

Sound Times Activities May 2012



Hours of Service Monday- 9:00am- 1:00pm Appointments & Groups
Friday 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: Monday, May 21st for Victoria day.

New For the Month of May:

- **Hours of Operation:** Due to the many changes taking place at Sound Times, the drop-by hours have been extended. We will now be open for drop-by at **10:00am until 5:00pm, Monday to Friday (except on Wednesday's as we are open at 1:00pm).**

Thank You for your patience!

- **End of the month Food Fun!** It's the end of the month and you're down to your last box of KD? Come out and help prepare the meals for all our Sound Times members! We will be sharing recipes, learning basic food safety techniques, budgeting and filling our bellies. If you have a passion for cooking or would like to learn how to cook or stretch your budget, join us **Tuesday, May 25th, 28th, 29th, 30th at 11:00am.**
- **The Sound Werx.** Sound Times now has Propellerheads, Reason 5 and Record 1.5, two of the most advanced pieces of music production software available in studios today. So if you are interested in producing and/or recording music, beat-making, learning to play an instrument or anything musical, then please join our collective every **Friday at 11:00pm.**

You may make individual appointments for tutorials.

Arts Programs and Workshops:

- **Movie Madness.** Come and help us decide what movies are going to be watched here at Sound Times. Vote for the Daily Movie in the TV Lounge area at 1:30pm till 2:00pm. **Daily Movie starts at 2:00pm.**
- **Art Studio.** All Members are invited to join Art Studio and give art a try **Tuesdays and Fridays 10:00am till 12:45pm.** If you enjoy knitting or other crafts you are welcome to do those activities at the art group too. See you there!
- **The Writer's Collective.** Join fellow members at Sound Times for the Writer's Collective. Share prose, poetry and works in progress. New members welcome. The writers' collective meets every **Monday at 12:00pm.**

Harm Reduction & Wellness:

- **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. You must bring a lock for personal belongings. This program is offered twice a week every **Monday and Friday morning at 10:00 am – 1:00pm.** We meet at Sound Times.
- **Becoming Your Own Harm Reduction Advocate.** Are you trying to cut down on substance misuse? You can meet with Nadine on a one-to-one basis to discuss your substance use, and create a plan that works for you! 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.** This smoking cessation program 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, help is available. Check out the Harm Reduction board, located upstairs, for helpful hints on quitting smoking.

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

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? Want to build a Website? Get instruction on how to accomplish these things and more. The Workshop meets **Tuesdays at 12:00pm.**

- **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, May 8th at 3:45pm.**
- **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.

****Appointments can be made during morning hours by calling 416-979-1700 Ext. 502, or you can talk to Nick during drop-in hours.****

- **Volunteer/Employment Group.** Resume HELP!!!??? Are you worried about large gaps in your work history, because of struggles with mental health? We will address these and other concerns and get on the road to employment.

****Appointments can be made during morning hours by calling 416-979-1700 Ext. 502, or you can talk to Nick during drop-in hours.****

Events:

- **Activities Planning Committee.** Tuesday May 8th at 3:45.
- **Members' meeting.** Tuesday, May 8th @4:00pm.
- **Board meeting.** Tuesday, May 8th @6:00pm.
- **Bowling.** Friday, May 18th @2:00pm.
- **BBQ.** Tuesday, May 22nd @ 1:00pm.
- **Rainbow Cinema Outing.** Tuesday, May 15th @2:00pm.
- **Birthdays.** Help us celebrate those with birthdays in May on Friday, May 25th @2:00pm.