



# STAGE

## Summer 2010

July-September

### Courses and Activities



**Inside:**

- Daily schedule
- Contacts
- Course/Activity Descriptions
- **Course sign up**  
*Pg7/8*

“Working for a  
community for  
all”

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Day/Time</b>					
<b>8:30-9:00am</b>	Early Arrival	Early Arrival	Early Arrival	Early Arrival	arrival (9am-9:30 @JBCC)
<b>9:00am-10:00am</b>	Check-in /daily schedule	Check-in /daily schedule	Check-in /daily schedule	Check-in /daily schedule	Check-in /daily schedule
<b>10:00-12:00pm</b>	Computer Media Social Cooking	Vocational Exploration or Community Planning	Smart Readers or Volunteering Cleaning skills	Volunteering Newspaper pep& delivery	Personal Safety or Volunteering Lunch at the Quay
<b>12:00-2:00</b>	Lunch cleanup Transit	Lunch Transit	Lunch Money Skills	Lunch Time Mgmt	Art for Community or Gardening
<b>2:00-3:00</b>	Social Skills		Focused Ind work	office skills	Transit
<b>3:00-3:30</b>	Group Games	Group Games	Group Games	Group Games	Group games
<b>3:30-4:00</b>	Choice of the Day	Guided Reading	Guided Music	Choice of the Day	Choice of the Day (Math)
<b>4:00-4:45</b>	Departure	Departure	Departure	Departure	Departure

## Contacts

**Referrals to  
STAGE are made through  
Community Living BC**

**To find out about attending STAGE courses and activities call:**

- **North Shore Disability Resource Center at 604 985-5371**
- **or the Program Manager at 604 984-6568**
- **Drop-in spaces are available, call Program Manager for details**
- **Drop-in participants must provide their own support**

Please note:

This schedule is subject to change according to available resources and scheduled or unscheduled program closure dates



### **Scheduled Closure Dates Summer 2010:**

**July: July 1st Canada Day, July 6th Staff PD.**

**August: August 2nd BC Day**

**September: September 6th Labour Day,  
September 21st Planning Day**

## Mondays at STAGE

### **Early arrival:8:30-9am**

**\*limited space for up to 5 participants in early birds M-Fri\***

### **Arrival and group check in: 9-10am**

Prepare for the day by reviewing the daily schedule, share your weekend news with your peers and enjoy a snack.

### **Social Cooking: 10am-2:00pm (SR01)**

Practice social skills and use basic cooking skills to prepare food to share with others.

### **Computer Media: 10:00am-2:00pm(SR02)**

Learn to use electronic media to converse with peers. Create an email address, learn to manipulate graphics to make a presentation.

### **Social Skills:2:00-3:00(SR03)**

Practice conversation skills, asserting yourself and self advocacy

### **Group Games 3:00-3:30pm(SR04)**

Choose a game to play with your peers for just for fun, to test your memory, math and reading skills or to learn information.

### **Choice of the Day 3:30-4:00(SR05)**

Choose an activity to work on your personal goals.

### **4:00-4:45: Late Departure\***

**Limited space available for participants who need to leave later in the day (up to five people M-Fri)**

***\* Please Note: for Handy dart users please book for 4:00pm pick up M-F***

## Tuesdays at STAGE

### Early arrival:8:30-9am

**\*limited space for up to 5 participants in early birds M-Fri\***

### Arrival and group check in: 9-10am

Prepare for the day by reviewing the daily schedule, share your weekend news with your peers and enjoy a snack.

### Vocational Exploration:10:00am-2:30pm(SR06)

Explore the world of working through informational interviews and guest speakers from the business community.

### Community Planning:10:00am-2:30pm(SR07)

Participate in planning community outings with the goal of learning about transit, how to access services in the community and how to ask for information.

### Group Games 3:00-3:30pm(SR08)

Choose a game to play with your peers for just for fun, to test your memory, math and reading skills or to learn information.

### Guided Reading 3:30-4:00pm (SR09)

New

Enjoy summer reading with support from a Program Assistant or peer.

### 4:00-4:45: Late Departure\*

**Limited space available for participants who need to leave later in the day (up to five people M-Fri)**

***\*Please Note: for Handy dart users please book for 4:00 pick up M-F***



**“STAGE is a transition service for young adults that facilitates growth and independence in educational, vocational and social skills”**

**STAGE Summer 2010 COURSE sign up:**

- Read Course booklet for course and activity descriptions.
- Please note: there is limited space (5) for Early Arrival and late Departure slots, you must apply for those spaces with this sign up.
- Enter the course/activity number under the specific day for each time block.
- Choose the course or activity that will help you with your PFP goals.
- Fill out both sides of this form with your name etc.
- Return completed registration form to Glenda Kopperson, Program Manager at STAGE **By: July 14, 2010**
- You will receive confirmation for courses selected via email July 20th.



**Name:** \_\_\_\_\_

**\*Early arrival**

**Days requested :** M      T      W      Th      Fr

**\*Late departure**      M      T      W      Th      Fr

**Days requested:**

**( \*A limit of five spaces are available )**

**Please Note: for Handy dart users please book for 4:00 pick up M-F**

**COURSE SIGN UP  
FORM**

**Return by July 14th**

*To select courses:*

1. check off the days you are presently-scheduled to attend STAGE
2. then enter requested course number next to time block

***For example:***



√ **Monday**  
**10-12pm SP04**

**Monday**  
9-10am \_\_\_\_\_  
10-12 \_\_\_\_\_  
12-2:30 \_\_\_\_\_  
2:30-3:30 \_\_\_\_\_  
3:30-4:00 \_\_\_\_\_

**Tuesday**  
9-10am \_\_\_\_\_  
10-3 \_\_\_\_\_  
3-3:30 \_\_\_\_\_  
3:30-4:00 \_\_\_\_\_

**Wednesday**  
9-10 \_\_\_\_\_  
10-12 \_\_\_\_\_  
12-2 \_\_\_\_\_  
2-3 \_\_\_\_\_  
3-4:00 \_\_\_\_\_

**Thursday**  
9-10 \_\_\_\_\_  
10-12 \_\_\_\_\_  
12-2 \_\_\_\_\_  
2-3 \_\_\_\_\_  
3-3:30 \_\_\_\_\_  
3:30-4:00 \_\_\_\_\_

**Friday**  
9-10 \_\_\_\_\_  
10-11:15 \_\_\_\_\_  
11:15-12:15 \_\_\_\_\_  
12:30-2:00 \_\_\_\_\_  
3:00-3:30 \_\_\_\_\_  
3:30-4:00 \_\_\_\_\_

## Wednesdays at STAGE

### Early arrival:8:30-9am

**\*limited space for up to 5 participants in early birds M-Fri\***

### Arrival and group check in: 9-10am

Prepare for the day by reviewing the daily schedule, share your weekend news with your peers and enjoy a snack.

### Smart Readers: 10:00-12:00pm(SR10)

Brush up on letter recognition. Practice sentence structure and pronunciation. Learn useful words for work, the community and home. Read about events in your community and create a functional word list.

### Community Volunteer: 10:00-11:30am(x2), 11:30-2:00(x2)(SR11)

Be a volunteer in your community-learn new skills and help out!

### Money Skills 1:30-2:30pm(SR12)

For those with goals to improve skills related to coin recognition, understanding coin value, counting change and reading receipts.

### Focused Independent Work 2:30-3:00pm (SR13)

New

A time to focus on improving your functional academics through focused tasks related to your personal goals.

### Group Games 3:00-3:30pm(SR14)

Choose a game to play with your peers for just for fun, to test your memory, math and reading skills or to learn information.

### Guided Music 3:30-4:00pm(SR15)

New

Learn to use music and music making as a stress buster, to interact with others and to improve focus and listening.

### 4:00-4:45: Late Departure

**Limited space available for participants who need to leave later in the day (up to five people M-Fri)**

## Thursdays at STAGE

### Early arrival:8:30-9am

(\*limited space for up to 5 participants in early birds M-Fri\*)

### Arrival and group check in: 9-10am

### Volunteer:10:00-12:00 (SR16)

Be a volunteer in your community and learn new skills.

### Outlook News: 10:00-12:00(SR17)

Prepare the news paper for delivery and then work as a team to deliver the news to our neighbors.

### Time Management: 1:30-2:30(SR18)

Learn to recognize digital and analogue time related to key transitions. Good for those who are required to be on time for work, the gym and to catch the bus on their own.

### Office Skills: 2:30-3:00pm(SR19)

This course is for those interested in learning office tasks for future jobs. We will learn to use office machines, do mail outs, and practice telephone etiquette.

### Group Games 3:00-3:30pm(SR20)

Choose a game to play with your peers just for fun, to test your memory or math and reading skills.

### Choice of the Day 3:30-4:00(SR21)

Choose an activity to work on your personal goals.

### 4:00-4:45: Late Departure

Limited space available for participants who need to leave later in the day (up to five people M-Fri)



## Fridays at STAGE

**Arrival and group check in: 9-10am at the JBCC@145 West 1st St.**

**Safety for You 10:00-11:00am(SR22)**

New

Learn what risky behaviour looks like. Learn how to minimize risky actions and situations and find out what you can do to protect your personal safety.

**Community Volunteer: 10:00-11:00(SR23)**

Be a volunteer in your community-learn new skills and help out!

**Art Studio@JBCC 12:30-2:00pm(SR24)**

Would you like to create a masterpiece of your own? Art studio is your chance to try something new or develop your artistic skills!

**Green Thumbs 12:30-2:00pm (SR25)**

New

Volunteers gain gardening experience by tending a community garden plot in Lynn Valley. Expect to get dirty while developing a green thumb in this course.

**Late Departure: 4:00-4:45**

**Limited space available for participants who need to leave later in the day (up to five people M-Fri)**



The Cover art is a canvas bag designed and painted by Ryan. Ryan participates in the Art Studio course at STAGE. He enjoys drawing, music and working.



3158 Mountain Hwy  
North Vancouver, BC  
V7K 2H5

604 985-5371  
[www.nsdrc.org](http://www.nsdrc.org)

**NORTH SHORE  
DISABILITY  
RESOURCE CENTER**