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<p>9:00am - 3:00pm <b>Maintaining and Developing New Skills</b></p> <p>9:00am - 12:00pm Mon, Tues &amp; Fri <b>Vocational Programs</b></p>	<p><b>2.</b> 10:30 - 11:30 Classical Stretches 1:00 - 1:30 Menu Planning 1:00 - 2:30 Jewelry Class 1:30 - 2:30 Grocery Shopping 3:00 - 3:30 Computer Classes</p>	<p><b>3.</b> 10:30 - 11:30 Exercise Group 1:30 - 3:30 Car Modeling 4:00 - 8:00 Community Integration: <b>Dinner and Bowling</b> (\$5.00) (Dinner Planning For Tues/Wed/Thurs)</p> 	<p><b>4.</b> 11:00 - 2:00 <b>HELEN CONNOLLY MEMORIAL PICNIC</b></p> 	<p><b>5.</b> 10:00 - 11:00 Computer Lessons 10:00 - 11:30 Walking Group 1:30 - 3:30 Whale In-Art Class &amp; Bingo/Pool Tournament 4:00 - 8:00 Baseball Dinner (Free) <b>*Baseball players only*</b></p> 	<p><b>6.</b> 11:00 - 11:30 Classical Stretches 1:30 - 3:30 Baking with Natalie 2:00 - 3:00 Guitar Lessons</p>   	<p><b>LEISURE</b> Art &amp; Craft Classes Movies Mall Outings Cards Special Events Games/Bingo/Pool/Walking /Wii Fit/ Swim &amp; Gym/Baseball / Basketball/Bowling/Floor Hockey/Car Modelling Class /Guitar Lessons /Jewelry Classes/</p> <p><b>PRE-EMPLOYMENT</b> Computer &amp; Reception Training Resume Making Guest Speakers T.V.P. Supported Work Janitorial Services Landscaping</p> <p><b>PERSONAL LIFE</b> Budgeting/Shopping Self-Esteem Workshop Relationship Building Workshop Goal Planning Workshop Communication Skills Exercise Classes/Yoga Baking "Whale House Weight Management" Menu Planning / Nutrition /Baking/Community Kitchen Breathe Easy Workshop Healthy Body Healthy Mind Discussion Group</p>	
<p>9:00am - 3:00pm <b>Maintaining and Developing New Skills</b></p> <p>Mon - Fri <b>Pre-employment</b></p>	<p><b>9.</b> <b>Whale House Closed</b></p> 	<p><b>10.</b> 10:30 - 11:30 Exercise Group 1:30 - 3:30 Car Modeling 4:00 - 8:00 Community 4:00 - 8:00 Community Integration: <b>Dinner &amp; Bowling</b> (\$5.00)</p> 	<p><b>11.</b> 10:30 - 11:30 Classical Stretches 10:00 - 11:00 Resume &amp; Computer Lessons 1:00 - 3:00 Costco 4:00 - 8:00 Alive Group: Thanksgiving Dinner (Free)</p>	<p><b>12.</b> 10:00 - 11:00 Computer Lessons 10:00 - 11:30 Walking Group 1:30 - 3:30 Whale In-Art Class &amp; Bingo/Pool Tournament 4:00 - 8:00 Dinner &amp; Baseball/or Floor Hockey (\$3.00)</p>	<p><b>13.</b> 11:00 - 11:30 Classical Stretches 1:30 - 3:30 Baking with Natalie 2:00 - 3:00 Guitar Lessons <b>5:00- Young Adult Group: DINNER &amp; REAPERS HAUNTED MAZE</b></p>  		
<p>9:00am - 3:00pm <b>Maintaining and Developing New Skills</b></p> <p>Mon - Fri <b>Pre-employment</b></p>	<p><b>16.</b> <b>10:00 - 11:30 SELF ESTEEM WORKSHOP</b> 1:00 - 1:30 Menu Planning 1:00 - 2:30 Jewelry Class 1:30 - 2:30 Grocery Shopping 3:00 - 3:30 Computer Classes</p>	<p><b>17.</b> 10:30 - 11:30 Exercise Group <b>1:00 - 2:30 7 STEPS OF EMPLOYMENT</b> 4:00 - 8:00 Community Integration: <b>Dinner and Bowling</b> (\$5.00)</p> 	<p><b>18. PAYDAY!</b> 10:30 - 11:30 Classical Stretches 10:00 - 11:00 Resume &amp; Computer Lessons 1:00 - 3:00 Walmart 4:00- 8:00 Alive Group: Restaurant Outing (Bring \$)</p>	<p><b>19.</b> 10:00 - 11:00 Computer Lessons 10:00-11:30 Walking Group 1:30 - 3:30 Whale In-Art Class &amp; Bingo/Pool Tournament 4:00 - 8:00 Dinner &amp; Corn Maze (\$10.00)</p> 	<p><b>20.</b> 11:00 - 11:30 Classical Stretches 1:30 - 3:30 Baking with Natalie 2:00 - 3:00 Guitar Lessons</p>   		
<p>9:00am - 3:00pm <b>Maintaining and Developing New Skills</b></p>	<p><b>23.</b> 10:30 - 11:30 Classical Stretches 1:00 - 1:30 Menu Planning 1:00 - 2:30 Jewelry Class 1:30 - 2:30 Grocery Shopping 3:00 - 3:30 Computer Classes</p>	<p><b>24.</b> 10:30 - 11:30 Exercise Group 1:30 - 3:30 Car Modeling 4:00 - 8:00 Community Integration: <b>Dinner and Bowling</b> (\$5.00)</p> 	<p><b>25.</b> 10:30 - 11:30 Classical Stretches 10:00 - 11:00 Resume &amp; Computer Lessons 1:00 - 3:00 4:00 - 8:00 Alive Group: <b>Dinner &amp; Pumpkin Carving</b> (\$3.00)</p>	<p><b>26.</b> 10:00 - 11:00 Computer Lessons 10:00 - 11:30 Walking Group 1:30 - 3:30 Whale In-Art Class &amp; Bingo/Pool Tournament 4:00 - 8:00 Dinner &amp; Basketball/ Floor Hockey(\$3.00)</p>	<p><b>27.</b> 11:00 - 11:30 Classical Stretches 1:30 - 3:30 Baking with Natalie 2:00 - 3:00 Guitar Lessons</p>   		
<p>9:00am - 3:00pm <b>Maintaining and Developing New Skills</b></p> <p>Mon. - Fri <b>Exercise Class and Classical Stretches</b></p>	<p><b>30. Birthday Bash!</b></p>  <p>10:30 -11:30 Classical Stretches 1:00 - 1:30 Menu Planning 1:00 - 2:30 Jewelry Class 1:30 - 2:30 Grocery Shopping 3:00 - 3:30 Computer Classes</p>	<p><b>31. Happy Halloween</b></p>  <p>10:30 - 11:30 Exercise Group 1:30 - 3:30 Car Modeling 4:00 - 8:00 Community Integration: <b>Dinner and Bowling</b> (\$5.00)</p>					

Please sign up for leisure programs and workshops

## Vocational Programs Available

- **Vocational Training Program**

Work with staff to create an effective resume and prepare for interviews.

- **Therapeutic Volunteer Program**

Obtain valuable volunteer work and receive an honorarium payment. Minimum ten hours per month.

- **Therapeutic Supported Work Program**

Staff works with clients to help train them for their volunteer positions.

Supported Work: Tuesday, 12:30 - 3:00pm

- **Pre-Employment Program**

Enhances and assesses employment skills.

Monday to Friday 9:00am - 3:00pm

The second Tuesday of every month from 2:30 - 3:30pm is a **Member's Meeting** to discuss new ideas, concerns, plan special events and socialize with members.



## October Schedule 2017

# WHALE HOUSE



15877 Pacific Avenue

White Rock, B. C. V4B 1S8

Phone: 604.536.3480 Cell: 604.613.5230

Fax: 604.535.1058

## WHALE HOUSE HOURS:

### DAYTIME

Monday & Friday  
9:00am - 4:00pm

### EVENING

Tuesday, Wednesday  
& Thursday  
4:00pm - 8:00pm

## OCTOBER HIGHLIGHTS



- ◆ Thanksgiving Dinner
- ◆ Helen Connolly Picnic
  - ◆ Floor Hockey
  - ◆ Corn Maze
- ◆ Pumpkin Carving
- ◆ Guitar Lessons
- ◆ Self Esteem Workshop



- ◆ Young Adult Group - Reapers Haunted Maze