



INSPIRATION  
AT WORK

**Hours of Operation:** Monday, Friday, Saturday | 10 am – 4 pm  
Tuesday, Wednesday, Thursday | 10 am – 7 pm

# CALENDAR | January-February 2015

## Leisure Education and Personal Development

**Motivation** | Focused on developing skills around what motivates you and what helps you move forward to reach your goals.

**Time Management** | Learn the basics of planning your day, prioritizing time and getting the optimal use of a calendar.

**Mindfulness & Stress Management** | This program includes mindfulness training that utilizes meditation techniques to help identify, understand, and make healthy decisions around stress.

**Stamp Making** | Want to get your creative juices flowing? Join this beginners group activity and explore the artistry behind creating your own unique rubber stamp.

**1:1 Coaching** | Group format not for you? Meet 1:1 with your RT to explore leisure activities that fit your lifestyle.

## Healthy Living

**“Biggest Winner”** | A 12 week program to help participants work towards their fitness and health goals. Learn healthy nutrition tips, motivational strategies and how to exercise safely. Weekly weigh-ins are optional.

**Cooking on a Budget** | A cooking program designed to address budgeting, healthy nutrition and foundational cooking skills.

**Self-Care/ Image Building** | Learn how self-care can positively shape your self-esteem and overall health.

**1:1 Coaching** | Group format not for you? Connect with your RT to explore healthy food and nutrition resources.

## Physical Health

**Gym Orientation** | Learn how to exercise safely at the community centre gym. A weight-training routine is developed by a personal trainer.

**Sun Run Training** | A goal oriented program to increase fitness through walking. Participants meet twice a week and are encouraged to walk at a pace that increases their fitness level. Includes information sessions. This program prepares participants for the Sun Run 10 km walk.

**Tai Chi** | Cultivate your health and vitality through this beginner's course held at the Tai Chi Society.

**AquaFit** | A low-impact group activity at Hillcrest swimming pool.

**Outdoor Winter Activities** | Experience some of Vancouver's local trails for either snowshoeing or winter hikes. Exact activities TBD.

**Pickle ball** | Learn the basics of pickle ball through this group activity at a community centre. Fun and perfect for the winter season.

**Active Sampler** | Interested in getting active and don't know where to start? Appreciate a 1:1 setting? Check in with your RT to see services available to you.

## Connections

**Shyness and Anxiety** | In this discussion-based program learn coping skills and strategies to communicate effectively with others.

**Assertiveness** | A more advanced social skill program, participants will learn the foundations of asserting themselves and coping with difficult situations.

**1:1 Coaching** | Looking into becoming more social? Not ready for a group setting? Find out what 1:1 services are available with your RT.

## Education and Employment Readiness

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

**Customized Computers** | An 8 week program where students learn basic computer skills, browsing the internet, using email and specific computer programs (Word, Excel PowerPoint). A learning plan is developed based on individual needs.

**Computer Paint** | Get creative and learn how to use Windows 7 Paint, to paint your own creation.

**Computer Basics** | This is a basic beginners computer class for people getting started on a computer.

**Internet Workshops** | The purpose of the internet institute is to introduce students to the ever changing world wide web and develop skills to surf safely and confidently.

**Microsoft Office for Beginners** | Focuses on different Microsoft Office programs including Word, Excel, Publisher and PowerPoint. Each class consists of lectures and a workbook.

**Facebook Basics** | This introductory course teaches you the basic functions of Facebook. Learn tips on how to stay in touch with family and friends.

**Google Basics** | Discover the basics of the various and expansive programs that Google offers, such as Gmail, and Google Calendar.

**Creative Writing** | An introduction to creative writing. Includes character creation and development, poetry, basic script writing, narratives and using descriptive language.

**1:1 Coaching** | Thinking about educational and employment readiness classes and not ready for a group? Talk 1:1 with your RT to get connected to what's available.

## Orientation Sessions

### New Participants | Orientation and intake 1st and 3rd Tuesday each month

December 2<sup>nd</sup> and December 16<sup>th</sup> 2014 | 1-2pm

January 6<sup>th</sup> and January 20<sup>th</sup> 2015 | 1-2pm

February 3<sup>rd</sup> and February 17<sup>th</sup> 2015 | 1-2pm

### Current Participant Sign-up Sessions

Dec 29<sup>th</sup> | 11 am – 12 noon

Dec 30<sup>th</sup> | 1-2 pm

Jan 5<sup>th</sup> | 1-2 pm

Jan 6<sup>th</sup> | 11 am – 12 noon

Jan 7<sup>th</sup> | 2 – 3 pm

Jan 8<sup>th</sup> | 11 am – 12 noon

## Thrive Resource Café

The Thrive Resource Cafe (formerly Internet Cafe) is a program designed as an additional resource for clients currently working with a Recreation Therapist on the Passport Program. During the Thrive Resource Cafe hours, clients practice the skills gained in other programming while socializing in a safe setting. **Registration for Thrive Resource Café programs is mandatory.** Programs include but not limited to:

**Movie Discussion Group** | Collaborate with others to review a movie/TED Talk that can be posted for all on the client board.

**Board Game Night** | Space is provided to bring in a board game and meet new people.

**Fun and Fit Night** | Follow along to a Wii game, Fitness DVD or Yoga DVD while working up a sweat in a group setting.

**Creative Corner** | Space is provided for clients to socialize with others while working independently on a creative project. Projects will not be provided.

**Letter Writing Club** | Thinking about connecting with a loved one through good old fashioned pen and paper? Come write a letter to send thoughtful messages. Stationary will be provided.

**Self-Care** | Meet someone new and partner up to give each other make-up tutorials or a manicure. Must bring own materials to use for sanitary purposes.

**Community Kitchen** | Designed for clients who have attended a Cooking program at Thrive in the past, come together to cook a simple meal once for the month. Limited staff facilitation, client driven.

**Nutrition Talks** | Come hear about what fuels your body optimally from a student of holistic nutrition.

### Thrive Resource Cafe Opening Hours

Tues | Wed | Thurs      4:00pm - 7:00pm

Sat                              10:00am – 1 pm

1:30 – 3:30 pm – Community Outing Planning Committee \*\*

*\*\* make an appointment with an RT to learn more \*\**