

## Life Skills

Life skills are taught on Tuesdays and Thursdays. The designated topic will continue on the following Tuesday and Thursday until it is finished.

Possible next topics for November: Maslow's Hierarchy of Needs, Stress management, Money management

### Recurring Monthly Activities

**Social Committee:** Each month, 5 of our members will come together to help create the next month's calendar. This is a great opportunity for members to voice their opinions and directly input what activities they would like to see happen in the next month.

**Cross Stitch:** Every Wednesday morning, you will be able to socialize with your peers while creating your own cross-stitch piece with help from Bonnie.

**Diamond Painting:** This will be a bi-weekly activity where you will be able to come and socialize while working on a diamond painting.

**Cooking Club:** Come and strengthen your cooking skills and teamwork abilities while preparing and cooking delicious budget-friendly meals as a group.

November 7th- During this group, you will be making a Tuna Casserole with Annette. This delicious meal is easy and is great for larger gatherings of people. Come join your fellow peers and learn how to cook and laugh.

November 21st- Tony will be teaching everyone how to make a Chilli with basic canned ingredients you can pick up at your local supermarket.

**Support Group:** The facilitator will ask the members questions to encourage discussions around these topics. The idea is to share experiences and learn techniques to deal with anxiety and depression. The overall purpose is for this class is to build a support system with their peers. (Topics are Anxiety and Depression)

### Activities

**French Class:** Want to learn the basics of french? Learning a new language while connecting with others can be a rewarding learning experience for those looking to expand your vocabulary.

**Mental Health Bingo:** Come play mental health bingo and have a chance to take home some prizes. The purpose is to learn some keywords and key concepts surrounding the topic of mental health. This class is also an opportunity to socialize.

**DIY:** The members will make their way to the DIY studio in Moncton. Here they can choose their project, and make it for themselves or a family or friend they know. This event is **free**, but you need to be **active** to be considered. Also, please note that only the first **10** participants will be able to attend.

**Telestrations:** This is a game where players are prompted to sketch a word listed on a card, then guess what the other players have drawn. This will be a great opportunity to socialize, build friendships and share some laughs.

**Men's group:** In this men's group, we will be writing "A Letter to our hero." This time will be allocated for the males writing to their hero. The participants will be asked to consider how they make them feel, what they respect about them and what they taught them. Their hero could be anyone a parent, a celebrity, or even a cartoon character. If the members are comfortable, they can share their letters with their male peers.

**Women's group:** This group will discuss the history of Women- in the world and in their lives. Issues such as discrimination and rights. Labels, expectations, sexuality, and the role of having a positive mentor. The women's groups will have an emphasis on the world today and ways to embrace and celebrate femininity. Music and magazines will be incorporated to share relevant, important, and inspiring messages. Pocket messages will be a mini art project and a suggestion of a thank you inspiring message for a female friend.

**Movie Day:** A movie will be chosen, and a poll will be shared on Facebook. Come for some popcorn and laughs or excitement with your fellow members.

**BirdHouse Painting:** This art activity allows the members to paint birdhouses. Join the fun and relaxation time by making something for yourselves or give as a gift. This can also be a great time for bird lovers or animal lovers to share their love of the outdoors.

**One-minute drawing:** This a fun activity where members will have the opportunity to draw cartoon characters. Then the members can make an art piece with their drawings. The purpose is to show that creativity can be simple and fun.

**Christmas Cards:** Since the holidays are close, members will be encouraged to decorate Christmas cards and share them with friends and family.

**International Men's Day:** Come join the fun and play a game of "Guess Who" The purpose will be to enjoy each other and learn about various men who have played a significant role in society. You may learn about men who have contributed to different areas of life.