



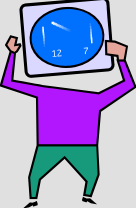
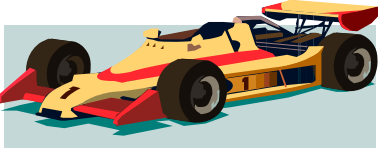









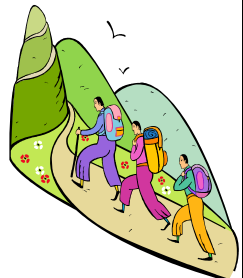









July 2009 - Problem Solving Month


Monday	Tuesday	Wednesday	Thursday	Friday
<p>Community Events <u>HAMILTON</u></p> <p>Canada Day Parade July 1st 1pm – 3pm Through the streets of downtown</p> <p><u>NIAGARA</u></p> <p>July 11 10am – 12noon Car show Downtown St. Catharines</p> <p>Sunday's @ Montebello park – free music 7pm – 9pm (bring a lawn chair and coffee money)</p>	<p>Wii Study Would you like to be a part of a research project and have some fun doing it?? Ask group staff how Study begins week of July 6th</p> <p>BISH WORKS UPDATE</p> <p><i>St. Peter's visits</i> – more people needed to visit senior's, play games, bake and chat!!</p> <p>Good Shepherd Centre – thanks to a lot of effort from many volunteers this program is thriving!!</p> <p>SPCA – the newest spot to volunteer has brought lots of interest – it's great but bring your ear plugs</p>	<p>1 <u>CANADA DAY</u> Group Closed</p>  <p><u>NIAGARA</u></p> <p>Canada Day Carnival Port Dalhousie 6-8pm Bring \$ for snacks and games</p>	<p>2 <u>HAMILTON</u></p> <p>BISHWORKS Community Volunteering Good Shepherd 10am -12pm Meet @ the office – 9:45am</p> <p>BISHWORKS Community Volunteering</p>  <p>St. Peter's Seniors Visits Be there for 1:00 – 3:00 *New volunteers must contact group staff*</p>	<p>3 <u>HAMILTON</u></p> <p>PAINTER'S WORKSHOP 10am – 12pm Make a standing structure – problem solve with duct tape</p> <p>Meditations break for 11:00!!</p> <p>FRIDAY BAKING AND COMPUTER GROUP 12pm – 2pm Baking cost \$1.00 Learn some new skills in baking and computer tech</p> <p>IT'S YOUR FESTIVAL 6pm-8pm Free entrance Darts drop off at event/office group leaves at 5pm Bring \$ for food and games</p>  <p><u>NIAGARA</u></p> <p>Group Visits Secord 1pm – 3pm Focus: strawberry jam</p>
<p>6 <u>HAMILTON</u></p> <p>DROP IN & BISH WORKS 10am – 12pm</p>  <p>Problem solving circuit 10:30 – 11:30</p> <p>BISH WORKS Community Volunteering 1 – 3pm SPCA leave with group at 12noon 245 Dartnall Rd. (two blocks from Rymal Rd.)</p> <p><u>NIAGARA</u></p> <p>BISH WORKS Goodwill on Bunting 10am - 12am</p>	<p>7 <u>HAMILTON</u></p> <p>Client meeting 10am - 11am Come and learn what we have planned for the month</p> <p>Staying Cool in the Heat 11am</p> <p>MAKE YOUR OWN LUNCH 11am - 1pm \$2.00 <i>French toast and strawberries</i></p> <p><i>Wii research project</i> 1 – 3pm Have you signed up for the research?</p>  <p>Walking Club 1pm – 2pm Come out and get fit!!</p>	<p>8 <u>HAMILTON</u></p> <p>Harvey's and Go Carts 12:30am – 2:30pm Meet at Harvey's for lunch Cost: about \$7.00</p>  <p>Go Carts @ Hamilton Indoor to follow at 1:30pm Cost: \$10.00</p> <p><u>NIAGARA</u></p> <p>Walking Club – 10 -11:30 meet at the Lighthouse off Lakeshore Rd.</p>	<p>9 <u>HAMILTON</u></p> <p>BISHWORKS Community Volunteering Good Shepherd 10 -12pm Meet @ the office – 9:45am</p>  <p>BISHWORKS Community Volunteering St. Peter's Seniors Visits be there for 1:00 – 3:00 *New volunteers must contact group staff*</p> <p><u>NIAGARA</u></p> <p>Learn to install a front door @ home depot St.Catharines HD 7pm - 8pm</p>	<p>10 <u>HAMILTON</u></p> <p>PAINTER'S WORKSHOP 10am – 12pm Illustrate problem solving with art</p> <p>Meditations break for 11:00!!</p> <p>FRIDAY BAKING AND COMPUTER GROUP 12pm – 2pm Cost \$1.00 Learn some new skills in baking and computer tech</p> <p>Free Fish Friday (no license required) 6pm – 8pm Speak to group for details</p>  <p><u>NIAGARA</u></p> <p>Group Visits Secord 1pm – 3pm Focus: fish mystery riddle</p>
<p>13 <u>HAMILTON</u></p> <p>DROP IN & BISH WORKS 10am – 12pm</p> <p>Problem solving circuit 10:30 – 11:30</p>  <p>BISH WORKS Community Volunteering 1 – 3pm SPCA leave with group at 12noon 245 Dartnall Rd. (two blocks from Rymal Rd.)</p> <p><u>NIAGARA</u></p> <p>BISH WORKS 10am - 12am Cat socialization 4th Ave Human society</p>	<p>14 <u>HAMILTON</u></p> <p>YOGA @ 10am</p> <p>MAKE YOUR OWN LUNCH 11am - 1pm \$2.00 <i>BBQ Pita Pizza and Salad</i></p> <p>Problem solving games 10:30am – 2pm Have fun problem solving. * Sorry, Boggle and Chess *</p>  <p><i>Wii research project</i> 1 – 3pm have you signed up?</p> <p>Walking Club 1pm – 2pm Check out the neighbourhood and get fit!!</p>	<p>15 <u>HAMILTON</u></p> <p>Trail walk and survival problem solving 10:30am See the sights and plan for misadventure! Meet at group</p> <p>Lunch and clean-up at Beemer Park \$2.00 Lunch Meet at King William and Victoria St. for 12:00</p>  <p>Nia Workout in the Group Room 1:00 - 2:00pm Experience joy of movement dress for comfort</p> <p><u>NIAGARA</u></p> <p>Walking Club – 10 -11:30 Meet at the green ribbon trail on Martindale Rd.</p>	<p>16 <u>HAMILTON</u></p> <p>BISHWORKS Community Volunteering Good Shepherd 10am – 12pm Meet @ the office – 9:45am</p>  <p>BISHWORKS Community Volunteering St. Peter's Seniors Visits be there 1:00 – 3:00 *New volunteers must contact group staff*</p> <p><u>NIAGARA</u></p> <p>Sidewalk sale shopping and lunch 10-1 Bring money for lunch</p>	<p>17 <u>HAMILTON</u></p> <p>PAINTER'S WORKSHOP 10 – 12 Create your own puzzles</p> <p>Meditations break for 11:00!!</p> <p>FRIDAY BAKING AND COMPUTER GROUP 12pm – 2pm Cost \$1.00</p> <p>KARAOKE POTLUCK 5pm -7pm Bring a dish and stretch your budget. Sing for your dinner</p>  <p><u>NIAGARA</u></p> <p>Group Visits Secord 1pm – 3pm Focus: Making ice cream</p>

July 2009 - Problem Solving Month

Monday	Tuesday	Wednesday	Thursday	Friday
<p>20 <u>HAMILTON</u></p> <p>Drop In & Problem solving circuit 10am – 11:15pm</p> <p>Recycling Presentation 11:15 – 12:00</p>  <p>BISH WORKS <i>Community Volunteering 1 – 3pm</i> SPCA leave with group at 12noon 245 Dartnall Rd. (two blocks from Rymal Rd.)</p> <p><u>NIAGARA</u> BISH WORKS Goodwill on Bunting 10am - 12am</p>	<p>21 <u>HAMILTON</u></p> <p>YOGA @ 10am</p> <p>MAKE YOUR OWN LUNCH 11am - 1pm \$2.00 <i>Hot Dogs and Noodle Salad</i></p> <p>Problem solving games 10:30am – 2pm Have fun problem solving Cranium and Concentration</p>  <p><i>Wii research project</i> 1 – 3pm have you signed up?</p> <p>Walking Club to begin 1pm – 2pm Check out the neighbourhood and get fit!!</p>	<p>22 <u>HAMILTON</u></p> <p>Mountain Brow walking tour View the vistas along the boardwalk and visit the shops along Concession Street.</p> <p>Meet at Blends Coffee shop - 10:30 Or meet at group for 10am sharp Bring \$\$ for coffee and shopping</p>  <p>Public Swim at Inch Park Following the walk cool off in the neighbourhood 1-3pm Cost: \$2.50</p> <p><u>NIAGARA</u> Walking Club – 10 -11:30 Meet at Malcolmson Park Niagara St. at Lakeshore Rd.</p>	<p>23 <u>HAMILTON</u></p> <p>BISHWORKS <i>Community Volunteering</i> Good Shepherd 10am -12pm Meet @ the office 9:45am</p>  <p>BISHWORKS <i>Community Volunteering</i> St. Peter's Seniors Visits Be there for 1:00 – 3:00 *New volunteers must contact group staff*</p> <p><u>NIAGARA</u> Green Thumb Workshop @ Home Depot St. Catharines HD 7pm - 8pm</p>	<p>24 <u>HAMILTON</u></p> <p>PAINTER'S WORKSHOP 10 – 12 Make your own crossword or search a work puzzle Meditations break for 11:00!!</p> <p>FRIDAY BAKING AND COMPUTER GROUP 12pm – 2pm Baking cost \$1.00</p>  <p>Movie Night at the Palace and Pizza at Sam's Meet at Sam's (568 concession street) for pizza at 6pm – movie to follow Cost: Pizza \$5.00 Movie \$8.00</p> <p><u>NIAGARA</u> Group Visits Secord 1pm – 3pm Focus: Baking Banana Bread</p>
<p>27 <u>HAMILTON</u></p> <p>DROP IN & BISH WORKS 10am – 12pm Brain work out circuit training 10:30 – 11:30</p> <p>BISH WORKS <i>Community Volunteering 1 – 3pm</i> SPCA leave with group at 12noon 245 Dartnall Rd. (two blocks from Rymal Rd.)</p> <p><u>NIAGARA</u> BISH WORKS 10am - 12am</p> <p>Cat socialization 4th Ave Human society</p>  <p>Social Night 6pm -8pm Tim Horton's Port Dalhousie</p>	<p>28 <u>HAMILTON</u></p> <p>YOGA @ 10am</p> <p>MAKE YOUR OWN LUNCH 11am - 1pm \$2.00 <i>Bowtie Skillet and Spinach Salad</i></p> <p>Problem solving games 10:30am – 2pm Have fun problem solving Clue, Chess and Headbands</p> <p><i>Wii research project 1 – 3pm have you signed up!</i></p> <p>Walking Club 1pm – 2pm Check out the neighbourhood and get fit!!</p> 	<p>29 <u>HAMILTON</u></p> <p>Wrap up Problem Solving Month Discussion of Group Values, Morals and Goals Bayfront Park Picnic 11am- 2pm Cost: \$\$2.00 Meet at entrance on Bay St or leave with group at 10:15am</p>  <p><u>NIAGARA</u> Walking Club – 10 -11:30 Meet at the Merritt trail parking lot on Glendale Rd</p>	<p>30 <u>HAMILTON</u></p> <p>BISHWORKS <i>Community Volunteering</i> Good Shepherd 10am – 12pm Meet @ the office – 9:45am</p> <p>BISHWORKS <i>Community Volunteering</i> St. Peter's Seniors Visits Be there for 1:00 – 3:00 *New volunteers must contact group staff*</p>  <p>Living Rock Fashion Show 7pm – 9pm Tickets \$2.00 at The Globe 24 Main Street West (just east of McNab)</p>	<p>31 <u>HAMILTON</u></p> <p>PAINTER'S WORKSHOP 10 – 12 Painting stones for your garden</p> <p>FRIDAY BAKING AND COMPUTER GROUP 12pm – 2pm Baking cost \$1.00</p>  <p>Murder Mystery Potluck 5pm - 7pm **Sign up with Group staff and bring a dish</p> <p><u>NIAGARA</u> Group Visits Secord 1pm – 3pm Focus: Arts and crafts</p> <p>Going to the Gateway Ministries 3:30 – 5:30 Entrance is free! Group has recreation space in St. Catharine's Enjoy some games, coffee, and friends!!</p>

NOTATIONS

(Members Only!) is for participants that are part of that particular activity.

All events are wheelchair accessible unless noted with this symbol 

Programs are free unless otherwise noted

Remember to remove the lids from your recycled bottles better yet reuse a BPA free bottle!!

Health and safety tip

Heat Stroke – learn the signs and symptoms

Hydrate and stay cool!! July 7 at 11am

Come to group for the presentation

Sign up for Wednesday Events: Harvey's and Go Carts, Trail walk Beemer Clean-up and Nia workout, Mountain Brow walk and Inch Park Swim, Bayfront Picnic and Problem solving wrap up.

Sign Up for Friday Nights: It's your festival, Free fish Friday, Karaoke Potluck, Sam's Pizza and movie night at the Movie Palace, Murder Mystery Potluck at Group