

SEPTEMBER

Bi-weekly
Monthly
Events
Cancelled
Weekly
Special Series
Outings

FALL SESSION: SEPT 2 - DEC 19

Contact: summitprograms@idsbc.org | (604) 904-0842

SUN	MON	TUE	WED	THU	FRI	SAT
	Labour Day:  Summit Closed	Registration Hours: 2 8:30 - 11:00am 1:00 - 3:30pm Creative Corner Music Therapy 11-12 Bollywood 4-5	Registration Hours: 3 8:30 - 9:30am Hot Lunch 12-1 SJA Therapy Dogs 1-2 Jam Session 4-5	Registration Hours: 4 1:00 - 3:00 Karaoke 10-11:30 Café Social 11-12 SJA Therapy Dogs 1:30-2:30	Seniors & Friends Self-Advocate Circle 11-12 DIY Workshop 1-2 Welcome Fall Decor	
7	VCMT 11-2:45 Glee Club Chair Yoga 1-1:50 K-Pop Dance Workshop 2-3	8 Creative Corner 10-11 Music Therapy 11-12 Boardgames Club 1-2 Bollywood 4-5	10 Hot Lunch 12-1 SJA Therapy Dogs Self Advocate Meeting 1:30-2:30 Jam Session 4-5	11 Private Programming Closed: 11:30 - 1:30 SJA Therapy Dogs 1:30-2:30	12 Seniors & Friends Self-Advocate Circle 11-12 Apple Picking 9 - 2:30 	13
14	VCMT 11-2:45 Glee Club 11-12 Chair Yoga 1-1:50 Mindfulness Workshop 2-3	15 Creative Corner 10-11 Music Therapy 11-12 Office Hours: 1-3:30 Bollywood 4-5	17 Hot Lunch 12-1 SJA Therapy Dogs 1-2 Jam Session 4-5	18 Karaoke 10-11:30 Café Social 11-12 SJA Therapy Dogs 1:30-2:30	19 Seniors & Friends Self-Advocate Circle 11-12 Facility Maintenance Closed from 12:30 - 3:30	20
21	VCMT 11-2:45 Glee Club 11-12 Chair Yoga 1-1:50 Self-Advocate Circle 2-3 Events Team	22 Creative Corner 10-11 Music Therapy 11-12 Lunch at Garden Side Cafe 12-2 (Seniors & Friends) Bollywood 4-5	24 Hot Lunch 12-1 SJA Therapy Dogs 1-2 Jam Session Facility Booking 2-9pm IDS AGM become an IDS member 	25 Private Programming Closed: 11:30 - 1:30 SJA Therapy Dogs 1:30-2:30	26 Seniors & Friends Self-Advocate Circle 11-12 UBC Indigenous Gardens & Farm Tour 9:30 - 2:30 	27
28	VCMT 11-2:45 Glee Club Chair Yoga 1-1:50 Tik-Tok Dance Workshop 2-3	29 National Day for Truth and Reconciliation: Summit Closed				Schedule subject to change Summit Membership & Smart Rec account required*

OCTOBER

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			1 Hot Lunch 12-1 SJA Therapy Dogs 1-2 Jam Session 4-5	2 Karaoke 10-11:30 Café Social 11-12 SJA Therapy Dogs 1:30-2:30	3 Seniors & Friends Self-Advocate Circle 11-12 Meet the Author & Storytelling 1-2 "Grumpy The Bird"	4
5	6 VCMT 11-2:45 Glee Club 11-12 Chair Yoga 1-1:50 Mindfulness Workshop 2-3	7 Creative Corner 10-11 Music Therapy 11-12 <i>out of office 1-3:30</i> Bollywood 4-5	8 Hot Lunch SJA Therapy Dogs Jam Session Harvest Dinner Dance 5 - 7pm	9 Private Programming Closed: 11:30 - 1:30 SJA Therapy Dogs 1:30-2:30	10 Thierry Cafe & Stroll & Ambleside 9:30-12:15 Self Advocate Meeting 1:30-2:30	11
12	13  Thanksgiving: Summit Closed	14 Creative Corner 10-11 Music Therapy 11-12 Office Hours: 1-3:30 Bollywood 4-5	15 Hot Lunch 12-1 SJA Therapy Dogs 1-2 Jam Session 4-5	16 Karaoke 10-11:30 Café Social 11-12 SJA Therapy Dogs 1:30-2:30	17  Crema Cafe & Pottery at Bella Ceramica 9:15-1:30	18
19	20 VCMT 11-2:45 ASL Workshop 10-11 Beginner (Part 1) Glee Club 11-12 Chair Yoga 1-1:50	21 Creative Corner 10-11 Music Therapy 11-12 Office Hours: 1-3:30 Bollywood 4-5	22 Hot Lunch SJA Therapy Dogs Jam Session Pumpkin Patch 9 - 2:45	23 Private Programming Closed: 11:30 - 1:30 SJA Therapy Dogs 1:30-2:30	24  Bingo! 11-12 DIY Workshop 1-2 Ghost Lamp	25
26	27 VCMT 11-2:45 ASL Workshop 10-11 Beginner (Part 2) Glee Club 11-12 Chair Yoga 1-1:50 Self-Advocate Circle 2-3 Events Team	28 Creative Corner 10-11 Music Therapy 11-12 Office Hours: 1-3:30 Bollywood 4-5	29 Hot Lunch 12-1 SJA Therapy Dogs 1-2 Jam Session 4-5	30 Karaoke Café Social SJA Therapy Facility Maintenance Closed from 9:30-4 ASL Workshop - 4-5pm Staff & Caregivers	31 Self-Advocate Presents: Halloween Dance 1 - 2:30	

NOVEMBER

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						1
2	VCMT 11-2:45 ASL Workshop 10-11 Beginner (Part 3) Glee Club 11-12 Chair Yoga 1-1:50	3 Creative Corner 10-11 Music Therapy 11-12 Office Hours: 1-3:30 Bollywood 4-5	5 Hot Lunch 12-1 SJA Therapy Dogs 1-2 Jam Session 4-5	6 Private Programming Closed: 11:30 - 1:30 SJA Therapy Dogs 1:30-2:30	7  Bingo! 11-12 DIY Workshop 1-2 Friendship Bracelets	8
9	10 VCMT 11-2:45 Glee Club Chair Yoga 1-1:50 Hip-Hop Dance Workshop 2-3	11  Remembrance Day: Summit Closed	12 Hot Lunch 12-1 SJA Therapy Dogs 1-2 Jam Session 4-5	13 Karaoke Café Social SJA Therapy Facility Maintenance Closed from 10-3:30	14 Winter Market 10-2 	15
16	17 VCMT 11-2:45 Glee Club 11-12 Chair Yoga 1-1:50 Mindfulness Workshop 2-3	18 Creative Corner 10-11 Music Therapy 11-12 Office Hours: 1-3:30 Bollywood 4-5	19 Hot Lunch 12-1 SJA Therapy Dogs 1-2 Jam Session 4-5	20 Private Programming Closed: 11:30 - 1:30 SJA Therapy Dogs 1:30-2:30	21 Thierry Cafe & West Vancouver Art Museum 9:30-12:15	22
23	24 VCMT 11-2:45 Glee Club 11-12 Chair Yoga 1-1:50 Self-Advocate Circle 2-3 Events Team	25 Creative Corner Music Therapy 11-12 Bollywood 4-5 Dining out in West Van 4:45-7	26 Hot Lunch 12-1 SJA Therapy Dogs 1-2 Jam Session 4-5	27 Karaoke 10-11:30 Café Social 11-12 SJA Therapy Dogs 1:30-2:30	28 Self Advocate Meeting 10-11 Option's Live Production 1-2 "The Rodeo" 	29
30						

Summit Membership & Smart Rec account required*

DECEMBER

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SUN	MON	TUE	WED	THU	FRI	SAT
	1 VCMT 11-2:45 Glee Club 11-12 Chair Yoga 1-1:50 Self-Advocate Circle 2-3 <i>Events Team</i>	2 Creative Corner 10-11 Music Therapy 11-12 DIY Workshop 1-2 <i>Winter Fairy Light</i> Bollywood 4-5	3 Hot Lunch 12-1 SJA Therapy Dogs 1-2 Jam Session 4-5	4 <i>Private Programming Closed: 11:30 - 1:30</i> SJA Therapy Dogs 1:30-2:30	5 Self-Advocate Presents: Winter Wonderland Dance 1-2:30 	6
7 <i>last VCMT of session</i>	8 VCMT 11-2:45 Glee Club 11-12 Chair Yoga 1-1:50 Mindfulness Workshop 2-3	9 Creative Corner 10-11 Music Therapy 11-12 Office Hours: 1-3:30 Bollywood 4-5	10 Hot Lunch 12-1 SJA Therapy Dogs 1-2 Jam Session 4-5	11 Karaoke 10-11:30 Café Social 11-12 SJA Therapy Dogs 1:30-2:30	12 Real Talk Sexual Health Education Workshop 10-12 (all Genders & Orientations) <i>Facility Maintenance Closed from 1-3:00</i>	13
14 VCMT	15 Glee Club 11-12 Chair Yoga 1-1:50 Santa's Dance Workshop 2-3	16 Creative Corner 10-11 Music Therapy 11-12 Office Hours: 1-3:30 Bollywood 4-5	17 Hot Lunch 12-1 SJA Therapy Dogs Self Advocate Meeting 1:30 - 2:30 Jam Session 4-5	18 <i>Private Programming Closed: 11:30 - 1:30</i> SJA Therapy Dogs 1:30-2:30	19 Self-Advocate Presents: Gingerbread Decorating 1-2:30 	20
21	22 Registration Week <i>Walk-ins welcome: 8:30-3:00</i> - No Summit Programs - Register for Jan - April - Settle balances	23 Registration Week <i>Walk-ins welcome: 8:30-3:00</i> - No Summit Programs - Register for Jan - April - Settle balances	24 Registration Week <i>Walk-ins welcome: 8:30-3:00</i> - No Summit Programs - Register for Jan - April - Settle balances	25  Christmas Day: Summit Closed	26  Boxing Day: Summit Closed	27
28	29 Registration Week <i>Online registration only 8:30-3:00</i> - No Summit Programs - Register for Jan - April - Settle balances	30 Registration Week <i>Online registration only 8:30-3:00</i> - No Summit Programs - Register for Jan - April - Settle balances	31 Registration Week <i>Online registration only 8:30-3:00</i> - No Summit Programs - Register for Jan - April - Settle balances	New Years Day: Summit Closed	Registration Week <i>Online registration only 8:30-3:00</i> - No Summit Programs - Register for Jan - April - Settle balances	