

October Social Rehabilitation Program Guide: Talbot House

PROGRAM	DESCRIPTION	ACCESSIBILITY
Accepting Who You Are	<p><i>This workshop offers clients w the opportunity to:</i></p> <ul style="list-style-type: none"> • <i>Learn how to celebrate their strengths</i> • <i>Learn how to Deal with shortcomings</i> • <i>Learn how to Practice self-compassion</i> 	<i>All ability levels welcome. Able & willing to participate in discussions</i>
AquaFit	<i>AquaFit is a water aerobics class led by an instructor that helps with movements to strengthen and tone muscles. This program is meant to be a supportive step in participants acquiring their own YMCA memberships. Please contact staff, Colleen, to inquire.</i>	<i>Comfortable in a pool/able to swim. Able to complete the class without assistance.</i>
Around the World	<i>An educational and interactive program that allows participants to explore the globe, as we learn about various countries' cultures, traditions, landmarks, cuisines and more!</i>	<i>All ability levels welcome. Able & willing to participate in the program.</i>
Bowling	<i>This program is for those who would enjoy spending time with their peers while participating in 5 pin bowling at Cy's bowling lanes in Aylmer. Cost is \$3.00</i>	<i>. Able to perform the basic techniques of baseball without assistance.</i>
Creativity Matters	<i>This program offers an opportunity to learn about the emotional, mental and physical benefits of being creative. The group will focus on interactive art projects, how emotions are used to create, and relaxation art methods.</i>	<i>All ability levels welcome. Willing and able to participate in the program.</i>
Diamond Art	<i>Create a sparkling masterpiece using rhinestones and a colour coded canvas. Diamond art enhances concentration & mind motor skills. Bring your own diamond art or speak with staff to purchase one.</i>	<i>All ability levels welcome</i>
Get up Get Moving	<i>Supporting participants with different activities and movements from exercise bands, weights, stretching and more. Please be at Talbot House by 9:45am on the day(s) of the program in order to participate.</i>	<i>Use of gross motor skills. Modifications can be provided for all exercises.</i>
Halloween Party Special Event:	<i>We welcome participants to join our Halloween Party, taking place at the Church behind Talbot House, 20 Flora St. Come dressed in your best costume, enjoy lunch, games & good company. Speak with staff about attendance</i>	<i>All ability levels welcome</i>
House Meeting	<i>An opportunity for members & staff to meet at Talbot House, discuss concerns and successes, talk about upcoming programs, and give feedback. All Talbot House participants are welcome to attend.</i>	<i>All ability levels welcome.</i>
Mindful Hikes	<i>A 6-week nature hike session, that will take place at a different location in Elgin County each week. We are seeking to enhance well-being through one's connection with nature and physical activity. Speak with staff, Tony, to inquire.</i>	<i>Able to walk 2-3kms, unassisted, with a variety of terrain.</i>
Music Appreciation	<i>This program offers the opportunity develop an appreciation for a variety of music, share/express their interpretation of different kinds of music, and to gain knowledge of the artist or band presented and the meanings behind the songs in a safe environment, socialize in a relaxed and safe atmosphere</i>	<i>All ability levels welcome. Able & willing to participate in discussions</i>
Peer Support	<i>Peer support staff will be on site for those needing to talk to a peer about any issues they may be having.</i>	<i>All ability levels welcome</i>
Scenic Drive	<i>An afternoon drive with staff & peers to enjoy good company, conversations & the scenery of Elgin County as we travel through various locations. Sign up is required.</i>	<i>Able to ride in transit vans for a prolonged period of time.</i>
Soups On	<i>Participants will help staff in the kitchen at Talbot House to prepare a healthy and hearty soup each week, that clients can then purchase for lunch that day. Sign up is required for cooking & clean up.</i>	<i>Able to use basic safety skills in the kitchen.</i>

<p>Sweet Treats</p>	<p>Two participants will help staff in the kitchen at Talbot House to make simple baked goods recipes that will then be sold in our canteen. Sign up is required.</p>	<p>Able to use basic safety skills in the kitchen.</p>
<p>Talbot House Time 😊</p>	<p>The centre located at 655 Talbot St. will be open daily. Come enjoy company, conversation, card games & more in a safe and supportive environment. Please see calendar for any time changes and centre closures.</p>	<p>All ability levels welcome.</p>
<p>The Power of Laughter</p>	<p>This workshop offers the clients the opportunity to: what kind of power laughter has on our whole bodies and why it is the best medicine</p>	<p>All ability levels welcome. Able & willing to participate in discussions</p>
<p>Variety Fridays</p>	<p>Each Friday we will choose a different activity to do based on participants' interests and suggestions. Activities can include, but are not limited to, karaoke, Wii Sports, trivia, watching a movie, etc.</p>	<p>All ability levels welcome.</p>