

November Social Rehabilitation Program Guide: Talbot House

CMHA Elgin November 2024 Calendar



Monday

Tuesday

Wednesday

Thursday

Friday

Peer Support Mon & Fri 9 - 12	Stephen 519-280-0814 Tony 519-854-6323 Melisa 226-268-4610 Mike 226-577-3621	 November 15th	"You are in charge of how you feel. No one else gets to decide that for you."	Talbot House Time 9-2 1 Game On 10am Soups On 10am Arena Walk 1pm
Talbot House Time 9-2 4 Housemeeting 930am Sweet Treats 10am Music Appreciation 1pm	Talbot House Time 9-12 5 Aquafit 1045am Bowling 1230pm	Talbot House Time 9-12 6 Rock Talk 10am Scenic Drive	Talbot House Time 9-12 7 Creativity Matters 130pm	Talbot House Time 9-2 8 Game On 10am Soups On 10am Arena Walk 1pm
Talbot House Time 9-2 11 Remembrance Day Around the World 1pm 	Talbot House Time 9-12 12 Aquafit 1045am Men's Club 1:00	Talbot House Time 9-12 13 Rock Talk 10am Diamond Art 1pm	Talbot House Time 9-12 14 Get Up Get Moving 10am Overcoming Boredom 1:30	Talbot House Time 9-2 15 Game On 10am Soups On 10am Arena Walk 1pm
Talbot House Time 9-2 18 Sweet Treats 10am Music Appreciation 1pm	Talbot House Time 9-12 19 Aquafit 1045am Bowling 1230pm	Talbot House Time 9-12 20 Rock Talk 10am Scenic Drive	Talbot House Time 9-12 21 White Oaks Mall leave @ 12:00	Talbot House Time 9-2 22 Game On 10am Soups On 10am Arena Walk 1pm
Talbot House Time 9-2 25 Sweet Treats 10am Around the World 1pm	Talbot House Time 9-12 26 Aquafit 1045am Men's Club 1:00	Talbot House Time 9-12 27 Rock Talk 10am Diamond Art 1pm	Talbot House Time 9-12 28 Get Up Get Moving 10am Creativity Matters 130pm	CMHA ELGIN 29 DINNER & DANCE Registration required. See SR staff for details.

PROGRAM	DESCRIPTION	ACCESSIBILITY
Arena Walk	<i>Come walk the track at the Joe Thornton Community Centre and get your movement in for the day!</i>	<i>All ability levels welcome. Accessible building & walking track</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 participate in 5 pin bowling. Accessible lanes.</i>
CMHA Holiday Party	<i>Please join us for a festive dinner, dancing and good company from 3-9pm at the St John's Anglican Church (registration is required prior to event). No cost for the event.</i>	<i>All abilities welcome</i>
Creativity Matters (holiday craft)	<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>
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>
Overcoming Boredom	<i>During this workshop we will explore boredom, causes, effects and helpful ways to overcome it.</i>	<i>All ability levels welcome. Able & willing to engage 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>
Rock Talk	<i>Learn to describe the emotions that you have been feeling, but unable to articulate. The key element is the ownership of emotions – the good, bad, or indifferent. By the time the group is set to terminate, you should feel comfortable in "owning" your emotions, and have been equipped with positive coping techniques, through music.</i>	<i>All ability levels welcome</i>
Remembrance Day	<i>Meet at Talbot House and together we will attend the Remembrance Day Ceremony at Veterans Memorial Gardens, honouring those who served, and continue to serve, our country during times of conflict & peace.</i>	<i>Dress appropriately for the weather. Standing required for service</i>

Scenic Drive	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.	Able to ride in transit vans for a prolonged period of time.
Soups On	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.	Able to use basic safety skills in the kitchen.
Sweet Treats	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.	Able to use basic safety skills in the kitchen.
Talbot House Time 😊	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.	All ability levels welcome.
White Oaks Mall Shopping	Join us for an afternoon of shopping at White Oaks Mall. Please bring enough money for what you would like to purchase	All ability levels welcome. Accessible building