**Friendship** – Friendship is geared towards fostering healthy relationships and interactions with peers at the Day Program. You will learn life skills and stimulate self-growth while participating in upbeat and exciting activities and outings that promote teamwork, listening, communication, problem solving, creativity and confidence.

**Yoga** – This class is run by a certified Yoga instructor. In Yoga you will learn physical postures/poses, breathing and relaxation techniques, resilience to stress, increased mindfulness, and experience a deeper state of meditation.

**Newsies** – Newsies collaborates on creating our Day Programs monthly newsletter and investigates different means of communication for current events, weather, sports, etc. This class encourages out of the box thinking and creativity through group projects, outings, and lessons. This class focuses greatly on teamwork while still promoting independence and personal growth. Skills being taught in this class include writing, reading, photography, and computer.

**Music Sing Along (Zoom Class)** – Music Sing-Along’s goal is to enhance the lives of participating individuals through the presentation and participation of music. In this class you will be able to explore your emotions and memories brought out through different styles and genres of music.

**Outdoor Adventures** – Outdoor Adventures goal is to learn about the environment, and wildlife through shared hobbies, discussions, and activities. This class focuses heavily on outdoor sports and recreation and will spend most of their time outdoors.

**Everything Art** – In this class you will produce creative and practical art projects in an upbeat, positive environment. You will be supported through step by step direction, demonstrations, and hand over hand assistance.

**Inside Out Theatre** – “We are a Deaf and disability theatre company in sunny Calgary Alberta equally invested in artistic excellence, community development, and deepening our cultures’ accessibility. We offer community-based drama programs to Calgarians with disabilities that foster a love of theatre, the joy of community, and the rewards of self-expression. We produce and present plays created by artists with disabilities and their allies that insist on and celebrate their place in the public sphere. And we work to improve theatre’s accessibility for audience members and to ensure their equity and dignity in attending performing arts in Calgary.”
Peanut Butter Lovers Month

4 INGREDIENTS PEANUT BUTTER COOKIE RECIPE

INGREDIENTS:

- 1 cup granulated sugar
- 1 cup peanut butter
- 1 large egg
- 1 tsp vanilla extract

INSTRUCTIONS:

1. Preheat oven to 350 degrees F. and line a baking sheet with parchment paper. Set aside.
2. In a large bowl whip together all 4 ingredients using either a stand or handheld mixer. Mix for about 8-10 minutes until ingredients are well combined. Batter will be a little crumbly, that is okay.
3. Scoop out about 1 tbsp size balls from batter and roll around in your hands. Place balls on baking sheet. Using a fork to gently press a crisscross pattern in the dough. Repeat this step until all the dough is used.
4. Bake cookies for about 10-12 minutes or until cookies have dried and are no longer shiny. Please note that your cookies will not expand very much while baking.
5. Let cookies rest for about 5-10 minutes then transfer to a wire rack to cool completely. Cookies can be stored in a container with a lid for up to 4 days.
Zoom Music Sing Along Class
with Bryan Bayley

Singing has been deemed a high-risk activity for COVID-19, however we recognize the importance of music in our day-to-day lives.

“Where words fail, music speaks.”

We are thrilled to have the ability to use Zoom to keep up with our music class and continue to integrate live music into our everyday lives.

Movember is an annual movement to spread awareness about men’s health issues, such as prostate cancer, testicular cancer, and men's suicide.

You can participate in the movement by growing a mustache (if you can), run or walk 60k over the month for the men we lose to suicide, and shine light on these issues by talking about them with friends and family.

For more information visit:
https://ca.movember.com/
**Second Location:**

**The Lodge**

OPTIONS Day Program has introduced a second location called “The Lodge” to allow space for more people to attend the Day Program on a regular basis.

We continue to follow COVID-19 guidelines and precautions closely and carefully.

The second location allows us to cohort individuals to limit possible exposures to COVID-19 and it has made it possible to open our doors and provide support to larger numbers of people.

Upon arrival we are taking temperatures and using hand sanitizer, we have designated cleaners to sanitize the building all throughout the day, we are double checking temperatures at noon and the end of the day, and are keeping an appropriate amount of distance between each other to ensure a safe space to attend program.

**Outreach Support**

Our top priority is providing people with the best support possible, whether that support is at the Day Program, in the community or through your home.

We have adjusted how we are able to offer support due to COVID-19.

We understand that a Day Program atmosphere may not work for everyone during this time and we want to ensure everyone is given the same opportunity to have support that aids in a high quality of life.
Remembrance Day

Wednesday, November 11

Every year, on the eleventh hour of the eleventh day of the eleventh month we offer a moment of silence to remember those who lost their lives serving their country and acknowledge the bravery of those who have and those who are serving our country today.

In November, a poppy is worn as a symbol of remembrance and hope.

OPTIONS Head Office and Day Program will be closed Wednesday, November 11, 2020.
**Diane’s Monthly Movie Review**

**Title:** 102 Dalmatians  
**Type of Movie:** Family  
**Year Released:** 2000  
**Starring:** Glenn Close as Cruella de Vil

**Review:** Cruella de Vil was an evil lady who stole the puppies from their parents, Pongo & Perdita. She wanted to make fur coats out of the puppies. Nanny is the housekeeper who cares for the puppies. At the end of the movie, Pongo & Perdita find their puppies and bring them home. This movie is a nice movie for the whole family to enjoy.

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**BOOK DRIVE**

Newsies class is having a Book Drive all month long to collect both children’s and adult books for Calgary Reads.

Books that Calgary Reads do accept will be donated to the Calgary Public Library.

**What does Calgary Reads do?**

They improve children’s lives by helping them become confident, joyful readers. Working closely with parents, teachers, and communities, they inspire children’s love of reading with their Little Red Reading House, free books, resources, and school programs.
Charity Walk

We want to say a HUGE thank you to everyone who came out to participate in our Halloween walk to raise money and non-perishable food donations for the Calgary Food Bank! You guys rocked it!