

More Events...

Fantasy Hockey League

Join one of the most popular online games –

Fantasy sports.

Hockey Draft

825 Sherbrook Street- SMD Library

October 2, 2008 7pm to 9pm

FREE

Internet Blogging Workshop- Thursdays

Want to learn how to blog online and impart your views, sentiments and happiness in the world wide web?

Then sign up for this event.

825 Sherbrook Street

Every 1st and 3rd Thursday of the month

2:00 – 4:00 pm

Limited space available

FREE

LiVe!iness Program

Are you interested in engaging yourself into a **meaningful guided project** that will...

Stimulate your mind and enhance your creativity?

Develop life skills and other alternative skills that will help you become more productive?

Help you explore your interests and link you to possible resources, help you gain new friends and add sparkle to your day?

Then, this new program will help you achieve those goals in one on one approach or in a group approach.

To register or to get more information please call the Adult Leisure and Recreation office at 975-3090, or 975-3065, or e-mail us at dday@smd.mb.ca or radvincula@smb.mb.ca

Consumers' Corner

Topic: Breakout Summer Program

"Everything is awesome. It is more than what I expected to happen. I will surely sign up again for the next summer Breakout program." **Courtney Deuck**

"It is a great thing to have a Breakout program. It allows us to go out of our house and enjoy. The different activities are interesting. I like the Summer camp at Camp Morton. It's a great thing to have it. I always enjoy being in the camp." **Giselle Verrier**

"It was fun time and the staff were good." **Leslie Loos**

"I enjoyed it. I like the Rumor's Comedy event because it was good. The staff were very good and were very helpful." **Allison Edgell**



Consumer's Planning Committee

Do you want to share your ideas on how to come up with interesting programs for you and for other consumers?

Or be in a group of consumers that can meet once a month to discuss updates and plans for the year?

If you are interested, you can sign up and call the Adult Leisure and Recreation office at 975-3090 or 975-3065 or e-mail us at dday@smd.mb.ca or radvincula@smd.mb.ca



CAPA-BILLBOARD

SMD Adult Leisure & Recreation Program Schedule

Social leisure and recreation programs for adults with physical and /or neurological disabilities
2008- 2009 Fall- Winter - Spring

Summer Breakout Program REVIEW

Summer 2008 was really fun especially when spent with family, friends and with new people. Check out how the SMD consumers and staff enjoyed the Breakout program events like the Goldeyes baseball, Disabled sailing, 2 nights camping at Camp Morton, Celebrations, Blue Bomber football, Folklorama, Road Trips, Casinos, and other events. You can take a glimpse at www.breakoutfun.blogspot.com for pictures.

What's coming up?

Drop In – Tuesdays

Meet new people and socialize for an evening of coffee and cards/board games. It is a sure way of having fun during winter.

825 Sherbrook Street – Room TBA

October 7/08 to December 9/08

January 13/09 to March 17/09

April 7/09- April 28/09

7PM to 9PM - FREE

Supper Club – Wednesdays

Practice your cooking skills, try new food and enjoy a social dinner evening with friends in a **newly renovated** kitchen room. Various meals are prepared.

825 Sherbrook Street – 2nd Floor Kitchen

October 8/08 to December 10/08

January 14/09 to March 18/09

April 8/09 to April 29/09

6PM to 9PM

Food is served at 7:00 pm

You may come earlier if you are interested in practicing your cooking skills or helping out in the Kitchen.

\$ 50 for 10 week session

Art Group – Fridays

Discover your hidden art talent or practice your skills. Various art mediums used. Art Show held in May 1, 2009.

825 Sherbrook Street – Room 1-111

October 10/08 to December 12/08

January 16/09 to March 20/09

April 10/09 to May 1/09

1PM to 4PM \$25 per session

Winnipeg Symphony Orchestra – *Share the Music!*

Receive complimentary tickets to the Symphony for selected shows.

Massage Therapy – Friday Afternoons

Receive therapeutic massage by students of massage therapy colleges.

825 Sherbrook – Room 203

\$10 per 1 hour.

Stepping Out Saturdays

October 18, 2008 – Have all you can eat Boston pizza with the group and enjoy a great movie after. \$15

November 15, 2008 – Have a great time at Mc Phillips Casino. FREE

December 6, 2008 – Enjoy Seasonal Celebration Bowling with new friends and have fun sharing moments while eating. \$ 15

January 24, 2009 – Share the excitement of watching BDO Curling at MTS Centre. Price TBA

February 28, 2009 – Watch the Manitoba Moose Hockey at MTS centre. Price TBA

March 14, 2009 – Have a unique Dinner Theatre experience at Celebrations. \$30

April 11, 2009 – Enjoy one of the Winnipeg Comedy Festival's shows. Experience the fun of this event. \$20

More information on next page