



M.I.N.D. Calendar Index

MARCH 2025

<p>CHANGING MINDS</p> <p>Build confidence in conversations and connections by mastering small talk and fostering healthy friendships with trust, communication, and boundaries.</p> <p>★ ★ ★ ★ ★</p>	<p>LIFE SKILLS</p> <p>Explore how attachment shapes relationships and how loneliness affects mental well-being, with strategies to build healthier connections and emotional resilience.</p> <p>★ ★ ★ ★ ★</p>	<p>CREATIVE CORNER</p> <p>An open art session where you can explore different materials and work on your own projects in a peaceful and creative environment. All skill levels are welcome!</p> <p>★ ★ ★ ★ ★</p>	<p>DIAMOND PAINTING</p> <p>A mindful, creative activity using tiny gems to create beautiful artwork. A great way to relax and focus.</p> <p>★ ★ ★ ★ ★</p>
<p>TANGLED UP IN THREAD</p> <p>Relax and create with knitting, crochet, and cross-stitch. Bring a project or start fresh—everyone is welcome!</p> <p>★ ★ ★ ★ ★</p>	<p>CHATEAU SCODOUC</p> <p>Experience a traditional maple shack visit at Château Scoudouc! Enjoy a taste of maple syrup season while learning about the process. Limited space—sign up required.</p> <p>★ ★ ★ ★ ★</p>	<p>SPEED FRIENDING</p> <p>A fun and fast-paced way to meet new people! Engage in quick, lighthearted conversations to build connections and expand your social circle.</p> <p>★ ★ ★ ★ ★</p>	<p>MINUTE TO WIN IT!</p> <p>Enjoy fast, fun, and laugh-out-loud challenges where you have just 60 seconds to complete each task. No experience needed—just bring your competitive spirit!</p> <p>★ ★ ★ ★ ★</p>
<p>BOARDGAMES AND COFFEE</p> <p>Relax and unwind with a cozy morning of board games and good company. Enjoy a warm cup of coffee while engaging in friendly competition and fun conversations.</p> <p>★ ★ ★ ★ ★</p>	<p>HUMAN BINGO</p> <p>A fun and interactive way to connect! Find people who match the descriptions on your bingo card by starting conversations and discovering common interests.</p> <p>★ ★ ★ ★ ★</p>	<p>GIANT GAMES</p> <p>A simple and useful session on workplace hazardous materials and safety. Great for a refresher or learning something new!</p> <p>★ ★ ★ ★ ★</p>	<p>DRAWING TELEPHONE</p> <p>A hilarious twist on the classic game of telephone! Pass a message through drawings and see how it changes by the end—expect laughter and surprises!</p> <p>★ ★ ★ ★ ★</p>
<p>APRIL CALENDAR PLANNING</p> <p>Have a say in next month's activities! Join us to brainstorm and plan the April calendar.</p> <p>★ ★ ★ ★ ★</p>	<p>ESCAPE ROOM CHALLENGE</p> <p>Work together to solve puzzles, find clues, and unlock the mystery before time runs out! A fun and immersive teamwork experience.</p> <p>★ ★ ★ ★ ★</p>	<p>PANCAKE AND WAFFLE BAR</p> <p>Enjoy a delicious breakfast treat with a variety of toppings to customize your perfect stack of waffles or pancakes!</p> <p>★ ★ ★ ★ ★</p>	<p>NACHO BAR</p> <p>Build your perfect plate of nachos with a variety of toppings! A delicious, social, and customizable snack experience for everyone to enjoy.</p> <p>★ ★ ★ ★ ★</p>

SENSORY RATING SCALE: Each activity is rated for sensory stimulation to help you choose what's most comfortable for you.

- 1 STAR ★ Very low sensory stimulation (quiet, calm, relaxing).
- 2 STAR ★★ Low sensory stimulation (minimal noise, relaxed pace).
- 3 STAR ★★★ Moderate sensory stimulation (some activity and interaction).
- 4 STAR ★★★★ High sensory stimulation (louder, more engaging or interactive)
- 5 STAR ★★★★★ Very high sensory stimulation (active, lively, high energy).

