



COMMUNITY PROGRAMS - LONDON
Community Integration & Life Management Program
March 2010 SCHEDULE

Hours of Operation:
Sunday-Friday 12 - 6 pm
(Closed Saturdays)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Concurrent Disorders Group</p> <p>Wednesdays 11-1pm at WOTCH</p> <p>Join this safe, social and confidential group to learn about practical coping skills for addictions.</p> <p>Open to all clients at any stage of recovery.</p>	<p>1</p> <p>Categories: 12:30-1pm Art & Crafts: 1-3pm Bowling: 2-4pm (\$1.50 per game) Meet@ Fleetway 40</p>	<p>2</p> <p>LMP: 10am-12noon License Plates: 12:30-1pm Women's Group: 1-3pm Fitness Fun: 1-2pm</p>	<p>3</p> <p>McLachlan's Sugar Bush Bus Trip: 10am-12:00pm \$2.25</p> <p>20 Questions: 12:30-1pm Nintendo Wii: 1-3pm Bingo: 3-4pm</p>	<p>4</p> <p>LMP: 10am-12noon Quotes: 12:30-1pm Art Group: 1-3pm Music Jam: 2pm</p>	<p>5</p> <p>Open Forum 12:30-1pm Guest Speaker: 1:30pm Brian Salt "Wildlife Rehabilitation" City Link: 2:30-4pm (UWO MacIntosh Gallery, Visual Arts Centre, Science Dept)</p>	<p>6</p>	
<p>7</p> <p>Making Ends Meet: 12:30-1pm</p> <p>Diabetic Cooking: 1-3pm</p> <p>Sunday Sports: 2pm</p>	<p>8</p> <p>Word within a Word: 12:30-1pm</p> <p>Art & Crafts: 1-3pm Bowling: 2-4pm (\$1.50 per game) Meet @ Fleetway 40</p>	<p>9</p> <p>LMP: 10am-12noon Fidgetits: 12:30-1pm Women's Group: 1-3pm Fitness Fun: 1-2pm</p>	<p>10</p> <p>LMP: 10am-12noon WOTCH Centre Orientation: 10:30am-12noon Word Jumble: 12:30-1pm Salon Day: 1pm Movie Matinee: 2-4pm "Cloudy with a Chance of Meatballs" (Funny)</p>	<p>11</p> <p>LMP: 10am-12noon Pictionary: 12:30-1pm Art Group: 1-3pm Music Jam: 2pm</p>	<p>12</p> <p>Mad Gab: 12:30-1pm Literary Circle: 1-3pm City Link: 2-4pm (Central Library)</p>	<p>13</p>	
<p>14</p> <p>Cryptogram: 12:30-1pm</p> <p>Arts and Crafts: 1-3pm</p> <p>35 & Over Social Group: 3:30-4:30pm</p>	<p>15</p> <p>Laddergrams: 12:30-1pm Art & Crafts: 1-3pm Bowling: 2-4pm (\$1.50 per game) Meet @ Fleetway 40</p>	<p>16</p> <p>LMP: 10am-12noon Say What?: 12:30-1pm Women's Group: 1-3pm Fitness Fun: 1-2pm Spring Clean: 2-4pm</p>	<p>17</p> <p>LMP: 10am-12noon Word Search: 12:30-1pm Movie Matinee: 1-3pm "Waking Ned Devine" (Irish Comedy) Celtic Bingo: 3-4</p>	<p>18</p> <p>LMP: 10am-12noon Boggle: 12:30-1pm Art Group: 1-3pm Music Jam: 2pm</p>	<p>19</p> <p>Buzz Word: 12:30-1pm Recovery Group: 1-3pm City Link: 2-4pm (Masonville)</p>	<p>20</p>	
<p>21</p> <p>Headlines: 12:30-1pm</p> <p>Vegetarian Cooking: 1-3pm</p> <p>Sunday Sports: 2pm</p>	<p>22</p> <p>Rebus Puzzles: 12:30-1pm Art & Crafts: 1-3pm Bowling: 2-4pm (\$1.50 per game) Meet @ Fleetway 40 PAIR: 2-4pm</p>	<p>23</p> <p>LMP: 10am-12noon Dietician: 12:30-1pm Women's Group: 1-3pm Fitness Fun: 1-2pm</p>	<p>24</p> <p>LMP: 10am-12noon Spelling Bee: 12:30-1pm Scrabble Tournament: 1-2pm Movie Matinee: 2-4pm "Amelia" (Biography of Amelia Earhart)</p>	<p>25</p> <p>LMP: 10am-12noon Word Ladder: 12:30-1pm Art Group: 1-3pm Cultural Committee: 2-4pm Music Jam: 2pm</p>	<p>26</p> <p>WOTCH Centre Orientation: 10:30am-12noon Trivial Pursuit: 12:30-1pm Literary Circle: 1-3pm City Link: 2-4pm (Museum London)</p>	<p>27</p>	
<p>28</p> <p>Text Twist: 12:30-1pm</p> <p>Arts and Crafts: 1-3pm</p> <p>35 & Over Social Group: 3:30-4:30pm</p>	<p>29</p> <p>Master Mind: 12:30-1pm Art & Crafts: 1-3pm Bowling: 2-4pm (\$1.50 per game) Meet @ Fleetway 40 PAIR: 2-4pm Newsletter Committee: 3-4pm</p>	<p>30</p> <p>LMP: 10am-12noon Cut Away: 12:30-1pm Women's Group: 1-3pm Fitness Fun: 1-2pm</p>	<p>31</p> <p>LMP: 10am-12noon Trivia: 12:30-1pm Nintendo Wii: 1-3pm Bingo: 3-4pm</p>	<p>Check out all the WOTCH Program Calendars on the WOTCH website: www.wotch.org</p>			

Program Descriptions for March 2010

<p>35 & Over Social Group – Catch up on current events and share a relaxing time with friends over a cup of coffee.</p> <p>Art Group – Relieve stress through this creative outlet and learn new skills through the use of a variety of materials. No experience necessary.</p> <p>Art & Crafts – Learn a new craft skill or reconnect with an old one. Call Afsaneh @ ext. 416 for Art & Crafts Workshops.</p> <p>Bingo – Try your luck and enjoy a friendly game of Prize Bingo. Practice your calling skills after you win a game. Leadership is easy when you're having fun. Don't miss the Celtic Bingo!</p> <p>Bowling – Meet at Fleetway 40, and have a laugh, develop friendships, and burn off some calories.</p> <p>City Link – Gain community awareness, learn bus routes, and discover interesting places like art galleries, festivals, parks, and trails. Choose to walk to the facility for extra fitness opportunities.</p> <p>Computer Usage – The computer is waiting for you!! Sign-up for a 30 min. time block to check your e-mail, practice computer skills, or self educate on the web. Peer support available on Wednesdays.</p> <p>Cultural Committee – Sign on to this Committee and plan cultural events throughout the year. Come and learn about diversity through education and city tours. Embrace diversity.</p> <p>Diabetic Cooking – Try some new recipes and practice some old ones. Bake some delicious, healthy snacks.</p> <p>Fitness Fun – Put the fun back into fitness! Improve your cardiovascular system, and participate in a variety of games and activities with your peers.</p>	<p>Games – Enjoy a variety of games this month which include Nintendo Wii, Board Games, Pool, and Ping Pong, etc. It's your choice.</p> <p>Guest Speaker – Brian Salt from Salthaven will present information on Wildlife Rehabilitation. Come and meet his little friend!</p> <p>Life Management Program – This structured life skills program requires a referral and emphasizes goal setting, education, and leisure pursuits.</p> <p>Literary Circle – Express yourself through a number of writing styles. Create poems, stories, and improve your spelling and grammar.</p> <p>McLachlan Sugar Bush Lunch – Don't miss this great pancake lunch at the "Road Kill Cafe" (you'll laugh at the menu!). Learn and watch how maple syrup is made.</p> <p>Men's Group – This great Men's Group explores life from a male perspective and offers life skills in a safe, comfortable setting. Sign up quickly for the March session.</p> <p>Movie Matinee – Are you a movie buff? Join us for a new release movie or an old favourite, and enjoy your complimentary popcorn. Catch the Irish movie on the 17th!</p> <p>Music Jam – Come and lift your spirits through song and music. Bring your voice and/or musical instrument, and join this fun group. No experience necessary. Come and listen if you wish!</p> <p>Noon Games – Start your day with a thinking game. Increase your focus, stimulate your mind, and improve your intellect.</p> <p>Open Forum – Join us in the Bistro for this meeting and bring your suggestions to improve our services, and catch up on what's new at WOTCH.</p>	<p>People Acquiring Intimate Relationships (PAIR) – Learn about a variety of relationship topics in this 12-week course. For more information, call Crystal at ext. 419.</p> <p>Recovery Group – Enjoy this life skills group which offers group support, coping strategies, and self recovery beliefs. Contact Jan @ ext. 418.</p> <p>Salon Day – Sign up now. Only 10 spots open for a free hairstyle at Marvel's once a month. Contact Sam @ ext. 417.</p> <p>Spring Clean – Spring is in the air! Let us help you get motivated and practice this important life skill. We need you to help us clean out the clutter at WC!</p> <p>Sunday Sports – Watch your favourite game on the big screen and view a variety of sports in a social, relaxing atmosphere with friends. The Olympic games highlights might be one of your choices.</p> <p>Treadmills Usage – Gain some cardio fitness, lower your blood pressure, increase endurance, and watch the pounds fall off.</p> <p>Vegetarian & Diabetic Cooking – Try these healthy alternatives. Try new culinary skills, add some spice to your meals and learn to make adjustments to cut the calories.</p> <p>Women's Group – Participate in this life skills group. Learn about empowerment, goals, self belief, leadership, and recreation.</p> <p>WOTCHDog Newsletter Committee – Be a part of a dedicated group of editors and newsletter contributors. Submissions wanted for the spring issue by March 29th!</p> <p>Stop, See, Sign, and Sanitize – Clinical Service has developed an official procedure to keep everyone healthy. Thank-you for your cooperation.</p>	<p>Vocational Rehabilitation Services Pay Dates: Friday, Mar. 5th, 2010 Friday, Mar. 19th, 2010 Please pick up your cheque in the Employment Room in the WOTCH Centre from 12noon-2pm.</p> <p>McLachlan Sugar Bush Thurs. March 3rd 10am-12noon Sign up now for this great pancake lunch for only \$2.25 Hop on the bus and visit Komoka, and see how maple syrup is produced.</p> <p>WOTCHDog Newsletter SUBMISSIONS WANTED Deadline: March 29th Theme: "New Beginnings at WOTCH" You can give you submission to WOTCH Centre Staff or email: infowotchdognewsletter@wotch.on.ca</p> <p>WOTCH Clinical Services offers a variety of health and wellness programs. Please check out the Clinical Services monthly calendar for dates/times. It is posted at WOTCH and on the WOTCH website: www.wotch.org</p>
<p>WOTCH Centre Orientation / Program Intakes: Wednesday, March 10th, 2010 10:30am-12noon Friday, March 26th, 2010 10:30am-12noon</p>			
<p>CONTACT INFORMATION</p>			
<p>Community Integration & Life Management Program Location: WOTCH Centre, 534 Queens Avenue, London, Ontario N6B 1Y6</p>			
<p>Client Telephone: 519-432-3593</p>			
<p>WOTCH Centre hours updates: Ext. 500</p>	<p>WOTCH Centre general voicemail: Ext. 226</p>	<p>Community Integration voicemail: Ext. 501</p>	<p>Life Management Program voicemail: Ext. 428</p>
<p>WOTCH Centre: 519-432-1607 ~ See corresponding extensions below.</p>			
<p><i>In the event of stormy weather, call this extension to verify if the Centre is open.</i></p>			
<p>Vocational Rehabilitation Services voicemail: Ext. 502</p>			