



# CAPA-BILLBOARD

## *SMD Services - Adult Leisure & Recreation*

825 Sherbrook Street Winnipeg, MB R3A 1M5 WINTER 2011

The Adult Leisure and Recreation program offers social leisure and recreation opportunities to adults with primarily physical or neurological disabilities. Program activities are lead by a Program Facilitator and volunteers. If you require one to one support for activities of daily living we ask you bring your own attendant. Transportation arrangements to and from events are the responsibility of the participant. To find out more information on the activities listed below and to register please contact Derek Day at 975-3090 or [dday@smd.mb.ca](mailto:dday@smd.mb.ca) or Stephanie Runtz at 975-3065 or [sruntz@smd.mb.ca](mailto:sruntz@smd.mb.ca).

### **Drop In – Tuesdays**

Meet new people and socialize. Play card games or Wii or watch a movie!

825 Sherbrook Street – 2<sup>nd</sup> Floor Kitchen

January 11 to March 15, 2011

7pm - 9 pm – FREE

### **Supper Club – Wednesdays**

Show off your cooking skills and enjoy a social dinner evening with friends.

825 Sherbrook Street – 2<sup>nd</sup> Floor Kitchen

January 12 to March 16, 2011

6pm - 8:30pm

Food is served at 7:00 pm

\$ 50 for 10 week session

### **5 Pin Bowling – Thursdays**

Jan. 13, 27                      11:30 am -2:00pm

Feb. 10, 24                      **Academy Bowling**

Mar. 10, 24                      **394 Academy Road**

### **Art Studio – Fridays**

Work on individual or group projects. Various art mediums used.

825 Sherbrook Street – Room 1-111

January 14 to March 18, 2011

1pm – 4pm

**Explorability** – a dance class at the Royal Winnipeg Ballet designed for people of all abilities. Call the RWB School Recreational Division at 957-3467 to register.

### **Group Activities**

**Jaguars Dance Club** - January 21, 2011  
Club Regent Casino (1425 Regent Ave. West)  
7pm -10pm \*\*Remember to bring your ID

**Festival du Voyageur** – February 19, 2011  
866 St. Joseph, Voyageur Park  
11:30am - 2pm \*\*Dress for the weather

**Monster Jam** – March 12, 2011  
MTS Center      3pm -6pm

### **Young Adult Activities (18 to 35 years old)**

**Dinner & Movie** – January 29, 2011  
St. Vital Center      5pm -9:30pm

**Valentine's Party** – February 11, 2011  
825 Sherbrook – 2<sup>nd</sup> Floor Kitchen  
6pm -9pm

**Planetarium Laser Show** – March 14, 2011  
190 Rupert Ave.      7pm -9:45pm