



# Kootenay Society for Community Living

Bigby Place

509 Front Street, Nelson, B.C.

250-352-0867

## Spring Calendar April 2023 – June 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>9:00am</u></b> <b>First Aid Club</b> Come together to raise awareness of the importance of first aid and learn life saving skills.</p> <p><b><u>10:00am</u></b> <b>Morning Movement</b> Hoola hoop, dance, juggle and catch. Take it outside with giant Jenga or Bocce.</p> <p><b><u>11:00-1:00pm</u></b> <b>Sign Language Lunch</b> Practice new signs each week to communicate with friends.</p> <p><b><u>1:00pm</u></b> <b>Around the World</b> Explore countries, cultures languages and geography.</p> <p><b><u>3:30-5:30pm</u></b> <b>Youth Group</b> Participate in fun and engaging activities. Strengthen skills required to be youthful, and to develop healthy adults</p>	<p><b><u>10:00am</u></b> <b>Bigby Basketball</b> A team sport filled with fun, sportsmanship and sharp shooters!</p> <p><b><u>10:00-11.30am</u></b> <b>Art Therapy</b> Visit the KATI school for art therapy</p> <p><b><u>1:00pm</u></b> <b>Music Program</b> “campfire classics” Harness your happiness, rhythm and singing voice with your friends.</p> <p><b><u>3:00-5:30pm</u></b> <b>Community Kitchens</b> Practice healthy recipes, develop food prep skills and share a meal \$5</p> <p><b><u>5:30-7:00pm</u></b> <b>Blossom Group</b> Arts, emotions and creative personal growth</p>	<p><b><u>9:00am</u></b> <b>Food Preservation</b> Master healthy ways to preserve food.</p> <p><b><u>10:00-11.30am</u></b> <b>Community Exploration</b> on foot or try the bus.</p> <p><b><u>10:30am</u></b> <b>Soup/ Salad Program</b> Creating delicious soup to share from the donated veggie box.</p> <p><b><u>1:00pm</u></b> <b>Book Club/Library Visit</b> Visit the library and discover the world of books. Monthly Bigby visit from Librarian Lyndsay for book club.</p> <p><b><u>3:30-5:30pm</u></b> <b>Youth Group</b> Participate in fun and engaging activities. Strengthen skills required to be youthful, and to be healthy adults.</p>	<p><b><u>9:00am</u></b> <b>Games/ Brain Gym</b> Fun competition with friends/Improve focus, memory &amp; concentration.</p> <p><b><u>10:00-11:00am</u></b> <b>Grocery Shopping</b> Look for deals, practice math, budget, and healthy choices.</p> <p><b><u>12:00-2:00pm</u></b> <b>Nelson Star</b> Read, discuss, and deliver.</p> <p><b><u>1:00pm</u></b> <b>Self-Advocates Meeting</b> Your rights, your choices, and your decisions. Be empowered and thrive.</p> <p><b><u>3:00-5:30pm</u></b> <b>Community Kitchens</b> Learn healthy recipes, develop food prep skills and share a meal. \$5</p> <p><b><u>6:00-7:30pm</u></b> <b>Warrior Club</b> Sports, body awareness and boundaries.</p>	<p><b><u>9:00am</u></b> <b>Conversation Café</b> Review the week and look ahead to the weekend.</p> <p><b><u>9:00am</u></b> <b>Recycling Program</b> Care for the environment.</p> <p><b><u>10:00-11:30am</u></b> <b>Yoga, Balance &amp; Strength</b> Join the group to enhance coordination and stabilization.</p> <p><b><u>11.00-2.30</u></b> <b>Rec Friday Fun</b> Celebrate the end of the week with a schedule selection of activities. Look at the calendar and register ahead.</p> <p><b><u>3:00-8:30pm</u></b> <b>Emerging Adult Program</b> Community exploration, meal planning and food/kitchen safety, fitness and recreation.</p>