

DESCRIPTION OF GROUP ACTIVITIES

SOCIAL ACTIVITIES	ABORIGINAL DRUMMING	The drum offers healing and teachings that help us to overcome emotional and spiritual challenges. To drum each day can be a prayer to give thanks to our Creator for the gift of life. Drumming with others in a sharing circle is uplifting for the spirit. It gives us the chance to connect with others and form friendships. We meet every 3 rd Thursday of the month at 1241 Jasper Drive from 2-4 pm, in the Common Room. You do not need to have a drum to participate. We look forward to meeting you.
	BINGO	Participate in this popular game. Chips and cards provided. Prizes!!
	COFFEE TALK	Northwestern Ontario Peer Alliance (NOPA) will be providing Peer Support Services and a short information session on mental health related topics such as the services provided by People Advocating for Change and Empowerment (PACE) and Peer Council (NWOPC) who form the alliance. Both informal and formal peer to peer support will be provided by a certified specialist. If you are looking for an opportunity to just relax, learn or just talk to a peer come join us.
	DOCUMENTARY & POPCORN	Join us every Thursday as we watch a different documentary and enjoy some delicious popcorn. Documentaries vary from sports – nature – biographies and politics.
	MEN'S GROUP	This is a social group set out to make friends, discuss important things on guys minds and just do fun group activities such as bowling, movies, and other outdoor activities.
	MOVIE OF THE WEEK	Just as the title implies, join us to watch a variety of movies and themes, from "Rocky" to comic book heroes. We touch on a little of every genre. Refreshments and popcorn are provided.
	OOSHKE BEMAHDESEWIN PROGRAM	Offers a wide variety of traditional/non-traditional groups to its' participants; Arts n' Crafts, Bannock and Tea Social, Drum Circles, Talking Circles, Medicine picking, Cultural Outings and Cultural Teachings. Come learn new skills, socialize or reap in the fruits of your labour.
	SOCIAL GAMING	Come socialize while participating in Billiards, Ping Pong, Cribbage, board games and more.
RECREATIONAL ACTIVITIES	WII-GAMING	Come have fun and socialize with others while participating in the popular Nintendo game.
	ART GROUP	Offers a variety of different art projects using many different materials and ideas. This group is open to the people of all artistic abilities (no skill required). It is a fun and safe place for people to mingle and get creative!
	BAKING	Come socialize and create delicious and affordable tasty treats.
	BEADING GROUP	Learn to bead on felt with a pattern and seed beads. Templates, seed beads and felt are provided.

BOWLING

Join us bi weekly for this popular leisure sport. Your choice of either 5 or 10 pin. **Registration is required please call Ashley or Sharon (807) 683-7729, there is also a cost of \$5.00**

CANVAS PAINTING

Beginners to Advanced welcome! Show off your artistic or abstract abilities – no skill required. Canvas and paint supplies provided.

COPING MODULES

Coping Modules span a variety of different topics such as anxiety, Loneliness, Negativity, Guilt and Shame, as well as several other topics. In a group setting, individuals are given guided self-exploration activities that assist participants in self-reflection and enhance self-knowledge, identify potential ineffective behaviors, and teach more effective ways of coping. The group is also a confidential and safe place for individuals to talk about their lived experiences.

CREATIVE WRITING

This group presents information on reading stories, writing stories and a wide assortment of exercises to boost creativity. These sessions occur once per year for about 8 weeks and are presented using PowerPoint as well as videos to utilize the skills learned during the sessions.

EXPRESS YOURSELF
(WRITING GROUP)

Work on your individual writing skills with skilled volunteer instructors. It is also a welcoming opportunity to collaborate with and listen to others while writing. They have impressively had one book published already.

GET CRAFTY

This bi-weekly group provides specific projects for individuals to display their creativity. Crafts are presented at the beginning of the groups and individuals are free to produce the crafts anyway they would like. Specific crafts are presented for holidays (Halloween, Christmas, Easter, etc.)

GENERAL LIFE SKILLS

This program is a participant interest driven group, learning and discussing general life skill topics such as First Aid, Car Maintenance, Household cleaning etc. This is a non-certificate program to help participants gain new skills or brush up on things they may want to relearn. Learning methods will vary from visual aids, written material, power point presentation, and hands on learning.

HEALTHY CHOICE
COOKING

Come out and share the joy of cooking tasty, nutritious food with others. You'll learn and share new recipes, and help decide on the menu choices. Please bring a container to take home some of our creations. Everyone welcome. People with food allergies and sensitivities will be accommodated.

JEWELRY GROUP

Teaches the basics in jewelry making to start people on their creative journey in expressing their inner artist through learning and sharing ideas with group members. People will learn how to design their own necklaces, bracelets and earrings from various types of beads.

MINDFULNESS
COLOURING

Bring your own colouring projects or select from the various colouring books and pages available. Pencil crayons, markers and crayons are provided.

KNITTING &
CROCHETTING GROUP

Beginners and Advanced welcome. Learn the basics or bring your already started projects and socialize with the other participants. Yarn, needles and crochet hooks are available, if needed.

SCRAPBOOKING	This group helps you put together a scrapbook of your choice with the helpful direction of the Therapeutic Recreationists. Important to note: we do supply scrapbooking supplies, but also encourage bringing your own items you may want to add.
SEWING	Do your clothing or other items need repair and you've been putting it off? If that's the case, this is the perfect opportunity to come and mend your own fabric. This is also a great opportunity to start new or old quilting projects and much more.
TIE DYE	Participate in this colourful art program. Instructions are provided on how to create the classic patterns (pinwheel, burst). Shirts, socks and elastics are provided.

PERSONAL GROWTH	CONTROLLING NEGATIVE THOUGHTS	This group allows for members to share their own struggles with negative emotions and thoughts through a series of participation activities in a safe and secure setting. This group discusses strategies to circumvent these negative thoughts and how to better interpret them. Types of emotions discussed are: Anger, Anxiety, Jealousy, Sadness and Shame.
	MANAGING ANGER FOR WELLNESS	The focus of this group surrounds education about what anger is, the causes of anger, techniques to combat rage and other information about the subject. This program uses PowerPoints to share the information and lasts approximately 21 sessions.
	MEDITATION GROUP	This group focuses on learning to use meditation and positive affirmations to reduce stress, elevate our moods, improve health and live happier lives.
	WOMEN'S SOCIAL GROUP	A supportive group for women who wish to improve their self-esteem and make positive connections. Topics of discussions include setting boundaries, dealing with anxiety, recognizing manipulation, among other topics that women face in today's world, at participants request. New members are welcome!

PHYSICAL ACTIVITIES	BADMINTON	This Badminton program is provided by the City of Thunder Bay and opened to the public. Prior to participating in this program, it is strongly recommended that participants learn the rules of badminton by the facilitator Jesse. If individuals would like to attend but do not own a racket, one will be provided for them at their request. This is a fun, non-competitive program that can provide individuals with light exercise. The badminton program is located at the West Thunder Community Centre (915 Edward St South).
	BOXING PROGRAM	A Boxing Gym is a great forum to learn new skills, work on your physical fitness and coordination, and gain respect and confidence in yourself. In this program you will learn proper boxing footwork combined with proper ways to throw a punch on a heavy bag and target mitts. This is a NON-CONTACT boxing program. Please join us!
	FIT4LESS	Exercise can play a pivotal role in everyone's health and mental wellbeing. This is a free hour and half long session that can help set and achieve goals you may want to incorporate in your daily life. Please register with Ashley or Sharon at 683-7729.
	MINDFUL MOVEMENT	Mindful Movement is a wellness practice focused on the body-mind connection. It is a way to still our mind by moving our body: the practice calls you to a mix of stillness and movement. Participants are simply asked to come as they are with attitudes of open-mindedness. Classes will begin with the facilitator leading participants through breathing, body awareness,

and mindful stretching exercises. Participants will then be lead up to their feet for letting go and dancing with the freedom one might tap into by simply turning on some music and dancing around their house. The facilitator will suggest exercises and steps to experiment with. The idea is to relax and explore new connections with our physical self. Participants will be encouraged to apply mindfulness by acknowledging their experience, not judging it, just honoring what comes up. Mindful Movement invites you to be in the moment with your movement and connect with the power that comes from your own natural movements. Participants don't have to keep up with anyone and are absolutely free to opt out of any component of the practice. Everyone welcome – no experience required.

MALL WALKING

Join us for a walk around Intercity Shopping Centre. This program runs 3 days a week, we meet at the Food Court.

ONE ON ONE PERSONAL TRAINING WITH JESSE

This is an hour long program where clients learn different exercise concepts, such as interval training, Circuits, and Drop Sets. This allows a client time to practice these concepts in a safe, supervised space with a certified personal training. The ultimate goal of this program is for clients to apply these skills to an exercise program of their choice, and to build the confidence to perform them safely.

PUTTING A PLAN INTO ACTION

One of the most difficult things, aside from actually exercising, is being able to set attainable goals, and keeping track of the journey toward these goals. Prior to getting into exercise, clients will be given blank templates for a program design. With a certified personal trainer, clients will slowly learn to put together their own exercise plans and develop the knowledge of effective exercise.

ROCK CLIMBING

The rock climbing group meets every 2 weeks and utilizes the indoor rock climbing wall location in the gym of the Boys & Girls Club. Experience is not required if you are able to climb a ladder, then you are fit enough to come and enjoy the wall.

TAI CHI

WALKING GROUP

Join us for a weekly walk on the various hiking trails, recreation paths and sidewalks of Thunder Bay. Feel the benefits of light exercise, nature and fresh air while enjoying each other's company. This group is open to all levels of walking ability

WOMEN'S AQUABICS

(Volunteer Pool) – Take part in this one hour low impact water activity involving stretching and strengthening. No experience required. **Registration is required.** No cost.

YOGA

Reduces the physical effects of stress. It encourages relaxation, lowers blood pressure and heart rate, improves digestion, boosts the immune system and improves sleep patterns. Duration 90 minutes.

SEASONAL ACTIVITIES

FRISBEE GOLF

(Birch Point Park – Boulevard Lake, Corner of Cuyler St. and Current Avenue) Come and participate in an afternoon of combining Frisbee and Golf. Beginners and advanced players welcome. Enjoy this popular summer activity every 2nd Friday of the summer months. Discs are provided.

MINI PUTT

Boulevard Lake - Enjoy 18 holes while spending the afternoon outdoors. You can be competitive or just have fun!

SNOWSHOEING

Participate in this popular winter activity. Every week we adventure to a new destination within city limits. Don't worry if you don't have snowshoes, we have a few pairs we are able to supply.

GARDENING

Do you like to garden? Or you would like you learn? This is the perfect opportunity. This seasonal program runs from May to late September. Learn how to plant seeds along with which fruits and vegetables grow best beside each other. Each individual who participates will be able to take home the fruits and vegetables grown at no cost.
