

february 2020

Independent Living Resource Centre

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <u>Internet Café</u> Drop-in 1:00 - 3:00 pm	4	5 <u>Connectors</u> Morning Coffee & News *Afternoon Outing to Thunder Bay Museum* Drop-in 9:00 - 3:00 pm	6 <u>Artistic Ambitions</u> Hygge Day! Learn to Knit Register 1:00 - 3:00 pm	7 <u>Internet Café</u> Drop-in 9:00 - 11:00 am
10 <u>Internet Café</u> Drop-in 1:00 - 3:00 pm	11 <u>Healthy Choices</u> Indoor Ping Pong Tournament Register 1:00 - 3:00 pm	12 <u>Connectors</u> Chocolate Sculpting & Afternoon Yoga Drop-in 9:00 - 3:00 pm	13	14 <u>Internet Café</u> Drop-in 9:00 - 11:00 am
17 CLOSED FAMILY DAY	18	19 <u>Connectors</u> ILRC Jeopardy & Afternoon Karaoke Drop-in 9:00 - 3:00 pm	20 <u>Artistic Ambitions</u> *Outing to Marina Park Snow Sculptures* Register 1:30 - 3:00 pm	21 <u>Internet Café</u> Drop-in 9:00 - 11:00 am
24 <u>Internet Café</u> Drop-in 1:00 - 3:00 pm	25 <u>Healthy Choices</u> Mardi Gras Cajun Cook-off! Register 1:00 - 3:00 pm	26 <u>Connectors</u> Clay Art Making & Leap year Bingo Drop-in 9:00 - 3:00 pm	27	28 <u>Internet Café</u> Drop-in 9:00 - 11:00 am

The majority of our activities are happening here at our centre! We are located at 212 Miles Street East.
For questions, please contact Randi at 577-6166 ext. 4 or email randi@ilrctbay.com.

**Weekly Activities
& Workshops:**

Internet Café

Independent use of the computers and Wi-Fi every Monday and Friday.

Healthy Choices

Tuesdays at ILRC focus on health and well-being. Please sign up.

Connectors

Our busiest day of the week, every Wednesday we invite participants (both old and new) to drop in for exciting group activities.

Artistic Ambitions

Thursday classes have a fun and creative focus. Please sign up.

Outings

Programming is occasionally held away from the centre. Please be mindful when planning transportation.

February Events

Wednesday February 5th

We're talking about Thunder Bay's 50th anniversary! Join us to discover the interesting ways our home has changed over the years. Please note we will be walking to the Thunder Bay Museum at 1:00pm, and returning to the centre at 2:30pm.

Thursday February 6th

Do you like to relax? So do we! Hygge (pronounced Hoo-ga) day is all about feeling cozy. What better way to feel cozy than to create warm and soft art with friends?

Tuesday February 11th

Sharpen up your skills with an assortment of exciting indoor games here at the centre!

Wednesday February 12th

This Valentine's Day we're showing some love to ourselves! Drop in during the morning for some fun chocolate creations – regular or sugar free, and the afternoon for group yoga! Make sure to dress comfortable.

Thursday February 20th

Once a year, the Marina hosts a variety of outdoor ice sculptures. Grab your winter clothes and meet us by the stage for a tour of this larger-than-life art!

Tuesday February 25th

Happy Mardi Gras! We're celebrating with exotic foods and flavours – come find out!

ILRC Recreation Hours

Monday/Tuesday/Thursday 1-3PM Wednesday 9-3PM Friday 9-11AM

Due to the large number of participants attending each workshop, participants who require support must have a support staff or caregiver accompany them so they receive the full benefit from our programming.