you will learn about and participate in a new activity. Some examples of workshops to expect are; holiday de-stress, motivation and holiday crafts (see posters in office for upcoming workshops). **Tuesdays 4:30pm- 6:30pm**

**Learn to Crochet** | Participants will learn how to crochet in this step by step class. **Saturdays 1:00pm-3:00pm**

### Personal Development

**Positive Thinking/Gratitude** | Learn how to reverse negative self-talk and think more positive in this gratitude based experiential group. **Mondays 1:00pm-3:00pm**

**Self-Esteem & Self-Compassion** | Enhance and develop your self-esteem and self-compassion through various workshops in this discussion based program. *"Self-compassion is extending compassion to one's self in instances of perceived inadequacy, failure, or general suffering."* **Thursdays 11:00am-1:00pm**

**Motivation** | This program is focused on helping participants develop skills around what motivates them and what helps them move forward to reach their goals. **Tuesdays 1:00pm-3:00pm**

**Finding Direction** | Looking for a place to organize thoughts, reflections, future ambitions and daily schedule? Using goals setting and planning this class will help you use various tools and strategies to do just that. This program is a combination of goals, planning, writing and journaling to help motivate, inspire and educate participants. **Wednesdays 4:30pm-6:30pm**

### Healthy Living

**Cooking with Vegetables** | This cooking program is designed to teach participants how to make nutritious healthy affordable meals without meat. Meat is typically very expensive and when on a **tight budget** it isn't always an option. **Thursdays 12:30pm-2:30pm**

**Holiday Cooking** | Join this holiday program to learn how to prepare and cook festive holiday meals and appetizers. **Tuesdays 12:30pm-2:30pm**

**Mindfulness and Relaxation** | Learn various mindfulness and relaxation practices in this exploratory program to help you relax and /or manage various mental and stressful emotions. Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. **Tuesdays 4:30pm-6:00pm**

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**Free LUNCH on Saturdays**

Join us for free lunch on Saturdays prepared by our Community Kitchen group

**When:** Saturdays

**Where:** ODG thrive lounge

**Time:** 12:30PM-1:00PM

**All active THRIVE members are welcome!!**

**Self- Care and Stress Management** | Learn how self-care can positively shape your self-esteem and overall health. This class consists of various stress management and wellness workshops that focus on creating a new, empowering relationship with the most important person in your life – **YOU**. **Tuesdays 1:00pm-3:00pm**

### Physical Health

**Winter Active Living** | Stay active in the winter months by participating in a variety of indoor and outdoor activities. This program is a combination of various physical activities such as; local hikes, ice skating, indoor rock climbing, badminton, bowling etc. Learn about free/ low cost local resources and get active. Light snacks will be provided. **Thursdays 12:00pm-3:00pm**

**Walk training (Santa Shuffle 5K walk training)** | This goal-oriented program trains you to walk 5 kilometers. Participants will learn step by step how to effectively train for a 5K walk. Participants will train for 12 weeks and then have the opportunity to complete the Santa Shuffle 5K Walk on December 1<sup>st</sup> 2018.

**Wednesdays 12:30pm-2:30pm training started in September, please speak to your RT if you would like to join**

**Racquet Sports** | Learn how to play various racquet sports such as; tennis, badminton, pickle ball, in this exploratory program. Get connected with local places to play racquet sports and get set up with everything you need to continue playing on your own. **Thursdays 1:00pm– 3:00pm**

### Connections

**Communication 101** | In this discussion-based program learn the basics of social skills and strategies to communicate effectively with others. **Wednesdays 1:30pm-3:30pm**

**Making Connections** | This program is designed to support participants in building their social skills to foster better relationship building skills and more meaningful relationships with others. **Mondays 11:00am- 12:30pm**

### Education & Essential Skills

**Computer Coaching** | Want to expand your computer knowledge? Have specific questions and needs when it comes to computers? Then our computer coaching is for you. Sign up for coaching sessions with our facilitator to get hands on support and guidance around computers and your needs.

**Customized Computers** | A customized computer class where students can learn basic computer skills. A learning plan is developed based on individual needs. **Tuesdays 12:30pm-2:30pm or Thursdays 4:00pm-6:00pm**

**Holiday Budgeting/ Money Management** | Learn about how to manage your money more effectively during the Holiday Season, how to create a budget plan, money saving tips, planning your day, prioritizing time and getting the optimal use of a calendar. **Tuesdays 4:00pm-6:00pm**

Book a coaching time during ANY of these times:

- **Fridays w/ Nina 2:00pm-4:00pm**
- **Saturdays w/ Ray 2:00pm-4:00pm**

### Employment Readiness

**ODG Gives Back (Volunteer Beginnings)** | Learn about local volunteering opportunities and participate in a variety of volunteer projects. This program focuses on giving back to others in the community.

**Wednesdays 2:00pm- 4:00pm**

## YOUTH & YOUNG ADULT Calendar\*\*

THRIVE's youth and young adult program focuses on helping youth and young adults develop interpersonal skills, self-esteem and skills in independent living. Our programs help members develop the confidence and skills to get connected to their community.

**GO Youth** | This program supports participants in an encouraging group atmosphere where they can have candid conversations about social topics, building confidence and self-esteem while participating in positive leisure activities. In the month of December participants will participate in more holiday themed activities  
**Thursdays 3:30pm-5:30pm**

## OLDER ADULT Calendar\*\*

Our older adult programs give members 65+ the opportunity to live a healthy and meaningful lifestyle.

**Golden Years Fitness** | Structured around safe fitness routines that increase or maintain range of motion, cardiovascular health, and muscle strength. Can be done seated. Refreshments given after class  
**Fridays 10:30am-12:00pm**

\*\*Please Note: Older Adults and Youth are also welcome to take any of our all age's programs as well.

### Thrive Resource Café

In the thrive cafe clients can come in and practice the skills they gained in other programs while socializing in a safe setting. Drop in computers are available at this time.

#### Thrive Café benefits

~ Free Coffee All day Saturdays ~

~ 1:1 computer support ~

### Thrive Café NOVEMBER SPECIAL EVENT

**November 24<sup>th</sup> Game Day Lunch** | Join us to play games and enjoy delicious lunch. Food served from 11:30am-12:30pm

### December Holiday Events

**Friday December 21<sup>st</sup> Holiday Party & Lunch** | Join us for a special holiday turkey lunch and treats.  
**12:00pm-2:00pm**



**Monday December 3<sup>rd</sup> 12pm-8:30pm**  
**PEBCelebratesLIVE**

#### **Celebrating International Day of Persons with Disabilities**

Join us for this free PEB community event to celebrate diversity. There will be Art Show and Sale,, PEB talks, entertainment and much more....

\*\*This Event takes place at the **Roundhouse Community Center** - 181 Roundhouse Mews, Vancouver, BC V6Z 2W3