



# Elgin December 2024 Calendar

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Talbot House Time 9-2pm **2**  
Sweet Treats 10am  
Music Appreciation 1pm

Talbot House Time 9-12 **3**  
Game On 10am  
Landmark Movies

Talbot House Time 9-12 **4**  
Rock Talk 10am

Talbot House Time 9-12 **5**  
Get Up Get Moving 10am  
Holiday Decorating Party  
1pm

Talbot House Time 9-2pm **6**  
Wii Games 10am  
Soups On 10am  
Arena Walk 1pm

Talbot House Time 9-2pm **9**  
Housemeeting 930am  
Sweet Treats 10am  
Around the World 1pm

Talbot House Time **12-3** **10**  
Simcoe Lights  
3pm-9pm

Talbot House Time 9-12 **11**  
Rock Talk 10am  
Coping with the  
Holidays 1pm

Talbot House Time 9-12 **12**  
Get Up Get Moving 10am  
Holiday Craft 130pm

Talbot House Time 9-2pm **13**  
Wii Games 10am  
Soups On 10am  
Arena Walk 1pm

Talbot House Time 9-2pm **16**  
Sweet Treats 10am  
Music Appreciation 1pm

Talbot House Time 9-12 **17**  
Game On 10am  
Bowling @ Cy's 12:30

Talbot House Time 9-12 **18**  
Rock Talk 10am  
Winter Wellness 1pm

Talbot House Time 9-12 **19**  
Get Up Get Moving 10am  
Creativity Matters 130pm

Talbot House Time 9-2pm **20**  
Wii Games 10am  
Soups On 10am

Talbot House Time **9-12** **23**  
Sweet Treats 10am  
Around the World 1pm

Talbot House Time 9-12 **24**  
Holiday Program 1pm

**HAPPY** **25**  
**HOLIDAYS**  
**Centre Closed**

**HAPPY** **26**  
**HOLIDAYS**  
**Centre Closed**

**HAPPY** **27**  
**HOLIDAYS**  
**Centre Closed**

**30**  
Talbot House Time **9-12**

Talbot House Time 9-12 **31**  
**NEW YEAR'S**  
**EVE**

January 1st  
Happy New Years!  
**Centre Closed**



Peer Support  
Mon & Fri  
9 - 12pm

Stephen 519-280-0814  
Tony 519-854-6323  
Melisa 226-268-4610  
Mike 226-577-3621

## December Social Rehabilitation Program Guide: Talbot House

PROGRAM	DESCRIPTION	ACCESSIBILITY
<b>Arena Walk</b>	<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 &amp; walking track</i>
<b>Around the World</b>	<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 &amp; willing to participate in the program.</i>
<b>Bowling at Cy's</b>	<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. <b>Cost is \$3.00</b></i>	<i>Able to participate in 5 pin bowling. Accessible lanes.</i>
<b>Coping with the Holidays</b>	<i>A discussion-based workshop that will focus on healthy habits, wellness strategies and more for individuals who may experience stress or loneliness during the holiday season.</i>	<i>Able and willing to engage in discussions</i>
<b>Creativity Matters</b>	<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>
<b>Game On</b>	<i>This program is for those that would like to participate in some friendly competition, through a variety of group games. Scattergories, Pictionary, Trivia and more!</i>	<i>All ability levels welcome</i>
<b>Holiday Decorating Party</b>	<i>Staff need your help decorating Talbot House for the holidays! Help us set up the Christmas trees and turn our program centre into a cozy and festive space!</i>	<i>All ability levels welcome</i>
<b>Holiday Craft</b>	<i>Join us to create your own holiday character to give as a gift or to decorate your space. <b>Sign up is required.</b></i>	
<b>House Meeting</b>	<i>An opportunity for members &amp; 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>
<b>Landmark Movies</b>	<i>Join us for an afternoon at the movies! We will be going to Landmark Cinemas in London to enjoy a matinee show. Participants will have a choice between two different movies. <b>Clients must pay for their own movie ticket &amp; any snacks.</b></i>	<i>Able to sit through an entire movie with minimal disruptions.</i>
<b>Music Appreciation</b>	<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 &amp; willing to participate in discussions</i>
<b>Peer Support</b>	<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>
<b>Rock Talk</b>	<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>
<b>Simcoe Lights</b>	<i>Join us for a holiday lights festival in Norfolk County to tour around and enjoy the holiday spirit. <b>This is an evening event, so please bring your own dinner or \$ for dinner at McDonalds</b></i>	<i>Able to walk outdoors for approx. 30mins-1 hour</i>
<b>Soups On</b>	<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. <b>Sign up is required for cooking &amp; clean up.</b></i>	<i>Able to use basic safety skills in the kitchen.</i>

<b>Sweet Treats</b>	<i>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. <b>Sign up is required.</b></i>	<i>Able to use basic safety skills in the kitchen.</i>
<b>Talbot House Time ☺</b>	<i>The centre located at 655 Talbot St. will be open daily. Come enjoy company, conversation, card games &amp; more in a safe and supportive environment. <b>Please see calendar for any time changes and centre closures.</b></i>	<i>All ability levels welcome.</i>
<b>Winter Wellness</b>	<i>A discussion-based workshop that will focus on healthy habits, wellness strategies and more to help cope with and embrace the winter months.</i>	<i>Able and willing to engage in discussions</i>