



CONNEX

CONNECTING PEOPLE TO THEIR COMMUNITY

COMMUNITY LIVING
Trent Highlands

NOVEMBER | DECEMBER 2017

Community Living recognizes that there is a need for more day supports for families in our area. Connex Peterborough understands people wanting to fill their days with productive opportunities that are meaningful and fulfilling to them. Connex Peterborough wants to give people the choice of how they plan their day and what activities they sign up for.

Connex Peterborough will be offered to anyone over the age of 18 looking for ways to spend their day, interacting in their community and making friends through a staff supported, safe environment.

Fees vary by activity and support required.

CONTACT CONNEX

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**BUILDING
INCLUSIVE
COMMUNITIES**

NOVEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Womens Group (full) 9:30 – 12 Coffee and Social 9:30 – 11 Activity Haven 9:30 – 11 YMCA 11:30 – 2 Photography 3 – 4:30	2 Mall Walking 9 – 11 Lunch Out 11 – 1 Chapters 1 – 3 Johnny Cash at Showplace 6 – 10	3 YMCA : 9 -12 Swimming 12-2 Working Out Crafts 9:30 – 11:30 Spa 1 - 3
6 YMCA 9 -12 Exercise and Healthy Eating 9 – 11:30 Seniors Women's Group (FULL) 12:30 – 2:30 Men's Group at Myrtle 1- 3 Scrapbooking 1- 3 Library 1 - 3	7 In the Kitchen 9:30 – 11 Bowling at Bowlerama 10:30 – 12 Bowling at Bowlerama 1 – 2:30 BINGO 3 – 4:30 Movies at Galaxy 6 – 9:30	8 Women's Group (FULL) 9:30 -12 Coffee and Social 9:30 – 11 Activity Haven 9:30 – 11 Pet Therapy 11 – 12:30 YMCA 11:30 – 2	9 Royal Winter Fair 9 – 5 Music Trivia 9:30 - 11 Lunch Out 11 – 1 Chapters 1-3	10 YMCA : 9 -12 Swimming 12-2 Working Out Crafts 9:30 – 11:30 Pool at Petrina's 1 – 2:30 Spa 1-3 Alumni Game 6 – 10 Nov 11 - 10:30 – 1:30
13 YMCA 9 -12 Exercise and Healthy Eating 9 – 11:30 Seniors Womens Group (FULL) 12:30 – 2:30 Men's Group at Myrtle 1- 3 Library 1 -3 Jewelry Making 1- 3	14 In the Kitchen 9:30 -11 Bowling at Bowlerama 10:30 -12 Bowling at Bowlerama 1 – 2:30 Wii/Board Games 1 – 3 BINGO 3 – 4:30	15 Womens Group (FULL) 9:30 -12 Coffee and Social 9:30 – 11:30 Activity Haven 9:30 – 11 YMCA 11:30 – 2 Photography 3 – 4:30	16 Lunch Out 11 -1 Robinhood 12:30 – 6 Chapters 1 – 3 Petes Game 6 - 10	17 YMCA : 9 -12 Swimming 12-2 Working Out Crafts 9:30 -11:30 Pool at Petrina's 1 – 2:30 Spa 1 - 3
20 YMCA 9 – 12 Exercise and Healthy Eating 9 – 11:30 Seniors Women's Group (FULL) 12:30 – 2 Men's Group at Myrtle 1 – 3 Scrapbooking 1- 3 Library 1- 3	21 In the Kitchen 9:30 – 11:30 Bowling at Bowlerama 10:30 – 12 Bowling at Bowlerama 1 – 2:30 Wii/Board Games 1 – 3 BINGO 3 – 4:30 Movies at Galaxy 6 - 9	22 Women's Group (FULL) 9:30 – 12 Coffee and Social 9:30 – 11 Activity Haven 9:30 – 11 YMCA 11:30 – 2	23 Music Trivia 9:30 - 11 Lunch Out 11 – 1 Chapter's 1 - 3	24 YMCA : 9 -12 Swimming 12-2 Working Out Crafts 9:30 -11:30 Pool at Petrina's 1 – 2:30 Spa 1 - 3
27 YMCA 9 – 12 Exercise and Healthy Eating 9 – 11:30 Accessible Bowling 10 – 2 Seniors Women's Group 12:30 – 2:30 Men's Group at Myrtle 1 – 3 Library 1- 3 Jewelry 1 - 3	28 In the Kitchen 9:30 -11:30 Bowling at Bowlerama 10:30 – 12 Bowling at Bowlerama 1 – 2:30 Wii/Board Games 1 – 3 BINGO 3 – 4:30	29 Women's Group (FULL) 9:30 – 12 Coffee and Social 9:30 -11:30 Activity Haven 9:30 – 11:30 YMCA 11:30 – 2 Oh What a Night – 6 – 10 Showplace	30	31

DECEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 YMCA 9-2 Crafts 9:30-11:30 Pool at Petrina's 1-2:30 Spa 1-3 DEC 3 LANG PIONEER CHRISTMAS 5-8
4 YMCA 9-12 Exercise and Healthy Eating 9-11:30 Seniors Women's Group (FULL) 12:30-2 Men's Group at Myrtle 1-3 Library 1-3	3 In the Kithcen 9:30-11:30 Bowling at Bowlerama 10:30-12 Bowling at Bowlerama 1-2:30 Wii/Board Games 1-3 BINGO 3-4:30	6 Women's Group (FULL) 9:30-12 Coffee and Social 9:30-11:30 Activity Haven 9:30-11:30 YMCA 11:30-2 Photography 3-4:30	7 Music Trivia 9:30-11 Lunch Out 11-1 Chapters 1-3 Pete's Game 6-10	8 YMCA 9-2 Crafts 9:30-11:30 Pool at Petrina's 1-2:30 Spa 1-3
11 YMCA 9-12 Exercise and Healthy Eating 9-11:30 Christmas Shopping at Lansdowne 11-3 Men's Group at Myrtle 1-3 Library 1-3	12 In the Kitchen 9:30-11 Bowling at Bowlerama 10:30-12 Bowling at Bowlerama 1-2:30 Wii/ Board Games 1-3 BINGO 3-4:30	13 Women's Group (FULL) Coffee and Social 9:30-11 Activity Haven 9:30-11:30 Pet Therapy 11-12:30 YMCA 11:30-2	14 Music Trivia 9:30-11 Lunch Out 11-1 Chapter's 1-3 Petes Game 6-10	15 YMCA 9-2 Crafts 9:30-11:30 Christmas Shopping at Lansdowne 11-3 Pool at Petrina's 1-2:30
18 YMCA 9-12 Exercise and HEathy Eating 9-11:30 Seniors Women's Group 12:30-2:30 Men's Group at Myrtle 1-3 Library 1-3	19 In the Kitchen 9:30-11:30 Bowling at Bowlerama 10:30-12 Bowling at Bowlerama 1-2:30 Wii/ Board Games 1-3 BINGO 3-4:30	20 Women's Group (FULL) 9:30-12 Coffee and Social 9:30-11 Activity Haven 9:30-11 Photography 3-4:30	21 Lunch Out (Christmas) 11-2:30 Chapters 1-3	22 CLOSED
25 CHRISTMAS CLOSED	26 BOXING DAY CLOSED	27 CLOSED	28 CLOSED	29 CLOSED

CONNEX ACTIVITY	DESCRIPTION	FEE
Bowling	Join Connex in going bowling at Bowlerama, where you can take part in 5 or 10 pin bowling with a group	\$10 + \$18 Support fee
Bingo	Join a group at Connex's space to play Bingo! There are prizes available for those who get winning rows	\$5 + \$18 Support fee
Movie at Galaxies	Come with Connex to see a movie at the Galaxy Cineplex in Peterborough	\$15 + \$30 Support fee
Coffee Social	Come to Connex for coffee, juice, or water and chat with your friends and the group	\$5 + \$18 Support fee
Tai Chi	Join Connex as two instructors come in and show us how to perform tai chi (done in chairs so those in wheelchairs can be included also)	\$9 + \$18 Support fee
Intro to Photography	Come to Connex as a guest comes in to show us how to take proper pictures, and then go outside with us and take your own. Facilitator: Barry Challice	\$10 + \$18 Support fee
Crafts at Connex	Come to the Connex space and take part in whatever crafting activities we have running during the allotted times	\$30 fee + \$18 Support fee
Pet Therapy	Join us as a different pet comes in each week for us to pet and then have conversations with the rest of the group	\$5 + \$18 Support fee
Lunch Out	Join us as we explore the variety of restaurants around our lovely city, test your pallet and try something new.	\$30 + \$18 Support fee
Walk around Chapters	Join us as we walk around Chapters and look at the different books and other items that Chapters has for sale. Includes a hot coffee or beverage of your choice.	\$5 + \$18 Support fee
Intro to Loom Knitting	Join Connex as we follow instruction on how to Loom Knit	\$20 supply fee + \$18 Support fee
Scrapbooking	Bring your pictures to Connex as we guide you how to make a scrapbook of your own to keep your memories forever	\$5 + \$18 Support fee
Men's Group	Come to Connex to connect with other men and have a conversation together	\$5 + \$18 Support fee
Pete's Game	Join Connex as they cheer on their hometown hockey team the Peterborough Pete's!	\$25 + \$35 Support fee
Independent Living	Join us as we work through the important skills needed for independence within your home and community. We will work through skills such as developing a budget, creating grocery lists/meal plans and making/ attending medical appointments, plus any other skills the group wants to work through.	
Pool at Petrina's	Includes a pop and one refill. We learn the art of playing pool, and light conversation with new people.	\$5
Spa	Come get pampered, hair, nails, make-up tutorials. We provide the necessities.	\$10
YMCA	Join us in either the pool, work out room or multi-purpose Gym.	\$10
Music Trivia	Join us as we play songs from the 50's, 60's 70's 80's and reminisce about the Good Ol' Days.	\$5
Activity Haven	Join us as we taken in the music from the Activity Haven Choir. Coffee/Tea and cookies are served at 10:30 ish.	\$5