

# Winter-Spring 2024



FRIENDSHIP • SUPPORT • COMMUNITY

**Save the Date! Gala on Oct 25, 2024**

## 25th Anniversary Memories

*Thanks to everyone who helped Lifetime mark the quarter-century milestone! Guests enjoyed good food, great company, and excellent music!*



# Being A Citizen



Recently, participants completed their latest ballet program at the Victoria Academy of Ballet. This community connection continues to provide Lifetime Network participants with the opportunity to develop their creativity and dance skills. It has been an absolute pleasure to witness the participants' excitement, joy, and growth throughout their ballet classes. We are very excited for the next ballet program.



The students of Camosun College's Education Assistant & Community Support program invited the participants of Being a Citizen to their Interurban campus to participate in an Art Drop-in. Students collected a variety of creative materials to invite participants to express themselves through art. As always, this activity was a huge success for both participants and the Camosun College students. Being a Citizen has been fortunate enough to collaborate with the University of Victoria's Let's Talk Science! Their community outreach students come to Lifetime Networks location and engage the participants in hands-on STEM learning. Over the last two months, participants have completed two Crime Scene Modules, where they immersed themselves in fingerprinting and chromatography activities. During the spring, Being a Citizen participants will continue to experience modules through Let's Talk Science! including topics such as Science in Art and Science in Sport.



# Community Engagement

Spring is now in full bloom, and so is our Community Engagement program! As the largest initiative within our organization, we're thrilled to kick off the season with renewed energy and enthusiasm. Our dedicated community support workers are partnering with individuals across our community to embark on a journey of growth, empowerment, and connection.

Together, our teams are gearing up to tackle exciting goals, develop essential skills, and dive headfirst into the vibrant tapestry of our community. From attending local events to volunteering for meaningful causes, our participants are ready to make their mark and shine bright this spring.

As the flowers bloom and the days grow longer, we're not just witnessing the beauty of nature; we're witnessing the blossoming potential within each individual we support. Join us as we embrace the spirit of spring, celebrate inclusivity, and create lasting memories together. Here's to a season filled with sunshine, community spirit, and endless possibilities!



# Earth Day Fundraisers!

## Clothing Swap & Clothing Sale

**When:** April 19, 3:30 – 5:30 pm

**Where:** Lifetime Networks Quadra building

**What: Clothing Swap:** attendees bring in gently used items to trade with others for free. Anything not taken home from the Clothing Swap will be diverted back to the Earth Day Clothing Drive to help fill the MAX truck!

**Clothing Sale:** hand-picked items from Clothes Drop will be available at bargain prices at the same time as the Clothing Swap. Many are new with tags still on!



## Clothing Drive

**When:** April 20, 10 am – 3 pm

**Where:** MAX Furniture, 3460 Quadra St



**What:** Charity Fundraising Clothing Donation Drive. Accepting donations of gently used clothing, textiles, and shoes. Help us max out the MAX truck by stuffing it full of clothing! This drive serves two purposes: diverting used clothing from the landfill to help the environment, AND raising funds to support participants in Lifetime Networks' programs.

Can't make it in person? Drop off at any of our bins around town, or arrange a home pick up! Pick-ups are available by contacting Carlene at 250-744-7655.

---

## MEMO FROM OH&S

The OH&S committee would like to remind everyone that all of our premises are *peanut, shellfish and perfume free*. This is part of our policy and is on every intake form for new participants. As this is an organization wide policy we need to follow through, even if you do not currently have an individual with allergies in your group or location.

Let's all please keep allergy awareness in mind for all sites.

We would also like to make sure all staff know where the emergency muster points are, and ask that everyone make sure their participants in each program also know where their buildings muster point is.

**Quadra:** up the street at the black and white music school building parking lot.

**Theatre Skam:** at the corner of Broughton and quadra.

**Lambrick Park Church:** the shed in the left corner of the parking lot.

**Namaste:** the front steps of the church next door.

Thank you all!

From the OH&S team

# Sessionals

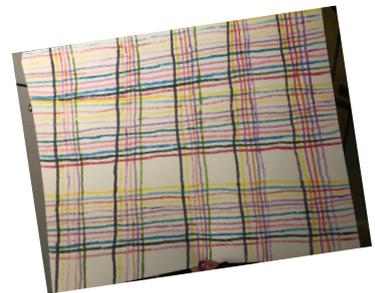
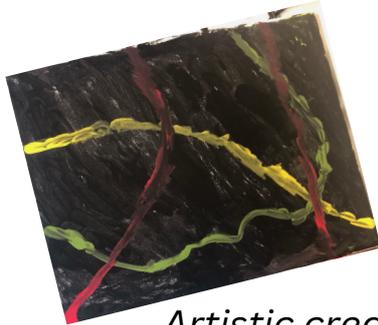
## Monday Social Cooking

Gather to make friends as you prepare a meal together! No cooking experience required. Bring your appetite!

## Art Studio

Step into our creative and social environment! Designing art, making friends, and having fun is what Art Studio is all about. From water color to collage, we explore different media to inspire your self-expression. We have an inclusive and free-form group that welcomes any and all art-seekers! Spaces available for Spring.

Register with [Tasia@Lnv.ca](mailto:Tasia@Lnv.ca) or call 250-477-4112



Artistic creations galore!



## SPRING 2024 SESSIONALS

April 15 - June 24, 2024

To register, please call 250-477-4112 or email [Tasia@Lnv.ca](mailto:Tasia@Lnv.ca). No late registrations will be taken after April 15, 2024.

### MONDAY MONDAY SOCIAL COOKING

Apr 15 - Jun 24  
3:30 - 5:00 pm  
**\$240**  
10 sessions  
Max: 10 people  
\*No session  
May 20\*

### MUSIC - IN PERSON

Apr 15 - Jun 24  
6:30 - 7:30 pm  
**\$132**  
10 sessions  
Max: 10 people  
\*No session  
May 20\*

### TUESDAY MUSIC ZOOM

Apr 16 - Jun 18  
5:30 - 6:30 pm  
**\$132**  
10 sessions  
Max: 12 people

**FULL**



### WEDNESDAY



### THURSDAY ART STUDIO

Apr 18 - Jun 20  
6:30 - 8:00 pm  
**\$200**  
10 sessions  
Max: 10 people



### FRIDAY FRIDAY SOCIAL

Apr 19 - Jun 21  
6:30 - 8:30 pm  
**\$240**  
10 sessions  
Max: 12 people

friends

### SATURDAY GALS' GROUP

Apr 20 - Jun 22  
10:30am -  
12:30pm  
**\$240**  
10 sessions  
Max: 10 people



# Networks



Carolina, who is the center of one of the founding Networks of the agency, experienced a very pleasant surprise last week. Barb Britton, a friend in her Network was nominated for and received the Friend of the Year Award 2023 at the AGM on March 20th.

Barb has been a friend to Carolina for more than 20 years, in difficult situations as well as for many fun outings. She has offered tech support, played tennis, pickle ball, and went for walks, coffees, had family dinners and many, many chats. She connected closely with the family and became also a friend of Janine's, Carolina's mum. With true friends like Barb, the Networks Program has a positive impact on the lives of our focus people, and the lives of the Network friends are changed for the better as well!

In addition, Carolina's Network Facilitator Martina was recognized for being with Lifetime Networks and supporting Carolina's Network for more than 16 years, helping to build a solid and vibrant Network!

# Theatre Program



*Here is a picture of a couple of our participants improvising a shadow play scene.*

Theatre troupe has been busy and had a lot of positive changes lately!

We moved to a real theatre space downtown, where we hope to be for a long time. We are renting the Theatre SKAM satellite studio on Fort Street and loving it! One of our long-term goals has been to integrate more with the wider theatre community, and this rental space give us more opportunity to do so.

We have begun working on our spring showcase already; writing songs, improvising scenes, and choreographing dances! We plan to make it a variety show style, with many different types of performances highlighting what we have been working on.

Our showcase will be at Langham Court Theatre once again, one performance on May 25th and one on May 26th. More information and tickets will be available in the coming months!



To all the family and friends who have donated to Lifetime Networks in memory of a loved one who has passed. All funds donated are added to the Pieter Van Rheenen Scholarship fund. To make a donation, or to inquire about leaving a legacy gift, contact Carlene at 250-477-4112 or email [Carlene@Lnv.ca](mailto:Carlene@Lnv.ca)

### AUTISM FUNDING

If you have Autism Funding, those funds can be used to purchase services through Lifetime Networks

### LET'S GET SOCIAL

 [/LifetimeNetworksVictoria](https://www.facebook.com/LifetimeNetworksVictoria)

 [/LifetimeNetworksVictoria](https://www.instagram.com/LifetimeNetworksVictoria)

 [/Lifetime Networks Victoria](https://www.youtube.com/LifetimeNetworksVictoria)

## UPCOMING EVENTS

- April 15: Spring Sessionals begin
- April 19: Earth Day Clothing Swap & Sale - 3:30 - 5:30 pm, at Lifetime Networks
- April 20: Earth Day Clothing Drive - 10 am - 3 pm, at MAX Furniture, 3460 Quadra St
- May 11: Craft Fair 10 am - 2 pm
- May 25 & 26: Theatre Troupe Performances at Langham Court Theatre
- Oct 25: 19th Annual Gala & Auction

[www.lifetimenetworks.org/events](http://www.lifetimenetworks.org/events)

### THANK YOU!



### SCAN ME



### TO DONATE