



**COMMUNITY PROGRAMS - LONDON**

**Community Integration & Life Management Program**

**September 2010 SCHEDULE**

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Check out all the WOTCH Program Calendars on the WOTCH website:  <a href="http://www.wotch.org">www.wotch.org</a></p>			<p>1            LMP: 10am-12noon            Concurrent Disorder Group: 11am-1pm            20 Questions: 12:30-1pm  <b>WOTCH Has Talent Special Event 1-4pm</b></p>	<p>2            LMP: 10am-12noon            Quotes: 12:30-1pm            Art Group: 1-3pm  <b>Baseball Game: WOTCH vs. Can-Voice: 2-4pm</b> (Hotdogs &amp; drinks for sale - \$1.00 each)</p>	<p>3            Word Ladder: 12:30-1pm            City Link: 1-4pm  <i>(Wortley Village stroll &amp; coffee \$1.00 coffee at Red Roaster after 3pm)</i></p>	<p>4</p>
<p>5            Pictionary: 12:30-1pm            Collective Kitchen: 1-3pm (\$3.00)            Outdoor Activity:            Bocce Ball: 1-3pm</p>	<p>6  <b>Labour Day</b>            Word within a Word: 12:30-1pm            Pool Tourney: 1:30-3:30            Wii Games or Badminton: 3:30-5pm</p>	<p>7            LMP: 10am-12noon            Pictionary: 12:30-1pm            Women's Group: 1-3pm            Fitness Fun: 1-2pm</p>	<p>8            LMP: 10am-12noon            Concurrent Disorder Group: 11am-1pm            Spelling Bee: 12:30-1pm            Salon Day: 1pm            Movie Matinee: 2-4pm  <i>Leap Year</i></p>	<p>9            LMP: 10am-12noon            Boggle: 12:30-1pm            Art Group: 1-3pm  <i>(Week #1 Scrapbooking workshop)</i>            "Reduce Smoking" Celebration: 1-4pm</p>	<p>10            Say What?: 12:30-1pm            City Link: 1-4pm  <i>(Museum London)</i>            Literary Circle: 1-3pm</p>	<p>11</p>
<p>12            Cryptogram: 12:30-1pm            Outdoor Activity:            Frisbee: 2-4 pm</p>	<p>13            Boggle: 12:30-1pm            Art &amp; Crafts: 1-3pm            Young Adult Group: 1-3pm            Western Fair: 2:30pm</p>	<p>14            LMP: 10am-12noon            Word Builder: 12:30-1pm            Women's Group: 1-3pm            Fitness Fun: 1-2pm            Western Fair: 2:30pm</p>	<p>15            LMP: 10am-12noon            Concurrent Disorder Group: 11am-1pm            Quotes: 12:30-1pm            Bingo: 3-4pm</p>	<p>16            LMP: 10am-12noon            Sudoku: 12:30-1pm            Art Group: 1-3pm  <i>(Week #2 Scrapbooking)</i>            Western fair: 2:30pm            Cultural Committee: 2-4pm</p>	<p>17            Word Jumble: 12:30-1pm            City Link: 1-4pm  <i>Western Fair - 1pm</i></p>	<p>18</p>
<p>19            Headlines: 12:30-1pm            Collective Kitchen: 1-3pm (\$3.00)            Outdoor Activity:            Ball Hockey: 2-4pm</p>	<p>20            Rebus Puzzles: 12:30-1pm            Art &amp; Crafts: 1-3pm            Young Adult Group: 1-3pm            Newsletter Committee: 3pm</p>	<p>21            LMP: 10am-12noon            Boggle: 12:30-1pm            Women's Group: 1-3pm            Fitness Fun: 1-2pm</p>	<p>22            LMP: 10am-12noon            Concurrent Disorder Group 11            Word Scramble: 12:30-1pm            Guest Speaker: 1-2pm            Obsessive Compulsive Disorder            Movie : <i>Iron Man Part 2</i>: 2pm</p>	<p>23            LMP: 10am-12noon            Word Jumble: 12:30-1pm            Art Group: 1-3pm  <i>(Week #3 Scrapbooking workshop)</i></p>	<p>24            Open Forum: 12:30-1pm            Literary Circle: 1-3pm            City Link: 1-4pm  <i>(Tour of Boys &amp; Girls Club)</i></p>	<p>25</p>
<p>26            Text Twist: 12:30-1pm            Ping Pong: 2-4pm</p>	<p>27            Numbers Master Mind: 12:30-1pm            Art &amp; Crafts: 1-3pm            Young Adult Group: 1-3pm</p>	<p>28            LMP: 10am-12noon            Buzz Word: 12:30-1pm            Women's Group: 1-3pm            Fitness Fun: 1-2pm            Men's Group: 2-4pm</p>	<p>29            LMP: 10am-12noon            Quotes: 12:30-1pm            Concurrent Disorder Group: 11am-1pm            Bingo: 3-4pm</p>	<p>30            LMP: 10am-12noon            Sudoku: 12:30-1pm            Art Group: 1-3pm  <i>(Week #4 scrapbooking workshop)</i></p>		

**WOTCH Centre Closed Saturdays**

**Program Descriptions for September 2010**

<b>Art Group</b> – Relieve stress through this creative outlet and learn new skills through the use of a variety of materials. No experience necessary.	<b>Fitness Fun</b> – Put the fun back into fitness! Improve your cardiovascular system, and participate in a variety of games and activities with your peers.	<b>Salon Day</b> – Sign up now. Only 10 spots open for a free hairstyle at Marvel's once a month. Contact Moira at ext. 417 for details.	<p align="center"><b>VRS Pay Dates:</b>  <b>Friday, Sept. 3<sup>rd</sup>, 2010</b>  <b>THURS., Sept 16<sup>th</sup>, 2010</b>                  Please pick up your cheque in the Employment Room in the WOTCH Centre from 12noon-2pm</p>
<b>Art &amp; Crafts</b> – Learn a new craft skill or reconnect with an old one. Let your creativity shine.	<b>Games</b> – Enjoy a variety of games indoors and out this month. A great way to meet people and make friendships.	<b>Western Fair</b> – Free admission to The Fair anyone?! Please be at WOTCH at the time specified or meet at the gates ½ hr after time mentioned on the calendar.	
<b>Baseball</b> – Get outside and have some fun. Last game of the season against Can-Voice Sept. 2 <sup>nd</sup> !	<b>Guest Speaker</b> – This month we have an inspirational speaker coming in to share his personal success story about living with Obsessive Compulsive Disorder.	<b>Women's Group</b> – Participate in this life skills group. Learn about empowerment, goals, self belief, leadership, and recreation.	<p align="center"><b>Steps to Motivation for Success</b>                  Fridays, 1:30-2:30pm                  Sir Frederick Banting Room, WOTCH                  Learn the steps to feed your inner self with positive thoughts for positive actions in your life. Open to all clients.</p>
<b>Bingo</b> – 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.	<b>Life Management Program</b> – This structured life skills program requires a referral and emphasizes goal setting, education, and leisure pursuits.	<b>WOTCH Has Talent Event</b> – Enjoy an afternoon of entertainment, stories, laughter, and fun! Sept. 1 <sup>st</sup> , 1-3:30pm. Families are invited to this event. BBQ lunch @ noon (Clients \$2.25 Guests \$2.75).	
<b>Scrapbooking Workshop</b> – 4 week workshop starting Sept. 5 <sup>th</sup> dedicated to preserving memories! Bring your own pictures and \$5 for supplies. Limited space, so sign up now by contacting Becky at ext.418.	<b>Literary Circle</b> – Express yourself through a number of writing styles. Create poems, stories, and improve your spelling and grammar.	<b>WOTCHDog Newsletter Committee</b> – Join this dedicated group of editors and newsletter contributors. New participants are always welcome.	<p align="center"><b>Concurrent Disorders Group</b>                  Wednesdays: 11am-1pm Emily Carr Room, WOTCH                  Join this safe, social and confidential group to learn about practical coping skills for addictions.                  Open to all clients at any stage of recovery.</p>
<b>City Link</b> – Gain community awareness, learn bus routes, and discover interesting places like art galleries, festivals, parks, and trails.	<b>Movie Matinee</b> – Are you a movie buff? Join us for a new release movie or an old favorite, and enjoy your complementary popcorn.	<b>Young Adult Group</b> – Are you between the ages of 16-35? Do you enjoy socializing and participating in fun activities that YOU get to decide? If so, then you will love the Young Adult Group. Contact Moira at ext. 417 for more details.	
<b>Collective Kitchen</b> – Learn to cook two healthy, affordable meals. Then, take them home with you! This program helps to improve a variety of culinary skills.	<b>Noon Games</b> – Start your day with a thinking game. Increase your focus, stimulate your mind, and improve your intellect.	<p><b>SPECIAL NOTES:</b>  <b>Client Feedback</b> – The WOTCH Client Advisory Committee represents the ideas, recommendations, and issues of WOTCH clients in all programs. Do you have a suggestion or idea? Place it in the suggestion box at reception.  <b>Scent Free Environment</b> – Many people have serious sensitivities to scents. WOTCH aims to provide a safe, comfortable environment. 534 Queens Ave is now a scent free zone. Please refrain from wearing perfumes.</p>	
<b>Cultural Committee</b> – Embrace diversity! Come and learn about diversity through education and city tours. Committee members also plan exciting cultural events throughout the year.	<b>Open Forum</b> – Last Friday for every month at 12:30pm. Learn all the latest news in Community Programs-London. Have any agenda items? Please give WOTCH Centre staff.		
<b>Computer Usage</b> – Check your e-mail, practice computer skills, or self educate on the web (30 min time slots). Need assistance? Sign up on the board for a volunteer to help you on Wed. afternoons.	<b>"Reduce Smoking"</b> – If you have already started, or are thinking about saying good bye to smoking we have the group for you. Let's get together and discuss strategies and celebrate your decision to move forward with your healthy living. Thursday Sept 9/2010 1-4pm.		
<p><b>WOTCH Centre Orientation / Program Intakes:</b>                  Wednesday, September 8<sup>th</sup>, 2010 10:30am-12noon                  Friday, September 24<sup>th</sup>, 2010 10:30am-12noon</p>			<p align="center"><b>WOTCH Clinical Services</b>                  offers a variety of health and wellness programs. Check out the monthly calendar for dates/times. It is posted at WOTCH and on the WOTCH website:  <a href="http://www.wotch.org">www.wotch.org</a></p> <p><b>Stop, See, Sign, and Sanitize</b> – Clinical Services developed an official procedure to keep everyone healthy. Thank-you for your cooperation.</p>

**CONTACT INFORMATION**

**Community Integration & Life Management Program Location:**

WOTCH Centre, 534 Queens Avenue, London, Ontario N6B 1Y6

**Client Telephone: 519-432-3593**

**WOTCH Centre: 519-432-1607 ~ See corresponding extensions below.**



<b>WOTCH Centre hours updates:</b> Ext. 500	<b>WOTCH Centre general voicemail:</b> Ext. 226	<b>Community Integration voicemail:</b> Ext. 501	<b>Life Management Program voicemail:</b> Ext. 428	<b>Vocational Rehabilitation Services voicemail:</b> Ext. 502
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