

Anchor and Wings



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We are here to welcome
you from
Tuesday to Friday
of
9am to 4pm

FEBRUARY
2023

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 12:00 MEMBERS MEETING *Free Lunch for Participants <i>Happy Birthday Nathalie</i>	1 1:30 PERSONAL DEVELOPMENT « Esteem needs part 2 »	2 10:30 Tai-Chi 1:30 Super C	3 1:30 Music Jam Session Or Outing at KITCHEN CAFÉ with Board Games
7 1:30 « Awareness Workshop to suicide » animated by Le Tournant	8 10:30 Guided Meditation <i>Happy Birthday Claire</i>	9 10:30 Tai-Chi 1:30 Laughing therapy	10 CENTER CLOSED (team in meeting)
Suicide Prevention Week			
14 <i>Valentine's Day Special Dinner</i> 1:30 WORKSHOP: MANUFACTURING "Shout out boxes" ♥	15 10:30 Guided Meditation 1:30 Fundraising Implication	16 10:30 Tai-Chi 1:30 WORKSHOP: "Active Listening Tips"	17 1:30 Music Jam Session / Board Games
21 CENTER CLOSED (Partial Strike = Service Disruption)	22 10:30 Guided Meditation 10:30 Let's Cook Together	23 10:30 Tai-Chi 1:30 Volunteering "Visit to the Elders"	24 1:30 Music Jam Session / Board Games

PROGRAMMING DETAILS...

- **Meeting of Members:** Once a month, at the meeting of members, people discuss different aspects of the functioning of the organization, make clarifications, give their opinions, ideas and identify their needs regarding activities, Workshop topics and training they want to cover. We consider suggestions from our members to the extent possible.
- **Meditation:** It is important to take a break and take care of yourself. We offer you the opportunity to do so with a few minutes of meditation in the salon. An application will gently guide you. Meditation is a relaxing practice that can help you better manage stress, anxiety and emotions. It can also have benefits on memory, cognitive abilities and also on the physical aspect such as chronic pain, fatigue, sleep disorder, etc.
- **Personal Development:** Personal development touches on all aspects of our lives: life balance, self-improvement, self-confidence, self-esteem, etc. Come and experience a global process of self-reflection and the valorization of one's potential to improve the quality of one's life and to realize one's deepest aspirations. "I am the master of my destiny and the captain of my soul". This month, still referring to the pyramid of needs, known as Maslow's pyramid, we will discuss the importance of meeting our various ESTIMATE needs.
- **Tai-Chi:** A global energetic gymnastics that consists in performing a set of continuous and circular movements executed with slowness and precision in a predetermined order. This discipline focuses on mental concentration, physical balance, muscle relaxation and breathing. In fact, it can be effective in preventing certain psychological disorders.
- **Music:** Music has always been a vehicle for sharing. It allows people to come together and share. It creates a real social bond between individuals. Through our Friday gatherings in our music room, participants can experience the many benefits of this universal art.
- **Board games:** For adults, the game may seem pointless or even useless. Yet it would be indispensable to all, and its benefits are undeniable: reduction of stress, intellectual stimulation, development of creativity, connection with others, etc. Contrary to popular belief, board games can also have beneficial effects. Here are a few examples: playing makes you think, thus involves mental functions: memory, strategy-planning, abstraction, creativity, curiosity, concentration, management, observation, etc.
- **Video:** A 30-minute documentary called **Laisse-moi te raconter**. This production gathers testimonies from people who are affected by the cause and we see among others the actors Normand D'amour and Pascale Montreuil telling with sensitivity a story that touches them.
- **Laughing therapy:** You're not laughing anymore? What a disaster! Perhaps, like many people, you have lost touch with what makes you happy. The statistics show that we are having less and less. The result: a worrying gloom is settling in our society. However, a positive mental attitude, laughter, humour and healthy madness can help us cope with many situations and are the first steps towards better health.
- **Involvement Fundraising:** The funds raised will be used to finance a group stay at the Jouvence resort in the summer of 2023. We need a lot of commitment to make this project a success. This month, we are planning the search for sponsors and the organization of future events, namely the Winter Market (April 2, 2023) and Spaghetti Lunch Day (June 2023).
- **Active Listening:** It will help you have deeper, more authentic conversations. When you pay full attention to what the other person is saying, without thinking about what you mean or interrupting their speech, you develop more effective communication skills. Active listening thus aims to allow the person being listened to to take a step back, to "ground" themselves and to become aware of their abilities. It allows her to gain confidence and find internal resources to advance her personal journey.
- **Partial strike:** This mobilization is part of a social and climate crisis. Quebec's community wants change now, not in 30 years! A strike allows workers, volunteers and activists to interrupt their regular activities in order to participate in mobilization actions in all regions. Details to come...
- **Let's Cook Together:** Put on your aprons to cook in a small group a complete meal (first course, main course, dessert) to bring home for free. The activity aims to develop your resourcefulness, creativity, culinary skills and teamwork. The menu is chosen the same morning at 10:30 depending on the inventory available on site. Decisions are made with compromises that are mutually agreeable.