

# Our Studio

A Creative Collaborative Community Space

Fall 2022

## Fall days at our studio!

Our Studio strives to provide programming that is delivered in a safe and supportive manner. Many of us feel deep connections to each other that are essential, sustaining, and joyful. Although we know that Covid-19 has limited our capacity to connect physically, we are confident offering a safe in-person experience for everyone in addition to continuing to offer virtual options. We know that the most important service we can offer moving forward, is to help everyone to stay connected socially, and emotionally. We aim to do this through heart warming and engaging programming.

Our Studio's Fall Session starts September 6th and runs until December 30th.

### OUR STUDIO @ STIRLING (Stirling Mennonite Church, 57 Stirling Ave, North, Kitchener)

Program	Day	Time
<b>Let's Put on a Show!</b> We work towards performances twice per year - singing dancing and acting! We will also be going out to various communities (ie retirement homes, schools, day programs to perform in the afternoons)	Mondays	8:30 am - 3:30 pm
<b>Community Fun and Games!</b> We meet in the morning to gather, play games and have fun. Our group will decide together where we would like to participate in our community! Some of our favourites so far are swimming, bowling, mini golf, going out for lunch, movies and walks	Thursdays	8:30 am - 3:30 pm

### OUR STUDIO @ FISHER-HALLMAN (St. George's of Forest Hill Anglican Church, 321 Fisher-Hallman Road, Kitchener)

Program	Day	Time
<b>Build a Business, Build a Community, Build your Cooking Skills!</b> We will work towards our goals of building. Participants will either work towards their own business (t-shirt making, dog walking etc) or volunteer at various places in our community (local museum, schools, etc) or be on the lunch making team. After our work in the morning we will meet up for lunch together created by our lunch making team.	Tuesdays	8:30 am - 3:30 pm

#### Cost for in-person, full day programs:

1 day per week: \$100/week

2 days per week: \$170/week (save \$30)

3 days per week: \$210/week (save \$90)

## OUR STUDIO @ HOME

Program	Day	Time	Cost (plus HST)
<b>Game Zone*</b> Join us as we connect with each other and get our day started off right! We'll catch up and play some online games together, hang out and have some fun.	Tues, Wed & Fri	10:30 am - noon	\$80/week
<b>Singing Zone*</b> Join us to share songs and stories. We gather 3 times per week to learn a group song together and work on solos.	Tues, Wed & Fri	1:00 pm - 2:30 pm	\$80/week
<b>Healthy Fit Zone*</b> Join us to learn about making healthy choices and explore different ways to stay active and keep our bodies moving! In each session we will set & share active living goals, explore new ways to be physically active and participate in an active session (eg. yoga, line dancing, zumba, aerobics).	Wednesdays	6:30 pm - 8:00 pm	\$20/class
<b>Friend Zone*</b> Feeling lonely? Join your home with ours in this nurturing space to build friendships. These facilitated sessions are about deepening relationships through social/emotional activities. Expect laughter, stories and great friends!	Thursdays	6:30 pm - 8:00 pm	\$20/class
<b>Karaoke Party - drop in, no registration required</b> Feeling Groovy? Then come share your favourite songs with the most welcoming and positive audience! Sing your heart out!	Saturdays	7:00 pm - 9:00 pm	\$20/night

\*Registration is required for this program.

## IMPORTANT INFORMATION

### Registration

**Registration is required for all programs, except for Karaoke Party.** This is to ensure we have adequate staffing to ensure all participants receive the support they need.

To register, please email Lori at [info@ourstudiokw.com](mailto:info@ourstudiokw.com) or Becky at [ourstudiokw@gmail.com](mailto:ourstudiokw@gmail.com)

### Invoices & Payment

Invoices will be emailed out once registration has been confirmed and are due upon receipt of the invoices. We gladly accept cheques, Interac e-transfers or credit card. If you would prefer we invoice a direct payment agency directly, please chat with us so we can make those arrangements.

**All of our programs meet the criteria for the Passport Program so Passport funding may be used to pay for these programs.**



## CONTACT US!

Have questions or need to contact us? Please feel free to reach us anytime and we will be more than happy to help you!