


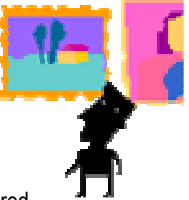





March 2010 – Focus On You

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 <u>HAMILTON</u></p> <p>Drop In & BISH WORKS 10am – 12pm</p> <p>Healthy Mind/Body Circuit 10:30 – 11:00</p>  <p>BISH WORKS Community Volunteering 1 – 3pm</p> <p>Hamilton Urban Core - leave with group at 12:30 71 Rebecca St. at John (3 blocks from the office)</p> <p><u>NIAGARA</u></p> <p>Reading Club @ Kenny 10:30 – 11:30 <i>Come out and listen to a great story with friends!</i></p>	<p>2 <u>HAMILTON</u></p> <p>Client meeting 10am - 11am Come and have your say on activities for next month</p> <p>MAKE YOUR OWN LUNCH 11am - 1pm \$2.00 <i>Make your own pizza on a Pita.</i></p> <p>Wii Bowling League 1pm – 3 pm <i>Come out and participate in some friendly competition with your peers.</i></p> <p><u>TLS OUTING</u></p> <p>Toonie Tuesday at KFC 6pm Meet at the TLS and bring \$2!</p> <p><u>NIAGARA</u></p> <p>Farmers Market & Lunch 11am – 1pm (remember to bring spending money)</p>	<p>3 <u>HAMILTON</u></p>  <p>Community Walk and Talk 10am – 11:30am <i>Come out with group and start off the month with a walk around Hamilton</i></p> <p><i>Lunch at Tim Horton's to follow at 11:30am</i></p> <p>Focus on Me Series 12:30pm – 2:30pm Look in the mirror, what do other's see? Focus: How do I see myself? Find out what your "True Colour" is.</p> <p><u>NIAGARA</u></p> <p>BISH WORKS Goodwill on Bunting Ave. 10-11</p>	<p>4 <u>HAMILTON</u></p> <p>BISHWORKS Community Volunteering Good Shepherd 9:30am -12pm Meet @ the office – 9:15am</p>  <p>BISHWORKS Community Volunteering Value Village 530 Fennel Ave 1:30pm -3:30pm Leave with group at 12:45 *All new volunteers must contact group staff*</p>	<p>5 <u>HAMILTON</u></p> <p>Creative Expressions 10am – 12pm <i>Project: Draw Yourself- Life Size</i></p> <p>Friday Baking 12pm – 2pm Cost \$1.00</p> <p>Computers with Jeff 12pm - 2pm Learn new skills in baking and computer tech</p> <p>Hamilton Art Gallery 6pm - 8pm Meet at group 5:45pm It's free!! Visit the gallery and be inspired</p>  <p><u>NIAGARA</u></p> <p>Group Visits Ravenda 1pm – 3pm Focus: Draw Yourself Life Size</p>
<p>8 <u>HAMILTON</u></p> <p>Drop In & BISH WORKS 10am – 12pm</p> <p>Healthy Mind/Body Circuit 10:30 – 11:00</p> <p>BISH WORKS Community Volunteering 1 – 3pm</p> <p>Hamilton Urban Core - leave with group at 12:30 71 Rebecca St. at John (3 blocks from the office)</p>  <p><u>NIAGARA</u></p> <p>Reading Club @ Kenny 10:30 – 11:30 <i>Come out and listen to a great story with friends!</i></p> <p>Free Movie Monday @7pm 72 Charlotte St., Port Colbourne</p>	<p>9 <u>HAMILTON</u></p> <p>Virtual Room 10am – 11am Come out and try a virtual reality game or two!</p> <p>MAKE YOUR OWN LUNCH 11am - 1pm \$2.00 <i>Chicken and Vegetable Stir Fry</i></p> <p>PEER SUPPORT GROUP 1pm-3pm Have a coffee with a large cup of keeping it real No one knows you better No one understands quite like this</p> <p><u>NIAGARA</u></p> <p>Walking Club @ Pen Centre 10-12</p>	<p>10 <u>HAMILTON</u></p> <p>Self Esteem Workshop 10:30 am - 11:30am Guest speaker, Mary Ann McEachern presents on self-esteem and how it affects you.</p> <p>Pizza Party at Group Come for the workshop and have a pizza lunch before our next program. \$2.00 per slice of pizza.</p> <p>Focus On Me Series 12:30pm – 2:30pm Look in the mirror, what do other's see? Focus: How do other's see me?</p> <p><u>NIAGARA</u></p> <p>BISH WORKS Goodwill on Bunting Ave. 10-11</p>	<p>11 <u>HAMILTON</u></p> <p>BISHWORKS Community Volunteering Good Shepherd 9:30am -12pm Meet @ the office – 9:15am</p>  <p>BISHWORKS Community Volunteering Value Village 530 Fennel Ave 1:30pm -3:30pm Leave with group at 12:45 *All new volunteers must contact group staff*</p>	<p>12 <u>HAMILTON</u></p> <p>Creative Expressions 10am – 12pm <i>Project: Make a personalized Flag</i></p> <p>Friday Baking 12pm – 2pm Cost \$1.00</p> <p>Computers with Jeff 12pm - 2pm Learn new skills in baking and computer tech</p> <p>Hand waxing and Pamper Night at Group 6:00pm – 8:00pm Cost: \$2.00 <i>Take some time out for yourself to feel good and get pampered. This is open to all clients, male and female.</i></p>  <p><u>NIAGARA</u></p> <p>Group Visits Kenny 1pm – 3pm Focus: Decorating Personalized Cakes</p>

Accessibility

All events are wheelchair accessible unless otherwise noted by this symbol



Programs are free unless otherwise noted

Contact Group for program information
905-523-8852 ext. 131

Group is collecting batteries and printer cartridges for proper disposal. Do not throw these products into the garbage.



**Being Green is simple
Let's do our part!**

Spring Cleaning Safety Tips

As Spring gets underway, its a perfect time to clean up after the winter.

- Open the windows
- Don't mix cleaning products
- Pace yourself
- Wear rubber gloves
- Be aware of your surroundings
- Don't leave cleaning supplies near food

Sign-up for group programs – this helps everyone

Wednesday's: Focus on Me Series, Community Walk and Talk, Self Esteem Workshop, Pizza Party at Group, Movie: The Secret of Roan Inish, Bruno's for haircut

Friday's: Hamilton Art Gallery, Handwaxing and Pamper Night, Karaoke Potluck, Dinner at Kelsey's and a Movie

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<p>15 <u>HAMILTON</u></p> <p>Drop In & BISH WORKS 10am – 12pm</p> <p>Healthy Mind/Body Circuit 10:30 – 11:00</p>  <p>BISH WORKS Community Volunteering 1 – 3pm</p> <p>Hamilton Urban Core - leave with group at 12:30 71 Rebecca St. at John (3 blocks from the office)</p> <p><u>NIAGARA</u></p> <p>Reading Club @ Kenny 10:30 – 11:30 <i>Come out and listen to a great story with friends</i></p>	<p>16 <u>HAMILTON</u></p> <p>Virtual Room 10am – 11am Come out and try a virtual reality game or two!</p> <p>MAKE YOUR OWN LUNCH 11am - 1pm \$2.00 Sheppard's Pie and Garden Salad</p> <p>Wii Bowling League 1pm – 3 pm <i>Come out and participate in some friendly competition with your peers.</i></p> <p><u>NIAGARA</u></p> <p>Walking Club @ Pen Centre 10am-12pm</p> <p>Farmers Market & Lunch 11am – 1pm (remember to bring money for lunch and shopping)</p>	<p>17 <u>HAMILTON</u></p> <p>Movie Day at Group “The Secret of Roan Inish” 10:00am - 12:00pm</p> <p>Lunch at Group to follow Homemade Irish Stew \$2.00</p> <p>Focus on Me Series 12:30pm – 2:30pm Look in the mirror, what do other's see? Focus: Strategies and tips for meeting new people</p> <p><u>NIAGARA</u></p> <p>BISH WORKS Goodwill on Bunting Ave. 10-11</p>	<p>18 <u>HAMILTON</u></p> <p>BISHWORKS Community Volunteering Good Shepherd 9:30am -12pm Meet @ the office – 9:15am</p>  <p>BISHWORKS Community Volunteering Value Village 530 Fennel Ave 1:30pm -3:30pm Leave with group at 12:45 *All new volunteers must contact group staff*</p> <p><u>NIAGARA</u></p> <p>Recreation and Leisure Show @ Pen Centre 1- 3</p>	<p>19 <u>HAMILTON</u></p> <p>Creative Expressions 10am – 12pm <u>Project:</u> Put your Name into Art</p> <p>Friday Baking 12pm – 2pm Cost \$1.00</p> <p>Computers with Jeff 12pm - 2pm Learn new skills in baking and computer tech</p> <p>Karaoke Potluck 5pm – 7pm <i>This is a perfect night to showcase your singing talent and bring your favourite dish to share</i></p>  <p><u>NIAGARA</u></p> <p>Group Visits Ravenda 1pm – 3pm Focus: Personalized Fruit Pizza's</p>
<p>22 <u>HAMILTON</u></p> <p>Drop In & BISH WORKS 10am – 12pm</p> <p>Healthy Mind/Body Circuit 10:30 – 11:00</p> <p>BISH WORKS Community Volunteering 1 – 3pm</p> <p>Hamilton Urban Core - leave with group at 12:30 71 Rebecca St. at John (3 blocks from the office)</p> <p><u>NIAGARA</u></p> <p>Reading Club @ Kenny 10:30 – 11:30</p> <p>Free Movie Monday @7pm 72 Charlotte St., Port Colbourne</p>	<p>23 <u>HAMILTON</u></p> <p>Virtual Room 10am – 11am Come out and try a virtual reality game or two!</p> <p>MAKE YOUR OWN LUNCH 11am - 1pm \$2.00 Chicken and Scallop Potatoes</p> <p>PEER SUPPORT GROUP 1pm – 3pm Have a coffee with a large cup of keeping it real No one knows you better No one understands quite like this.</p> <p><u>NIAGARA</u></p> <p>Walking Club @ Pen Centre 10-12</p>	<p>24 <u>HAMILTON</u></p>  <p>Community Walk and Talk 10am – 11:30am <i>Come out with Group - walk around Hamilton and talk</i></p> <p><i>Lunch at Tim Horton's to follow at 11:30am</i></p> <p>Focus on Me Series 12:30pm – 2:30pm Look in the mirror, what do other's see? Focus: Dinner etiquette</p> <p><u>NIAGARA</u></p> <p>BISH WORKS Goodwill on Bunting Ave. 10-11</p>	<p>25 <u>HAMILTON</u></p> <p>BISHWORKS Community Volunteering Good Shepherd 9:30am -12pm Meet @ the office – 9:15am</p>  <p>BISHWORKS Community Volunteering Value Village 530 Fennel Ave 1:30pm -3:30pm Leave with group at 12:45 *All new volunteers must contact group staff*</p>	<p>26 <u>HAMILTON</u></p> <p>Creative Expressions 10am – 12pm <u>Project:</u> Personal Cote of Arms</p> <p>Friday Baking 12pm – 2pm Cost \$1.00</p> <p>Computers with Jeff 12pm - 2pm Learn new skills in baking and computer tech</p> <p>Kelsey's and a Movie at Silver City leave with group from the office at 4pm Or meet group at Kelsey's on Paramount at 5:00pm Cost: Approx. \$23.00 for everything.</p> <p>Call group for movie and time Bring a friend or family member</p>  <p><u>NIAGARA</u></p> <p>Group Visits Kenny 1pm – 3pm Focus: Put Your Name into Art</p>
<p>29 <u>HAMILTON</u></p> <p>Drop In & BISH WORKS 10am – 12pm</p> <p>Healthy Mind/Body Circuit 10:30 – 11:00</p>  <p>BISH WORKS Community Volunteering 1 – 3pm</p> <p>Hamilton Urban Core - leave with group at 12:30 71 Rebecca St. at John (3 blocks from the office)</p> <p><u>NIAGARA</u></p> <p>Reading Club @ Kenny 10:30 – 11:30</p>	<p>30 <u>HAMILTON</u></p> <p>Virtual Room 10am – 11am Come out and try a virtual reality game or two</p> <p>MAKE YOUR OWN LUNCH 11am - 1pm \$2.00 Chicken and Scallop Potatoes</p> <p>Wii Bowling League 1pm – 3 pm <i>Come out and participate in some friendly competition with your peers.</i></p> <p><u>NIAGARA</u></p> <p>Walking Club @ Fairview Mall 10-12</p> <p>Farmers Market & Lunch 11 – 1 (remember to bring money for lunch and shopping)</p>	<p>31 <u>HAMILTON</u></p> <p>Focus on Me Series 10am – 11am Look in the mirror, what do other's see? Focus: Dress for success</p> <p>Lunch @ Tony's Corner 11:30pm – 12:30pm Cost: Approximately \$3.00 - \$5.00</p> <p>Bruno's for Haircuts – Cost \$2.00 12:30am – 1:30</p> <p><u>NIAGARA</u></p>		

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		BISH WORKS Goodwill on Bunting Ave. 10-11		
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