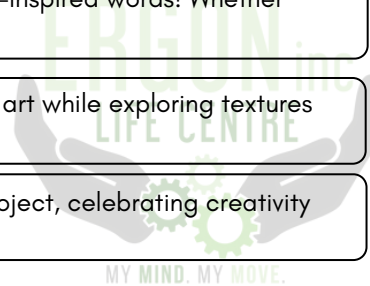


- 1 STAR ★ Very low sensory stimulation (quiet, calm, relaxing).
- 2 STAR ★★ Low sensory stimulation (minimal noise, relaxed pace).
- 3 STAR ★★★ Moderate sensory stimulation (some activity and interaction).
- 4 STAR ★★★★ High sensory stimulation (louder, more engaging or interactive)
- 5 STAR ★★★★★ Very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

ACTIVITY	SENSORY RATING	ACTIVITY DESCRIPTION
Life Skills & Changing Minds	★ ★ ☆ ☆ ☆	In October, topics include Understanding Body Image Issues, The Impact of Chronic Pain on Mental Health, and Setting and Maintaining Boundaries. Guest speakers from the John Howard Society and Ensemble Moncton will also address homelessness and work to break the stigma.
One on one	★ ☆ ☆ ☆ ☆	One-on-One Sessions are available every Wednesday morning in October. Call to book and take time to focus on your personal goals or receive guidance for your journey.
Gratitude tree	★ ☆ ☆ ☆ ☆	Take a moment to reflect on the positives in your life and add them to our Gratitude Tree. Let's celebrate gratitude together as we fill the tree with positivity this fall!
Reflect and Write	★ ☆ ☆ ☆ ☆	Join us for a cozy writing session where all are welcome. Choose from prompts or free write, and share your work in a supportive space if you'd like. Let's create together!
Mystery box Games	★ ★ ★ ☆ ☆	Test your senses with our Mystery Box Game! Guess what's hidden inside and challenge your imagination in this fun, interactive activity. Can you solve the mystery?
Creative Corner	★ ★ ☆ ☆ ☆	Unleash your creativity in a relaxed space. Whether trying something new or continuing a passion, everyone is welcome—no experience needed!
Line Dancing	★ ★ ★ ★ ☆	In October, we'll combine the steps from September and dance as a group! Join us for great music, staying active, and connecting with others—no experience needed!
Hot Coco Bar and Chat	★ ★ ☆ ☆ ☆	Warm up with a cup of hot cocoa and laid-back conversation. Customize your drink, meet new people, and enjoy the cooler weather in a welcoming space!
Music Sharing	★ ★ ★ ★ ☆	Share your favorite tunes with us! Play and discuss music that moves you, discover new sounds, and connect with others in a supportive space.
Fall Themed Pictionary	★ ★ ★ ☆ ☆	Join us for Fall-Themed Pictionary and put your drawing skills to the test with autumn-inspired words! Whether you're an artist or not, it's sure to bring laughter and fun with friends!
Leaf Stamping Craft	★ ★ ☆ ☆ ☆	Unleash your creativity with Leaf Stamping! Use real leaves to create nature-inspired art while exploring textures and colors. A relaxing activity for all skill levels!
Collaborative Mural	★ ★ ☆ ☆ ☆	Join us in creating a Collaborative Art Mural! Add your unique touch to this vibrant project, celebrating creativity and community spirit. Everyone is welcome to contribute, no matter your skill level!



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ACTIVITY	SENSORY RATING	ACTIVITY DESCRIPTION
Pumpkin Bowling	☆☆☆☆	Get into the fall spirit with Pumpkin Bowling! Use small pumpkins to knock down pins in this festive twist on a classic game. Whether playing or cheering, come enjoy the fun and friendly competition!
Fall Festival	☆☆☆☆☆	Celebrate autumn with a cozy <b>fall lunch</b> , an engaging <b>movie</b> , and a fun Seasonal <b>Photo Booth</b> complete with fall-themed props. It's the perfect way to connect, enjoy, and make lasting memories!
Photo Scavenger Hunt	☆☆☆☆	Grab your camera or phone and join the Photo Scavenger Hunt! Explore, capture creative shots from our clues, and share with the group. It's a fun way to get outdoors and enjoy some friendly competition!
Fall Walk	☆☆☆☆	Embrace the season with a refreshing Fall Walk! Enjoy the crisp air, colorful leaves, and peaceful surroundings while connecting with others. It's a perfect way to relax, get light exercise, and enjoy autumn together.
Mental Health Resource Swap	☆☆☆☆	Join us for a Mental Health Resource Swap! Share tools, tips, and resources that have supported your well-being, and discover new ones from others. It's a great way to connect, exchange ideas, and strengthen your support network!
Diamond Painting	☆☆☆☆	Relax and get creative with Diamond Painting! Place tiny, colorful gems onto a canvas to create sparkling artwork. Whether you're a beginner or experienced, it's a fun and calming way to express your creativity.
Men's and Women's Group	☆☆☆☆	In October, the Men's Group will focus on Building Resilience, and the Women's Group on Empowerment and Goal Setting. Join us for supportive conversations and personal growth!
Cross-Stitch with Anthony	☆☆☆☆	Whether you're a seasoned cross-stitcher or a beginner, join us for a relaxing morning of creativity and conversation. All levels are welcome, and materials are provided. Let's stitch and chat every Tuesday and Friday in the Art Room!
"Homelessness" by John Howard Society	☆☆☆☆	Join The John Howard Society to break the stigma around homelessness. Learn about the challenges faced by those without stable housing and explore ways we can offer support and understanding in our community.
"Seeing Beyond the Stigma" by Ensemble	☆☆☆☆	Ensemble Moncton will present on building empathy for those experiencing homelessness. Learn about the challenges, debunk misconceptions, and discover ways to offer meaningful support.

*"the trees are about to show us how lovely it is to let things go"*

