



# PROGRAM CALENDAR

**November-December, 2025**

\*Most program activities will start during the week of  
November 3<sup>rd</sup> to November 7<sup>th</sup>, 2025.

**Programs and events are for Thrive members only!**

# Thrive Location



## **Thrive address:**

300-1338 West Broadway (3rd floor)  
Vancouver, BC V6H 1H2  
Phone: 604-876-0773  
Email: [thrive.registration@opendoorgroup.org](mailto:thrive.registration@opendoorgroup.org)

## **Hours of Operation:**

Monday & Friday | 9:00am – 4:30pm  
Tuesday, Wednesday & Thursday | 9:00am – 6:00pm

## **Convenient Parking Solutions:**

- Free Parking: Available on Birch St., Alder St., 7th Ave, 10th Ave, and Hemlock St.
- Nearby Parkades: Rates range from \$7.50 to \$13.
- Metered Parking: Located on 8th Ave and Birch Str.
- Handicap Parking: Vehicles displaying a SPARC sign may park in designated residential areas for up to 3 hours.

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# Special Events

We'd love for you to join our limited-space special events. Please ensure you've attended our programs within the last four months to participate in these events.

**Nov 13**

2:00pm

## WORK PARTY

Are you employed or thinking about employment? Join this fun, interactive event where you can attend guest speaker presentations, connect with others, share experiences, network and access tools and resources to support your employment journey.

**Where:** False Creek Community Centre



**Dec 11**

12:00pm

## THRIVE HOLIDAY PARTY

It's that time of year again! Thrive is excited to invite you to our annual Holiday Party, filled with delicious food, fun crafts, singing, and plenty of laughter. Don't miss out on this joyful celebration!

**Where:** False Creek Community Centre



**Nov 19**

**&**

**Dec 17**

12:00pm

## PAWSITIVE GET TOGETHER

Do you enjoy spending time with dogs? If yes, join this social event and enjoy walk with four legged furry friends. Spending time with dogs has multiple mental health benefits. During this social event you will have the opportunity to go for a walk in company of one or two friendly dogs.



**Programs start the week of November 3 - November 7. Unless otherwise specified.**

New participants welcome! We are accepting new intakes during this time. Our intake form is available on our [Open Door Group THRIVE Website](#).

# Leisure

**HOLIDAY No-Bake Treat Making/Cooking**  
**Fridays 11:00am - 12:30pm (Thrive Office)**  
**Nov 7 - Dec 19**

Join this new workshop where you will learn how to whip up an array of delightful no-bake treats that will be perfect for gifting, sharing, or savoring all to yourself.



**HOLIDAY Gift Making**  
**Wednesdays 1:00pm-2:30pm (Thrive Office)**  
**Nov 5 - Dec 17**

The holidays are upon us! Let's get together and create some holiday inspired gifts while learning new skills such as needle felting, embroidery, jewelry and ornament making etc. All art supplies will be provided, just bring your holiday spirit and creativity!



**Winter Crochet**  
**Tuesdays 11:00am-12:30pm (Thrive Office)**  
**Nov 4 - Dec 23**

Are you looking for a new way to express your creativity? Why not try crocheting—a fun activity. The art of crocheting is a lifelong skill that you will be able to use to make beautiful gifts and items for your home or wardrobe.



**Ukulele Alumni**  
**Mondays 12:30pm-2:00pm (Thrive Office)**  
**Nov 3 - Dec 22**

Have you participated in our ukulele for Beginners workshop in the past and would like to continue practicing with fellow peers? Than this group is for you. It is a peer led group that will bring you a lot of joy.



# Leisure (cont.)

## **HOLIDAY Community Exploration**

**Tuesdays 3:30pm-5:30pm**

**(Community) Nov 18 - Dec 23**

Join this Community Exploration group to learn about and visit some of Vancouver's winter and holiday events. Each session the group will be visiting a new local venue to explore what our community has to offer.

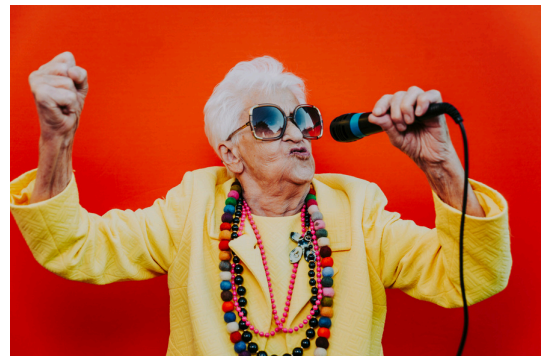


## **Beginner Singalong/Karaoke**

**Mondays 11:00am-12:30pm (Thrive Office)**

**Nov 3 - Dec 15**

For anyone who enjoys music but feels nervous about singing in front of/with others. No experience needed, just openness to try something new in a safe, supportive space. Together we'll create connection, laughter, and belonging as we sing pop and rock favorites (and maybe a few holiday carols as the season nears).



## **NEW Chinese Calligraphy for Mindful Living**

**Mondays 2:00pm - 3:30pm (Thrive Office)**

**Nov 3 - Dec 22**

Join us for a relaxing and culturally rich experience where ancient art meets modern wellness. This adult-friendly group invites you to explore the beauty of Chinese calligraphy while embracing mindfulness, creativity, and calm.



## **Trans and Queer Group**

**Thursdays 3:00pm - 4:30pm (Community)**

**Nov 6 - Dec 18**

This inclusive program is designed for queer and trans people to experience mutual support, joy, and a celebration of our diverse identities. Come to this trans-led program where we'll socialize, learn about other community resources, discuss shared experiences, and get out in the community.

## **Beginner Ukulele**

**Wednesdays 12:30pm- 2:00pm**

**(Thrive Office) Nov 5 - Dec 17**

Are you interested in learning the basic skills of playing Ukulele and enjoying music with peers? Participate in this beginner class and learn how to play simple tunes. Join this five week long program full of music and fun.

# Leisure (cont.)

**Creative Writing**  
**Mondays 2:30pm – 4:00pm (Thrive Office)**  
**Nov 3 - Dec 22**

Have you wanted to do some writing but find it hard to get started? Looking to spark your creativity? Join our hands-on program with fun, in-class activities to get your creative juices flowing. No writing experience needed!



**NEW Discover the Magic of Fermentation**  
**Tuesdays 11:00am-12:30pm (Thrive Office)**  
**Nov 18 - Dec 22**

Interested in learning more about the ancient process of fermentation? Gain knowledge and practical experience while discovering the magic of transforming food for preservation, flavour and health benefits. Learn to make a variety of ferments including sauerkraut and kombucha.



**Needle Felting**  
**Thursdays 1:00pm-2:30pm (Thrive Office)**  
**Nov 6 - Dec 18**

Designed for anyone who enjoys creative arts or wants to learn a hands-on skill that promotes mindfulness and relaxation. No prior art experience needed. You'll learn the basics of needle felting—turning soft wool into small figures or ornaments using simple tools, with space to explore your own creative ideas.



**NEW Discover the Art of Origami**  
**Fridays 1:00pm-2:30pm (Thrive Office)**  
**Nov 7 - Dec 19**

Origami is the traditional Japanese art of paper folding—transforming a simple sheet into intricate shapes like animals, flowers, and more. But it's more than just craft—it's a calming, creative way to practice mindfulness and boost focus. No experience needed.



# Mental Health Management

## Self-Compassion

Thursdays 2:30pm-4:00pm (Thrive Office)

Nov 6 - Dec 18

When we are mindful of our struggles, and respond to ourselves with compassion, kindness, and support in times of difficulty, things start to change” K. Neff. This workshop helps you to understand what self-compassion is and strategies to practice self-compassion in daily life.

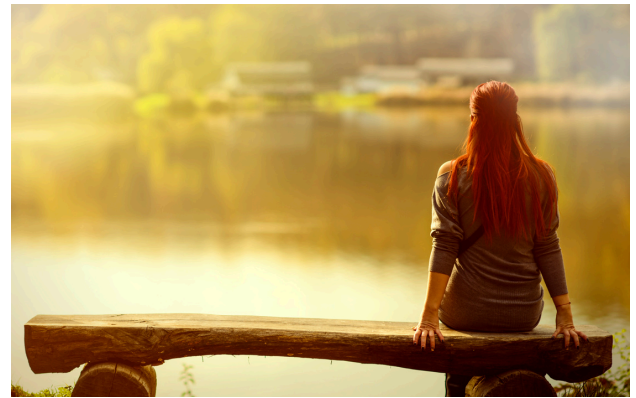


## Cultivating Positive Mindset and Gratitude

Wednesdays 1:00pm-2:30pm (Online)

Nov 5 - Dec 17

Do you see the glass as half empty or half full? This program will help you learn how to foster positive mindset, cultivate gratitude and develop the skills and habits necessary to shift your focus towards better wellbeing, increased resilience and management of negative thoughts.



# Physical Health & Wellness

## ABC - Active and Strong

Mondays 10:30am - 12:00pm (Trout Lake Community Centre) Nov 10 - Dec 15

Accommodating a range of fitness levels Active and Strong is group exercise class led by registered fitness professionals. Using a non-choreographed format with a focus on improved health and function, classes include strength, mobility and cardiovascular training as well as balance, coordination and agility.



# Physical Health & Wellness (cont.)



**Walking Program - Big Elf Training**  
**Wednesdays 11:00am- 12:30pm (Outdoor)**  
**Nov 5 - Dec 17**

This goal oriented program is training for the Big Elf 10km walk. This group is for anyone who would like to enjoy walking, social time with peers and training for a fun Holiday Event. This group started in September. Ask your RT for more info.



**Beginner Running Group**  
**Thursdays 11:00am - 12:30pm (Seawall)**  
**Nov 6 - Dec 18**

This Running Group is for everyone who wants to get running, enjoy the company of others and have fun. Running has great benefits for our physical and mental health. It helps decrease our stress levels and boost our mood. Accept a new challenge and join this fun group. Previous Running Group runners are welcome.



**NEW November - Men's Health Program**  
**Thursdays 1:00pm - 2:30pm (Thrive Office)**  
**Nov 6 - Dec 18**

This Men's Health Program is designed to support men's physical, mental, and social wellbeing in a fun and engaging environment. Through interactive discussions, practical tools, and peer connection, participants will explore ways to manage stress, stay active, and build healthy habits.



# Physical Health & Wellness (cont.)



**PEER LED: Exploring Geocaching Together**  
**Tuesdays 11:00am - 12:30pm (Outdoor)**  
**Nov 18 - Dec 9**

Curious about geocaching? This beginner-friendly outdoor workshop is a gentle way to explore nature, solve clues, and find hidden treasures. We'll learn together, support each other, and build confidence along the way. Bring the free Geocaching app on your phone. Rain or shine, dress for the weather and let the adventure lift your spirits.

**NEW Mindful Moments**  
**Thursdays 11:00am - 12:30pm (Thrive Office)**  
**Nov 13 - Dec 18**

This workshop offers a gentle space to slow down, create, and reflect through a mix of calming activities and guided mindfulness practices. Each week includes a short check-in and grounding exercise, a hands-on or reflective activity, and a brief meditation to close.



## Social Skills

**Assertiveness**  
**Tuesdays 1:00pm - 2:30pm (Thrive Office)**  
**Nov 4 - Dec 16**

Learning to be assertive takes time and practice but ultimately it helps reduce stress and increase confidence. In this dynamic and interactive session, participants will learn essential skills to communicate confidently, set boundaries, and advocate for themselves effectively.



# Thrive Community Connections

## Savvy Budgeting

Fridays 12:00pm - 1:30pm (Thrive Office)

Nov 7 - Dec 19

Managing your money can feel overwhelming, but with the right tools, it becomes much easier. We'll explore simple and practical ways to create a budget, manage your income, and plan for future expenses. This supportive session is designed to help you feel more confident and in control of your finances, no matter where you're starting from.



## ODG Gives Back

Fridays 11:00am - 12:30pm (Thrive Office)

Nov 10 - Dec 22

Together, we'll take part in a meaningful group project that supports individuals and families in need during the holiday season. This is a wonderful chance to connect with others, learn about community well-being, and make a positive impact. Everyone is welcome—come share your time and kindness to help make the holidays brighter for others!



# Youth & Young Adults

## YAS Young & Adult Social (Ages 17-26)

Tuesdays 3:00pm-4:30pm

(Office/Community)

Do you want to have some fun and enjoy community outings? Join this fun social program where you can meet with peers in encouraging group atmosphere, attend outings in the community and have candid conversation with others.



# Drop-in & Peer Programs

To register, connect with your Recreation Therapist.

## Peer-Led Walking Groups - Mondays/Wednesdays/Fridays (Various locations and times)

These peer-led walking groups are for anyone who is interested in building a regular walking habit. The groups are social and supporting and open to any Thrive members. **Please speak to your Recreation Therapist for more information and details.**

## Social Games Thursdays 3:00pm - 5:00pm (Thrive Office)

Join us for an engaging social gathering where Thrive members come together to enjoy board games and a variety of other entertaining activities. Our inclusive group is open to everyone seeking interactive fun and a vibrant social atmosphere.

## Open Arts Social Fridays 3:00pm - 4:30pm (Thrive Office)

Do you have art projects at home but haven't been able to do them? Bring them in for this open arts time at Thrive, where you can work on your independent projects while socializing with others doing the same.



## How to Register for Programs:

- Choose a program based on your goals. **Maximum of 2 programs per term.**
- Respond to [thrive.registration@opendoorgroup.org](mailto:thrive.registration@opendoorgroup.org) and cc your recreation therapist. Schedule an appointment to discuss your goals and program registration.
- Once you are registered for a program, you will receive program reminder and additional information regarding the location of your program via email.



# STAY IN TOUCH!



[www.opendoorgroup.org](http://www.opendoorgroup.org)



[thrive.registration@opendoorgroup.org](mailto:thrive.registration@opendoorgroup.org)



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This document has been designed to meet WCAG 2.0 standards and guidelines, albeit with some limitations.

To provide suggestions on how we can enhance this report, please send your feedback to [info@opendoorgroup.org](mailto:info@opendoorgroup.org).