

STAGE

Fall and Winter 2017-2018

Courses and Activities



“Working for a community for all”

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- Daily Schedule
- Contacts
- Course/Activity Descriptions
- Course sign up

STAGE Fall/Winter COURSE sign up:

- Read Course booklet for courses and activity descriptions.
- Check off the day(s) and course(s) you want to attend.
- Choose the course or activity that will help you with your SMART Goals.
- Please insure you fill out your first and last name when indicated.
- Registration forms will be completed by participant and/or families with support by STAGE staff by Friday September 1 2017.
- Parents will receive a copy of the registration by Tuesday, September 5, 2017 for participants who like to register themselves. Parents will be able to discuss with participants any changes that may need to occur and communicate to program manager any desired changes by Friday, September 8, 2017
- New term begins Monday, September 11, 2017 and ends Thursday, March 29, 2018.
- Program Fees for referred participants: \$5.00 per day you are registered.
- Invoices will be sent in November. Payment can be made for the term or on a monthly basis.
- Drop in Course Fees: \$20.00

Schedule STAGE Closure Dates:

October 9 (Monday) – Thanksgiving Day	February 12 (Monday) – Family Day
November 10 (Friday) – Remembrance Day	March 15 & 16 (Thursday & Friday) Planning Days
December 25 (Monday) – Christmas Day	March 30 (Friday) – Good Friday
December 26 (Tuesday) – Boxing Day	April 2 (Monday) – Easter Monday
January 1 (Monday) – New Year's Day	

Contacts:

Referrals to STAGE are made through Community Living BC

To find out about attending STAGE courses and activities call:

- North Shore Disability Resource Centre at (604) 985-5371
- STAGE (604) 984-6568 refer to Kathy Nyoni
- Drop-in spaces are available, call Program Manager for details
- Nominal *Program fees* apply

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

MONDAY

Safety Class (10:00-12:00)

This class will focus on a variety of practical safety drills. This includes fire drills, earthquake drills and identifying first aid supplies. This class involves full participation from all participants to demonstrate their understanding. Participants will write a script and film a safety movie.

Grocery Planning/Shopping (10:00-12:00)

Plan and budget for weekly lunches. Shop at a nearby grocery store and prepare your own lunches. Participants will need to bring money for their groceries (suggestion of \$20 weekly).

Life Skills: Laundry (1:00-2:00)

Learn basic laundry skills: separating by colours, reading labels, stain removal techniques, right soap to use and more.

Relationships (1:00pm-2:00pm)

Participants will learn the different types of relationships and different ways to communicate.

Life Skills: Sewing Pillows (1:00pm-2:00pm)

Learn to operate a sewing machine safely, cut fabric using a pattern, and assemble the fabric to create pillows that will be used at STAGE.

Public Speaking (2:00-3:00)

Learn the art of public speaking by becoming skilled at phrasing questions that are appropriate. Learn to read the room and to have a 2 way conversation.

Personal Hygiene(2:00-3:00)

Learn basic personal hygiene skills and the importance of having a good hygiene.

STAGE recycling (2:00-3:00)

Learn to work as a team to sort and bag all the recycling and shred documents.

Property Maintenance (3:00pm-4:00pm)

Practice basic house cleaning skills. .

TUESDAY

Volunteer: Harvest Project (10:00am-12:00pm)

Volunteer in your community to develop your skills and to help others. This volunteer placement will focus on sorting groceries.

Transit Skills (10:00-12:00)

This class will go out on the bus to learn basic transit skills, learn new routes to and from STAGE, practice good transit etiquette and road safety.

Woodworking (10:00-12:00)

Work on various wood working projects such as magnets, ink to wood transfer on canvases or birdhouses.

Candle Making (1:00-2:00)

In this class you will make candles that will be sold in the Green Market and at the Friday Pop Up Shop. Learn the basics of melting the wax, choosing the wicks and adding a scent.

World Cuisine(1:00-2:00)

This class will be taught in four parts: researching world recipes; choosing the group's favourite recipe and making a grocery list; shopping; and cooking the dish.

Comprehension Skills(2:00-3:00)

Practice your comprehension skills by watching clips and discussions. No reading skills require for this class.

French Language(2:00-3:00)

Learn a new language and discover another culture. This class will be taught by a participant in conjunction with a staff.

Broadcasting (2:00- 3:00)

Learn different aspects of the production of The STAGE Report such as filming, acting, researching and editing.

Property Maintenance (3:00pm-4:00pm)

Practice basic house cleaning skills.

WEDNESDAY

Volunteering: Quest Food Exchange (10:00am –2:00pm)

Be a volunteer in a local grocery providing low cost healthy food with dignity to community members.

Volunteer: VHS Recycling at Capilano Mall (10:00am – 12:00pm)

Be a volunteer in your community and develop employability skills. Walk to and from Capilano Mall where you will recycle multiple VHS cassettes and other recycling opportunities.

Wilderness Adventure(10:00-12:00)

Get closer to the great outdoors by learning to pitch a tent, pack food for a short trip, outdoor safety and more. Optional camping trip will be planned early next term for participants in this class.

Life Skills: Laundry (1:00-2:00)

Doing the laundry is more than just washing! Learn to sort, hang, fold and iron clothes.

Broadcasting (1:00- 2:00)

Learn different aspects of the production of The STAGE Report such as filming, acting, researching and editing.

Peer Coaching (2:00-3:00)

This is a chance for participants to teach each other skills while being supported by a staff.

Current Events: Community Focus (2:00- 3:00)

Research and discuss different events going on in the community.

Healthy Living: Stress Focus (2:00-3:00pm)

Learn to identify causes of stress in your life and explore various coping mechanisms.

Property Maintenance (3:00pm-4:00pm)

Practice basic house cleaning skills. .

THURSDAY

Green Market Co-op(10:00-3:00)

Practice sales and money skills in a work environment. Develop marketing skills by advertising products from various artisans using videos.

Property Maintenance: Deep Cleaning (10:00am-12:00pm)

This class will be taught by a participant in conjunction with a staff. Participants will learn to do some deep cleaning and small repairs.

Photoshop (10:00-11:00pm)

Get pictures ready to be featured in social media. Learn to frame your picture, apply filters, and make small corrections.

Social Media (11:00-12:00)

Learn to use social media by posting messages and photos on Twitter and Instagram for Stages of Creativity.

Nutrition (1:00-2:00)

This class is for participants in the grocery program. It will focus on balanced meal planning as well as label reading.

Broadcasting (1:00- 2:00)

Learn different aspects of the production of The STAGE Report such as filming, acting, researching and editing.

Creative Movement (2:00 pm– 3:00pm)

Work on your fitness by moving your body. This class is suitable for all abilities.

STAGE Fit (2:00 pm– 3:00pm)

Work on your upper body strength using gym equipment in a friendly atmosphere.

Property Maintenance (3:00pm-4:00pm)

Practice basic house cleaning skills. .

FRIDAY

Basic Food Prep(10:00am-2:00pm)

Learn to make sandwiches with our partners from the Lynn Valley United Church. Sandwiches will be distributed to homeless people in the Lower Mainland by Canadian Mental Health Association.

Art (10:00pm-12:00pm)

Work with a recognized community artist: Michael Brouillet. This class will focus on painting for all abilities. Limited space available and preference will be given to participants to haven't been part of Reel World in the past.

Stages of Creativity (10:00-12:00pm)

Make products to be marketed and sold at various fairs and through our Pop Up Market. Test and develop new products. Set up the Pop Up Market.

Leadership Skills (2:00-3:00)

Learn skills that will make you a good leader. Discuss issues and support other leaders. Plan monthly events for STAGE.

Broadcasting (1:00- 3:00)

Learn different aspects of the production of The STAGE Report such as filming, acting, researching and editing.

Yoga (2:00 – 3:00pm)

Develop your flexibility and mindfulness through yoga. Suitable for all abilities.

STAGE Inventory (2:00p.m.- 3:00pm)

Keep track of items needed to run STAGE. Learn to order missing items using a website.

Property Maintenance (3:00pm-4:00pm)

Practice basic house cleaning skills. .

COURSE SIGN UP FORM

To Select Courses:

1. Check Off the box for the days that you want to be scheduled to attend STAGE.
2. Check off the box of the requested course.
3. Complete by **Friday, September 1 2017**

Print Participant's Name

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