

The **Robin Hood** Association

Adult Services Calendar



Fort Saskatchewan

February 14– June 30, 2011



Welcome to the Robin Hood Adult Services Calendar. The February– June 2011 calendar of program options reflects a commitment to providing a broad range of recreation, leisure and learning opportunities. This commitment includes all adults supported by the Robin Hood Association. Participation in the Adult Services programs will help make your life more enjoyable and will introduce you to new friends and opportunities. Take time to review the opportunities presented in this calendar. It is my hope that you will find exactly what you are looking for in the Robin Hood Adult Services Program.

Best Wishes,

A handwritten signature in black ink that reads "Edwin P. Riediger". The signature is written in a cursive style.

Edwin P. Riediger,
Chief Executive Officer

The **R**obin
Hood
Association

Message from the Director, Adult Services



Welcome to the next addition of Fort Saskatchewan Program and Community Access options.

Two goals for this process are to help us identify your interest areas and provide ways for you to participate in programs that may not have been readily available to you in the past. There were many great examples of this happening for individuals in the past few months. Collaboration in planning is strongly encouraged in order to achieve the best outcomes. The lead staff person (either the Residential / Day Program Team Leader or Community Disability Practitioner with 8 hr. planning responsibility) will be responsible to facilitate and gather information and option choices and identify goals with you, your family/ guardian and other key support staff in your life (day program staff and other residential/outreach staff).

My hope is that everyone will have opportunities to learn and contribute to their community, meet people that will become lifelong friends, achieve their personal best and experience a quality lifestyle.

Sincerely,

A handwritten signature in blue ink, which appears to read "Ann Marie LePan". The signature is fluid and cursive.

Ann Marie LePan
Director, Adult Services

Non Operational Days at the Center for Learning: September 1, 2010—March 31.

2010	Holidays Learning Centre Closed	Day Program Operational Days
September	Labor Day, September 6 (Monday)	21
October	Thanksgiving Day, October 11 (Monday)	20
November	Remembrance Day, November 11 (Thursday) Day Program Facilities Closed November 12 (Friday) Program in Residences Only	19
December	Christmas Eve Dec. 24 (Friday) <i>Closed in lieu of Christmas day</i> Christmas Day, December 25 (Saturday) Boxing Day, December 26 (Sunday) Christmas Day, Dec. 27 (Monday) <i>Closed in lieu of Boxing Day</i> New Years Eve, Dec. 31(Friday) <i>Closed in lieu of New Years Day</i>	21
2011		
January	New Year's Day, January 1 (Saturday)	21
February	Family Day, February 21 (Monday)	19
March	(No Holiday)	23
Total Operational Days:		250

How to Register

All individuals will receive an Adult Services calendar outlining options available to them through Fort Saskatchewan Day Program. The calendar can be viewed on the web: www.robinhoodassoc.com, under Programs & Services, Adult Services.

Please follow the steps for registration when requesting classes and activities at the Fort Saskatchewan Day Program.

- Step 1:** Day program Team Leader and/or CDP's are to provide a list of work commitments, and core day time scheduled activities to residential team leaders, This information can be used to plan a schedule over 24 hours.
- Step 2:** On January 17th, 2011, the Fort Saskatchewan Adult Services Calendar will be available.
- Step 3:** From January 17th-28th 2011, individuals can review their core schedule and calendar with their support team. Individuals can seek assistance they may need to select options that will fit in with their lifestyle and with any set goals.
- Step 4:** Please complete the registration form by January 28th and send in to Kathy Renner or your CDP at Fort Saskatchewan Day Program.
- Step 5:** Individuals will receive a new weekly schedule confirming classes by February 7th, when classes and activities begin.

If you have any questions about registration for classes, please contact Kathy Renner at 780-405-5861 or 780-992-0035.



Fort Saskatchewan Adult Services Programs

Fort Saskatchewan Adult Services offers classes and learning opportunities in the following program areas:

- Education (skill acquisition and maintenance)
- Fine Arts (visual arts and music programs)
- Health & Wellness (fitness classes, Snoezelen, health workshops, therapy room and equipment bookings)
- Work opportunities in the community. Individual, paired, enclave and volunteer.

Scheduling

Requests

Please choose those calendar options in accordance with individual's current or planned work opportunity or employment.

Withdrawal Policy

A person may withdraw from class(es) if their schedule changes and are unable to attend.

Persons withdrawing before February 20, 2011 for the September-January semester will receive a full refund

Fee Schedule

Fees are charged to individuals who attend Day Program facilities on a regular basis. Fees cover expenses to cover basic program material costs, i.e. craft supplies, computer-programs, supplies, and upgrades, activity supplies, maintenance of fitness equipment, coffee/tea, juice, etc. (does not include community access fees.)

Persons attending 2.5 days or more per week, the fee is \$20.00/month.

Persons attending 2 or less days per week, the fee is \$10.00/month.

Some Visual Arts projects may require specific materials to be purchased. Additional fees will be noted for those classes applicable.

Room Code Reference

Multi Purpose Room	(MP)
Fine Arts Room	(FAR)
Fireside Lounge	(FL)
Round Room	(RR)
Therapy Room	(TR)
Equipment Room	(ER)

Payment

Invoices will be issued by the Robin Hood Association. If there is a financial hardship, a payment schedule can be arranged by calling Accounts Receivable at Ext. 275.

Registration Information

For course information, please call:

780-992-0035

Kathy Renner, Fort Saskatchewan
Team Leader-780-405-5861
Michaela Cockerill CDP
Trisha CDP

Mission Statement

The Robin Hood Association is committed to excellence in assisting individuals with disabilities to achieve their personal best and experience a quality lifestyle.

Health & Wellness

Exercise Stretches

Exercise Stretches helps to increase flexibility and joint mobility and improves blood flow to the muscles. This class is a great warm up for starting the day.

Snoezelen Room

Individuals will be able to experience a relaxing atmosphere which will include aroma therapy, soothing lighting, calming music and different materials to stimulate touch.

Water Therapy

This class will focus on sensory stimulation and encourage relaxation using a water table and various objects.

Foot and Hand Spa

This module focuses on a foot spa, deep massage and nail care for men and women.

Ladies Looking Good

The focus of this class will be basic training and support in the fundamentals of makeup, nail and hair care.

Team Sports

Develop skills, coordination and enhance physical fitness through team sports such as basketball, kick ball and floor hockey, volleyball. Held at a local gym

Healthy Snacks

Individuals will learn about quick, healthy snacks that can be made in minutes and better than walking to the corner store.

Low Impact Bootcamp

This fitness module introduces individuals to the basics of group fitness. Participants are encouraged to improve core strength, muscle strength, muscle endurance and overall cardiovascular health. Packed with exciting, effective, low impact exercises, this class is a great way to incorporate healthy habits into your life.

Bocci

Great way to exercise, have fun with friends and meet new people. Held at a local gym

Dancing is Exercising in Disguise

This dance fitness program will have you laughing, sweating and having a blast while you tone and shape your whole body. Held at a local gym.



Education

Reading for Pleasure

This class will assist individuals to develop good listening and comprehension skills. There will be some discussion around themes or plots, good or evil characters, happy or sad endings and how the outcome could be changed.

Concentration Activities

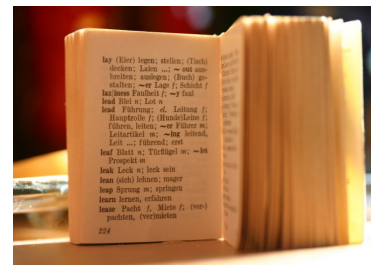
This class offers different activities / games that help individuals' enhance their concentration skills.

Current Events

Participants will gain an awareness of the news as presented by a variety of media such as newspapers, magazines and T.V. Such topics as local and national events, fashion, weather and horoscopes will be covered. Participants will become familiar with pictures of people in the news.

Poetry Readings

Enjoy listening to many great poems written by various authors. Followed by a group discussion.



Onsite Options

Hand writing

Maintain and enhance your writing skills. Practice writing your name, phone number and address,



Community Connection

This class will provide individuals the opportunity to learn more about their community. Topics will include what services are available in their community and how to access them.

Fine Arts

General Arts & Crafts

This basic crafts class will encompass several activities and explore different mediums. The content of this class will be ever-evolving and will remain responsive to the needs and wants of those participating.

This class will emphasize fun and participation over function and production.

This class will emphasize fun and participation over function and production.

Music Therapy

This class focuses on individuals engaging in the choosing of repertoire of songs as well as the learning of the lyrics and performance of the songs. Listening to music and/or singing is a great way to reduce stress, anxiety, express feelings while having fun

Rock Art

This class offers individuals the opportunity to be creative with rocks by using their imagination to design various rock art projects.



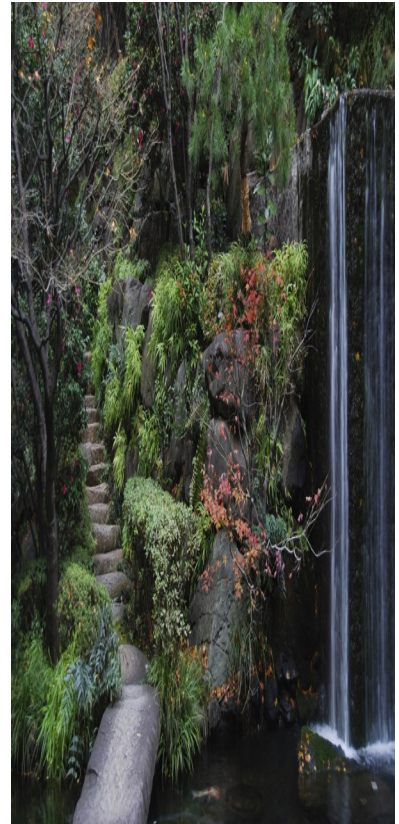
Scrapbooking

Individuals will have the opportunity to learn how to be creative with their own photo albums from home. They will also learn the basics of scrapbooking and organizational skills.



Cement Stones

This class offers individuals the opportunity to create cement stones for their flower beds, gardens or as gifts. The creativity never stops in this class.



Community Based Options

Swimming

This is fitness/recreational swimming at the Fort Harbour Pool.

Cost: \$4.50 per swim
\$29.75 per month for swim pass
\$33.50 per month for Multi-Pass to access Harbour Pool and Dow Centre

Dow Centennial Centre

Individuals will access the walking track and fitness equipment.

Cost: \$6.08 for drop in
\$34.50 for monthly pass
\$38.30 per month for Multi-Pass to access Harbour Pool and Dow Centre

Community Walking

This is a great opportunity to get exercise, sight-see, and get to know your community. Community Walking will focus on 30-35 min walks in different areas of Fort Saskatchewan (weather permitting).

Community Outings

This module encompasses weekly outings such as accessing the parks, shopping and social outings. There will be a focus on community awareness, social skills, street safety, encouraging appropriate behaviors and money skills.

Individuals will be able to make purchases of a beverage and / or snack. Cost will depend on outing.

Library

This activity takes place once per week and provides individuals with the opportunity to access materials from the local library and the library computers. We also focus on encouraging appropriate behaviors. Local library cards are \$12 per year.



Lunch Out

This module gives individuals the opportunity to purchase lunch in the community once per week. Individuals make choices of where they would like to eat. Robin Hood staff also provide support in the areas of social skills, money skills and appropriate table manners.

Grocery Shopping

Individuals will be assisted in purchasing groceries or their own home. This is an excellent opportunity for individuals to enhance their money skills, social skills and price comparison skills. This activity also enhances self-esteem as individuals feel more responsible and in control of this area of their life.

Work Options

Employment

If you are interested in a work placement, please complete the *Work Request Form* (at the end of this booklet) and submit it to your respective Key worker or Team Leader. They will discuss possible work opportunities, areas of interest, time and days you are available to work and types of supports you may require. Employment in the community connects individuals to independent paid positions, supported work enclaves and volunteering opportunities.

January 31– June 30th, 2011 semester

Registration Form: Fort Saskatchewan

Last Name

First Name

Keyworker / Team Leader

Phone #

Onsite Activities

Course Name

Course Name

Course Name

Course Name

Course Name

Course Name

Community-Based Activities

Program Name

1.

2.

3.

4.

5.

6.

7.

8.



Work Request Form

Individual Name: _____

Date: _____

Staff assisting me to complete this form: _____

I am interested in: Full Time Work

Part Time Work

My main interests for working are to:

Make money

Meet new people

Contribute to my community

Learn something new

Work in a specific area of interest

Other

I can use public transportation: Yes

No

Would like to learn

I am available for evening work: Yes

No

I am available for weekend work: Yes

No

I am interested in Production: Yes

No

Past work experience:

Please submit this completed form to your Keyworker or Team Leader.

