### MVACL'S



2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	Euchre Blue's night at Tavern Zumba - Barry's Bay	3 Low Impact Zumba - Killaloe BINGO	4 Karaoke - Killaloe Trivia Night - Balmoral Book Club	5 Karaoke - Ash Grove BINGO Country Jam - WilnoTavern Fish & Chips Walking Group	6
7 Public Skating	8 Solar Eclipse	Euchre Blue's night at Tavern Zumba - Barry's Bay	Low Impact Zumba - Killaloe BINGO	Trivia Night - Balmoral Karaoke - Killaloe	12 Karaoke - Ash Grove BINGO Square Dancing Lessons Walking Group	13 Minor Heritage Hockey Day
Public Skating	15	Euchre Zumba - Barry's Bay Blue's night at Tavern	Tow Impact Zumba -  Killaloe  BINGO  QAM Training	18 Karaoke - Killaloe Trivia Night - Balmoral	BINGO Karaoke - Ash Grove Walking Group CRAFTED Craft & Chat	20
21	22	Euchre Zumba - Barry's Bay Blue's night at Tavern	24 Low Impact Zumba - Killaloe BINGO	25 Karaoke - Killaloe Trivia Night - Balmoral	26 BINGO Karaoke - Ash Grove Square Dancing Lessons Walking Group	27
28	29	30 Euchre  Zumba - Barry's Bay  Blue's night at Tavern				

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April 10	Low Intensity Zumba Lions Hall Killaloe - 10:00 am to 11:00 Call 613-757-3108 to register
April 10	Dabber Bingo - Combermere Community Hall - Doors open at 6:00 BINGO starts at 7:00 - Must be 18+
April 11	Trivia Night at the Balmoral 7:00 pm to 8:30 pm
April 11	Karaoke at Killaloe Lions Hall 1:00 pm
April 12	Karaoke at the Ash Grove 7:00 pm
April 12	BINGO - Quadeville Community Centre 7:30 pm
April 12	Free Square Dancing Lessons - Eganville Legion 7:30pm to 9:00pm
April 12	Walking Group - Barry's Bay Library 1:00 pm to 2:00pm
April 13	Dabber Bingo - Combermere Community Hall - Doors open at 6:00 BINGO starts at 7:00 - Must be 18+
April 14	Low Intensity Zumba Lions Hall Killaloe - 10:00 am to 11:00 Call 613-757-3108 to register
April 16	Euchre - Barry's Bay Legion Registration 6:30pm Games begin at 7:00pm \$7.00
April 16	Blues Nite at Wilno Tavern 8:00 pm to 12:00 am
April 16	Zumba - Paul J. Yakabuski Community Centre 7:00 pm \$50/month \$15 drop in
April 17	Low Intensity Zumba Lions Hall Killaloe - 10:00 am to 11:00 Call 613-757-3108 to register
April 17	Dabber Bingo - Combermere Community Hall - Doors open at 6:00 BINGO starts at 7:00 - Must be 18+
April 18	Trivia Night at the Balmoral 7:00 pm to 8:30 pm
April 18	Karaoke at Killaloe Lions Hall 1:00 pm
April 19	BINGO - Quadeville Community Centre 7:30 pm

April 19	Karaoke at the Ash Grove 7:00 pm		
April 19	Walking Group - Barry's Bay Library 1:00 pm to 2:00pm		
April 19	Craft & Chat - Barry's Bay Library 10:30 am to 11:00am		
April 23	Euchre - Barry's Bay Legion Registration 6:30pm Games begin at 7:00pm \$7.00		
April 23	Zumba - Paul J. Yakabuski Community Centre 7:00 pm \$50/month \$15 drop in		
April 23	Blues Nite at Wilno Tavern 8:00 pm to 12:00 am		
April 24	Low Intensity Zumba Lions Hall Killaloe - 10:00 am to 11:00 Call 613-757-3108 to register		
April 24	Dabber Bingo - Combermere Community Hall - Doors open at 6:00 BINGO starts at 7:00 - Must be 18+		
April 25	Karaoke at Killaloe Lions Hall 1:00 pm		
April 25	Trivia Night at the Balmoral 7:00 pm to 8:30 pm		
April 26	BINGO - Quadeville Community Centre 7:30 pm		
April 26	Karaoke at the Ash Grove 7:00 pm		
April 26	Free Square Dancing Lessons - Eganville Legion 7:30pm to 9:00pm		
April 26	Walking Group - Barry's Bay Library 1:00 pm to 2:00pm		
April 30	Euchre - Barry's Bay Legion Registration 6:30pm Games begin at 7:00pm \$7.00		
April 30	Blues Nite at Wilno Tavern 8:00 pm to 12:00 am		
April 30	Zumba - Paul J. Yakabuski Community Centre 7:00 pm \$50/month \$15 drop in		

# Learning Centre Training

QAM TRAINING: April 17, 11:15-12:30pm at 19460

## OPEN FUTURES SIDE BY SIDE: MY RIGHTS

### **About this module:**

This module will explain what some of your most important rights are.

This module includes presentations from a range of leading professionals and self-advocates, including Simon Duffy, Harvey Pacht, and Peter Leidy
On successful completion of this module, you will be able to:

- Understand what rights are and why they are important.
  - Explain some of the most important rights.
  - Discuss ways to protect and build your own rights.
  - Understand when and why rights may be limited.

**MODULE LENGTH: 30 MINUTES** 

#### **ALSO COVERED**

**Review of each document:** 

- Rights and Responsibilities of Persons Served & Statement of Rights
  - Orientation to Mission Statement
    - Service Principles
- Review Policy & Procedures on Privacy, Confidentiality, Consent & Use or Disclose Personal Information

Please contact Kelly Norlock to register



