

What's Happening This Month?

What Next! Peer Support/Drop In Centre
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www.whatnextdropin.ca



PLEASE BE AWARE THAT THE HOURS AT WHAT NEXT HAVE CHANGED.

New Hours: Monday 10:00 a.m. to 5:00 p.m. - Wednesdays Closed
Tuesday, Thursday and Friday - 12:00 noon to 7:00 p.m.

To become a What Next! Member, please call to arrange an orientation.

Staff Extensions: General 0 Biagio 221 - Chantalle - 223 - Mohamed - 224, Dorothy - 222 & Kate 225

**Please sign up to complete your OCAN (Ontario Common Assessment Need) with Chantalle. Every month we block time to show our OCAN presentation and to answer any questions you may have. If you have a Case Manager, Social Worker etc., you will complete your OCAN with them. If you are unsure, please call Chantalle or Kate and they will assist you.*

January 2012 - What Next! Calendar of Events

MONDAY 10AM-5PM	TUESDAY 12-7PM	THURSDAY 12-7PM	FRIDAY 12-7PM
<p>2</p> <p>What Next! CLOSED Happy New Year 2012 !</p>	<p>3</p> <p>12:30-1:30pm Birthday Cake Celebration for all January Birthdays 2:00 -3:30pm Welcome Back Discussion 4:30- 5:30pm Women's Group</p>	<p>5</p> <p>12:30 - 2:00pm BINGO 12:00-1:30pm Men's Group (Evaluations) 4:30 - 6:30pm What's Jammn'</p>	<p>6</p> <p>12:30-2:00pm Art with Mohamed 1:00 - 3:00pm Euchre/Games 4:00 -7:00pm Movie: Loosies</p>
<p>9</p> <p>1:30 - 3:00pm Monday Afternoon Discussion Group 2:00-4:00pm *OCAN (Ontario Common Assessment of Needs) Chantalle 3:00 - 4:00pm Walking Group</p>	<p>10</p> <p>12:00 - 1:30pm Open Arts & Crafts 2:30 – 3:30pm Relaxation with Chantalle/Scott 2:30-4:30pm **Money & Saving with Biagio 5:00-6:30pm Pictionary</p>	<p>12</p> <p>1:00 – 2:00pm Quilting with Karen 2:00 - 3:30 Mural Meeting with Mohamed(sign up) *3-7pmDinner & Movie Sign up with Dorothy</p>	<p>13</p> <p>12:00 – 3:00pm *Healthy Living: Lunch & Walk(Sign Up Required) 1:00 – 3:00pm Euchre/Games 4:00 -7:00pm Movie: Roadie</p>
<p>16</p> <p>1:30 – 3:00pm Monday Afternoon Discussion Group 3:00 - 5:00pm *Bowling with David. 3:00 - 4:00pm Walking Group</p>	<p>17</p> <p>2:30 - 3:30pm Writers' Development 3:30 - 4:30pm Scrap booking 4:00 – 5:30 pm Women's Group</p>	<p>19</p> <p>2: 00- 3:00pm Inspiration Group with Karen /or Scott 4:30 - 6:00pm Music Appreciation</p>	<p>20</p> <p>1:00 – 3:00pm* Hygiene: workshop (Chantalle & Kate) 1:00 – 3:00pm Euchre/Games 4:00 -7:00pm Movie: Haywire</p>
<p>23</p> <p>1:30 – 3:00pm Monday Afternoon Discussion Group 2:00-4:00pm Chinese New Year @ Mandarin with Ben and Kate 3:00 - 4:00pm Walking Group</p>	<p>24</p> <p>12:30-4:00pm Ontario Science Centre(\$2 per person)Please sign up and pay by Jan.20,12 2:30-4:30pm **Money & Saving with Biagio</p>	<p>26</p> <p>1:00 – 2:00pm Quilting with Karen 2:30 - 4:30pm Film Screening & Discussion /Documentary: 4:30 - 6:30pm What's Jammn'</p>	<p>27</p> <p>12:00 – 3:00pm *Healthy Living: Lunch & Walk(Sign Up Required) 1:00 – 3:00pm Euchre/Games 4:00 -7:00pm Movie: The Grey</p>
<p>30</p> <p>1:30 - 3:00pm Monday Afternoon Discussion Group 3:00 - 4:00pm Walking Group</p>	<p>31</p> <p>12:00 – 2:00pm Coffee Club 12:00 - 1:30pm Open Arts & Crafts 3 00– 6:00pm Ladies Night (Outing to Pathways underground Shopping)</p>	<p><u>Please Drop In anytime for:</u></p> <p>Ping-pong Arts &Crafts Coffee & Tea Music Cards/Games Peer Support</p>	<p>* Based on the completed surveys What Next! will now be open Monday's from 10am-5pm Wednesday's CLOSED. Tuesdays, Thursdays, and Friday will be open from 12pm-7pm. Thank you all for your input.</p>

Event Descriptions

*** All groups marked with an asterisk* require sign-up. Ask What Next staff or check the bulletin board to sign-up for these activities.**

Art

Let's creative.... On going Art projects with peers and staff.

Bingo (Members)

Come play Bingo with us. Prizes

*Bowling Bowlerama (33 Samour rd.)Playtime

Bowl. Off Dufferin.

Enjoy bowling with friends for a cost of \$3 per person. (Sign up required) Please see David M.

Coffee Club (Everyone)

Every last Tuesday of the month, we will have coffee, bagels, muffins, and fruit. We can enjoy the opportunity to socialize and enjoy each others' company.

Euchre (Members)

Play a game of Euchre with our dedicated card players.

*Healthy Living: Lunch & Walk

Prepare and enjoy an affordable, healthy lunch followed by a short walk.. We will be making a variety of dishes from different cultures, This is meat and Vegetarian-friendly

*Mind, Body & Sole New Group to follow in **February**. Please Sign up.(Kate & Chantalle)
Please join Please join us in exploring healthier choices and opportunities for our wellness.

*Ladies Night!

Self-explanatory: jewelry, manicures, romantic movie, hot chocolate, pampering and women's time to talk.

Men's Group (Mohamed)

Various topics are chosen by the Men's group.

Music Appreciation (Mohamed or Biagio)

Bring in your favorite CD's, cassettes or musical talent to share and discuss in a group.

Music Jam Session (Everyone)

Limited instruments provided, but bring yours too!
(We have a house acoustic and electric guitar for our Member's to also enjoy)

*Wellness Recovery Action Plan (WRAP)

February Registration

Members create a personal plan to keep themselves healthy and well in an 8-week closed peer group. Call to be put on a waiting list for the next group.

Women's Group (Chantalle)

Join us to discuss structured topics that women can discuss in the privacy of a group(Self-esteem)

Writer's Development (Anne D)

Join Anne D to practice your creative writing, do some fun writing exercises and work on your own projects.

Inspiration group (Karen)

An opportunity to discuss inspirational and affirming quotes for a positive group discussion

Ping Pong (Tournaments)

A Thank you to Candain Tire for donating a ping pong table to What Next! to help us promote staying active during the winter months and play a friendly game of ping pong.

*Quilting(Karen)

*Sign up Required (limit of 6) We will be creating a beautiful quilt by designing our own square for a Quilt to hang for What Next! made by What Next members.

*OCAN

Ontario Common Assessment of Needs

*IF you **do not** have a case manager we invite you to learn and complete your OC AN. Your voice and your needs will be heard to assist in your wellness of mental health and quality of lif*

*Money & Savings (Biagio)

Learning to budget on a fixed income and saving money.

Important Dates for January 2012

January 1

New Years Day (Traditional) is observed in all the countries following the Gregorian calendar.

St. Basil's Feast Day (Greek Orthodox Christian) the New Year is celebrated to commemorate the kindness and generosity of St. Basil towards the poor. St. Basil was the forefather of the Greek Orthodox Church.

January 5

Guru Gobindh Singh's Birthday. (Sikh) - The last of the ten Gurus.

January 6

Epiphany (Three Kings Day-Dia de los Reyes) is celebrated twelve days after Christmas; it marks the visit of the three wise men to the baby Jesus.

Feast of the Theophany (Orthodox Christian)- Feast to recall the revelation of the Trinity in Christ's baptism

January 9 - 12

Mahayana (Buddhist) New Year is celebrated by the Buddhists on the first full moon day in January.

January 14

Magahi (Sikh) observed to honor the heroic battle of the Forty Liberated Ones who laid their lives to save Guru Gobind Singh.

New Year (Russian Orthodox) was celebrated on January 13th/14th in the 20th and 21st centuries.

January 16

Martin Luther King Day commemorates the birth of Martin Luther King Jr. who was born on January 15th, 1929. One of the world's best known advocates of non-violent social change, King was the recipient of the Nobel Peace Prize in December of 1964. He was assassinated on April 4th, 1968, and remains a symbol of the struggle for civil rights.

World Religion Day is observed by the Baha'is to enhance and commemorate interfaith harmony and understanding.

January 17

Blessings Of The Animals (some Hispanic Christians) observe this day to show respect for the domestic animals that matter a lot to people. Observed on various dates - especially related to St. Francis.

January 18-25

Week of Prayer for Christian Unity; during this week Christians pray for the restoration of unity between churches of the Christian faith.

January 21

St Agnes Day (Christian) commemorates the martyrdom of Agnes who was martyred at the tender age of 13. She gave up her life for her faith and is one of seven women, excluding the Blessed Virgin, mentioned by name in the Canon of the Mass. She is the patron saint of chastity, gardeners, girls, engaged couples, rape victims and virgins.

January 23

Chinese New Year (Confucian/Daoism/Buddhist) based on the lunar calendar 2008 marks the "Year of the Ox."

January 25

Conversion of St Paul (Some Christians) celebrate this day to mark St Paul's conversion to Christianity; when he was faced with the vision of Jesus while on his way to persecute Christians and became an avid supporter of Jesus. Observed at worship services.

January 28

Vasant Panchami (Hindu) celebrates spring, or Basant, and Sarasvati, the Hindu goddess of learning and the arts. This is the time when some children begin learning the 50 letters used in the Sanskrit alphabet.

January 31

Birthday of Guru Har Rai (Sikh) was the seventh Sikh guru.