



December 2021 - Young Adults (16+)

Program Title REC - Recreation Program BIW - Build It Workshop	Description
<p><i>December 1st, 8th, & 15th (1 hour each)</i> Friendship Bubble Circle</p>	<p>These groups encourage safe talk and activity spaces for young adults to come together. This program runs 1X per week for 1 hour each, over the course of 3 weeks. These programs aim to be directed by the participants and supported by our Recreation Therapists. These programs offer a safe space for self-expression and nurturing new relationships. It encourages conversations that address self-awareness and sense of self and will help to identify new interests or hobbies. Participants are welcome to have a family member or friend join on their screen at home!</p>
<p><i>December 2nd, 9th, & 16th (1.5 hours each)</i> Dungeons & Dragons (A1)</p>	<p><i>The Dragon of Icespire Peak</i> - There have been some strange happenings in Phandalin lately. Ever since the white dragon appeared, the settlers live in fear that the town they have worked so hard to build will be destroyed. Players will work together to navigate through challenges, peril and puzzles all under the guidance of their Game Master. This 3 session Adventure sampler is designed for players with some D&D experience. Players should prepare a level 3 character before the first session; assistance will be provided if needed.</p>
<p><i>December 3rd, 10th, & 17th (1.5 hours each)</i> Dungeons & Dragons (B)</p>	<p><i>Beginners</i> - A student in the local wizardry school has cast a dangerous spell and accidentally set something loose. Can you help her clean up this mess before it alerts the school master and gets her expelled? Adventurers will work as a group to navigate through challenges, peril and puzzles learning the game as they play all under the guidance of their Game Master. This 3 session adventure is designed for Beginners. Players will be invited to build a 1st level character before the session or choose from one provided.</p>
<p><i>December 1st</i> Deep Dive: Winter Olympics (BIW)</p>	<p>This program is an interactive blend of research and play. Each week there will be a new Deep Dive topic of focus that participant will be encouraged to research prior to the program, at their own pace, with a provided worksheet. Although this is an optional step, participants will be given the opportunity at the beginning of the program to share what they have learned about the topic with the</p>

<p><i>December 8th</i> Deep Dive: The North Pole (BIW)</p> <p><i>December 15th</i> Deep Dive: Charlie Brown (BIW)</p>	<p>group. Participants' research can be anything from basic facts to more in-depth findings. From there, with the guidance of our facilitator, participants will discover all there is to know about the topic of the week and compare their notes with those of the facilitator and their peers. This program aims to promote curiosity and exploration, research skills, communication, growth mindset, and socialization.</p>
<p><i>December 2nd</i> Art & Mixed Media: Snowflakes (REC)</p>	<p>During this interactive, hand-on program, participants will contrast the distinctiveness of snowflakes with their own individuality. Using a variety of provided patterns, as well as their own creativity, participants will create a variety of unique paper snowflakes and decorate them with their personal flare. This program encourages fine motor skills, artistic expression, empathy, and socialization.</p>
<p><i>December 3rd</i> Escape Room: The Avengers (REC)</p>	<p>In this Avengers escape room adventure, participants will work alongside various Avengers superheroes to find all of the infinity stones. Through various challenges and activities, participants must use their superhero skills and knowledge to find each stone. Along this journey, you will have to work as a team, pay attention to small details, and use your critical thinking abilities to make it through to the end. Now, Avengers, assemble!</p>
<p><i>December 4th</i> Social Media: Cyberbullying (BIW)</p>	<p>Technology has so many benefits in the world we live in today, but it is important to understand how to use it properly. Cyberbullying is a huge issue in today's technological society and occurs when one individual uses the internet to harass or embarrass another. This program will discuss the many forms cyberbullying can take, what to do if you are being cyberbullied, and how to properly intervene if someone you know is being cyberbullied. In addition, we will cover proper online etiquette and ways to use technology to help not hurt others. This program aims to foster empathy, self-awareness, respectful communication, and active listening.</p>
<p><i>December 6th</i> Life Skills: Healthy Spending (BIW)</p>	<p>Participants will work on strategies for budgeting and creating healthy spending habits. We'll explore how to decrease feelings of overwhelm due to lack of knowledge about finances and empower participants to become more independent and confident about money. This program will lead to goal setting, financial literacy, self-awareness, and strategic thinking/problem solving.</p>
<p><i>December 6th</i> Muscles & Me: Locomotion (REC)</p>	<p>During this program, participants will be guided through a series of movements that have been broken down to their fundamental core. With the guidance of the facilitator participants will practice locomotion skills such as jumping, running, skipping, and balancing. These skills will then be put to the test with a series of games and challenges. This program aims to support physical literacy, teamwork, positive sportsmanship, and gross motor skills.</p>

<p><i>December 7th</i> Cooking Club: Potato Latkes (REC)</p>	<p>Latkes are a tasty savory snack that is often made in various cultures around the world. Participants will have the opportunity to explore some of these cultures and learn when and how this dish is traditionally made. With the guidance of the facilitator, participants will use a list of ingredients and instructions that they will follow to make their own delicious potato latkes! This program aims to support active listening skills, empathy, cultural awareness, and creativity.</p>
<p><i>December 9th</i> Art & Mixed Media: Holiday Cards (REC)</p>	<p>Gather up your favourite craft supplies and come join us as we listen to some festive tunes and get inspired to make unique and personalized holiday cards. This program lends to creativity, fine and gross motor skills, emotional regulation, and socialization.</p>
<p><i>December 10th</i> TGIF - New Year's Party! Cost: Free</p>	<p>Join us for our Friday night New Year's Party! This program encourages individuals to come together with peers to play games and socialize, in a safe and inclusive space to talk, laugh, engage and discover new interests and friends. Participants are welcome to join the program dressed up, with snacks, and/or music to share with their peers!</p>
<p><i>December 11th</i> Social Media: Monitoring Screen Time (BIW)</p>	<p>It is normal to have questions about screen time & use. If you are not currently following a guideline/set of rules when it comes to technology use, this program may provide you with some helpful tips. We will learn what an average amount of healthy screen time looks like, the benefits of reducing screen time, and provide you with accurate and safe statistics. This program will help to support independence, responsibility, self-awareness, and positive decision making.</p>
<p><i>December 13th</i> Life Skills: Goals & Resolutions (BIW)</p>	<p>This program offers a safe and open space for participants to reflect on the year past and determine their strengths and weaknesses. We will explore the benefits of goal setting, how to set resolutions that last, and how positive self-talk and affirmations can be helpful tools when trying to create change in one's life. This program aims to foster self-awareness, strategic planning skills, communication, and socialization.</p>
<p><i>December 13th</i> Muscles & Me: Ninjas (REC)</p>	<p>During this program we will get moving with skills like jumping, dodging, kicking, fast hand movements. Interactive games will encourage movement, and physical wellness. This program has a variety of activities that lend to physical literacy, spatial awareness, communication, and socialization.</p>
<p><i>December 14th</i> Bake Off! Gingerbread Men (REC)</p>	<p>In this program we will be making our own gingerbread men from scratch! Participants will be provided with a list of ingredients and directions to follow from the comfort of their own kitchen. Once the delicious baked goods have cooled, participants will have the chance to add their own creative flare to their cookies. This program encourages kitchen safety, confidence and independence, creativity, socialization, and active listening.</p>

<p><i>December 16th</i> Art & Mixed Media: Ornaments (REC)</p>	<p>In this program participants will put their creativity to the test and create unique and personalized ornaments. Participants will have the opportunity to collaborate with their peers, sharing ideas and inspiring one another's creations. This program aims to support emotional-regulation, artistic expression, socialization, and fine motor development.</p>
<p><i>December 17th</i> Escape Room: The North Pole (REC)</p>	<p>We are trapped in Santa's Workshop with a crafty team of elves! Let's work together to follow clues, solve puzzles, and crack codes so we can escape intime to help Santa prepare for Christmas! This program encourages teamwork, creative problem solving, strategic thinking, and socialization.</p>
<p><i>December 18th</i> Social Media: Being Safe Online (BIW)</p>	<p>Privacy is a tricky subject when it comes to the internet and using social media; especially when it is valued differently from person to person. This session will review the meaning of privacy, how to value our privacy and to protect it when we are online. Through activities, worksheets, visuals, and discussions we will explore all aspects of online privacy and differences in privacy settings. This program lends to self-awareness, responsibility, independence, and problem-solving skills.</p>