

Sound Times Activities

March 2010



Hours of Service: Monday-Friday: 9:00am- 1:00pm Appointments & Groups
1:00pm -5:00pm Drop-by
Saturday & Sundays: CLOSED

Location: Sound Times' mailing address is:
280 Parliament Street, Toronto, Ontario M5A 3A4
Our entrance is at the rear of our building on Poulette Street,
one block west from Dundas Street & Parliament Street.
Phone: 416.979.1700 Fax: 416.979.8354
Members' Phone: 416.979.1328

Closures: No Closures.

Arts:

- **Art Studio.** Arrive at 10:00am and knock on the **Poulette street** door. **Tuesdays and Fridays from 10:00am to 1:00pm** at **Sound Times**.
- **Crafts.** Bring your ideas or come for a visit and check it out, **Wednesday afternoons 2-4pm** at **Sound Times!**
- **Shoot to Kill: Intro to Video Workshops.** The newest session has begun. Classes will continue **Thursdays 11am -1pm** at **Sound Times** (some field trips).
- **Droppin' Beatz.** Electronica your cup of tea? Have a love for Hip Hop, House or anything Rave? Learn to make music using virtual instruments on the computer. *Teaching Music with Reason* is an award winning software program that incorporates virtual drum machines, synthesizers, effects processors and loop players to make and produce your own music.

We are at the moment working to compile a series of Linux based programs in an effort to provide a free high quality alternative to Reason. So if you have Rhymes but no beats to spit them to, this is the tutorial for you! As Jeff has been away for a few weeks our first tutorial will be **Friday March 12th** after that Droppin' Beatz is held every **Friday at 12:00pm** in the **Sound Times** classroom.

Members Groups:

- **The Writer's Collective.** Join fellow members in the **Sound Times** classroom for the Writer's Collective. Share prose, poetry and works in progress. New members welcome. The writers' collective meets every **Monday at 11:30am**.

- **Activities Planning Committee.** All members are welcome and have a vote. Come sharpen your planning and organizational skills with this member-driven committee. The Planning Committee will take place before the Members meeting. **Tuesday, March 9th at 3:45pm.**
- **A Day at the Opera.** Join Sound Times at the New Opera House. This month features outings:
 - Tuesday, March 2nd:** Chamber Music series.
 - Wednesday, March 3rd:** Vocal Series.
 - Thursday, March 4th:** Chamber Music series.
 - Tuesday, March 9th:** Barry Suren, Piano.
 - Wednesday, March 10th:** Linda Ippolito, Piano.
 - Thursday, March 11th:** Vocal Series.
 - Tuesday, March 16th:** Chamber Music Series.
 - Wednesday, March 17th:** Piano Virtuoso Series.
 - Tuesday, March 23rd:** Piano Virtuoso Series.
 - Thursday, March 25th:** Piano Virtuoso Series.
 - Tuesday, March 30th:** Chamber Music Series.

We will be at the Opera House from **11:30am to 1pm.** Please sign-up to attend. For information on the Artists and Arrangements please see the listings on the bulletin board. Please meet at: **Sound Times at 11:00am.**

Harm Reduction & Wellness:

- **Cookin' It Up.** Looking to learn new cooking skills or brush-up on old ones? Cooking for you or maybe two? Interested in microwave cooking? Would you like new recipe ideas? Join our cooking group!! We meet every **Thursday at 11:00am** in the **Sound Times** kitchen.
- **Sound Times Food Market.** Come on out and join our Food Collective. Each month interested members can join the group in purchasing fresh fruit and veggies at rock bottom prices. The Food market will be held every **Thursday at 12:00pm.** **Please see the community board for sign up and further details.**
- **Becoming Your Own Harm Reduction Advocate.** Are you trying to cut down on substance misuse? People can meet with Nadine on a one-to-one basis to discuss their substance use, and create a plan that works for them! Referrals can be made available to community detox, substance abuse therapy, and relapse prevention programs. Or maybe you just need someone supportive to talk to about these issues.

Appointments can be made during morning hours by calling 416-979-1700 Ext. 504, or you can talk to Nadine during drop in hours.

- **Packin' It In.** Our group is for Sound Times members who need support regarding their smoking habits. Whether you are looking to quit or reduce the amount of cigarettes you smoke, this is the place to be. We meet on **Tuesday, March 9th at 12:00 pm.** See you there!

- **NEW!! Diabetes Info Group /Clinic** There will be a Diabetes Nurse and Nutritionist at **Sound Times** on **March 19th at 11:00am** to answer any questions you have concerning checking blood sugar, blood pressure, and foot care. See the community board to sign up. Do you have diabetes? Are you at risk for developing type II Diabetes? Come out to this workshop and have your questions answered. Each month we will be exploring issues such as Diabetes info, meal planning, food label reading, checking blood sugar, and psychiatric medication issues.
- **NEW!! Fit for Survival YMCA** Sound Times offers a weekly fitness group in which participants can learn cardiovascular and weight training techniques, address weight management issues as well as meditation methods. This program is offered every **Monday morning at 10:00 am to 1:00 pm**. We meet at **Sound Times**.

Other Groups of Interest:

- **Beginners Internet Workshop.** Explore the World Wide Web. Would you like to open up an e-mail account or are you interested in social networking (Facebook, MySpace and YouTube)? Do you already have an account and have no photos to upload? Get instruction on how to accomplish these things and more. The Workshop meets every **Tuesday at 12:00pm in the Sound Times Classroom**.
- **Chess Club.** Come join us at Sound Times for some Chess play. We will meet every **Thursday at 11:00am to 1:00pm**. Watch for upcoming Tournaments!
- **Volunteer/Employment Group.** Resume HELP!!!!?? Are you worried about large gaps in your work history, because of mental health reasons? We will address these and other concerns. Join us in the Sound Times classroom **Wednesday, March 3rd and 24th at 12pm** and get on the road to employment!
- **Too Cool for School.** Thinking about going back to school? It is your right to have an education that is accessible. We meet in a friendly casual setting to go over things like funding, different schools and programs, adult education in general, and peer-support. If you are thinking of going back to school, you have a special interest in a program/course, or you feel you have experiences you would like to share, do stop by. **Monday, March 8th and 22nd at 12:00pm**.

Events:

- **A Day at the Opera.** March 2nd, 3rd, 4th, 9th, 10th, 11th, 16th, 23rd, 25th and 30th @12-1pm. Meet @ Sound Times @11am.
- **Food Market.** Thursday, March 4th, 11th, 18th and 25th at 12:00pm.
- **Activities Planning** Tuesday, March 8th at 3:45pm.
- **Members meeting.** Tuesday, March 8th at 4:00pm.
- **Board meeting.** Tuesday, March 8th at 6:00pm.
- **Birthdays.** Help make a cake and celebrate those with birthdays in March. Friday, March 12th @2pm.
- **Rainbow Cinema Movie Outing.** Tuesday, March 16th @2pm.
- **Bingo.** Thursday, March 18th @2pm.

