

Canadian Down Syndrome Conference- Adult Program

Agenda

Saturday- May 11th

Harbour Room 8am to 5pm

- 8:00 8:20 Welcome
- 8:20 9:00 Opening games
Join us for some fun games to get to know each other
- 9:00 10:30 **Special Olympics-Fitness Session**
Join Sarah Russell for her 1.5 hour session. She will provide an interactive session of fitness, learning important movement skills and teaching healthy habits. **Please bring active wear, running shoes and a water bottle for this session.**
- 10:30 10:45 Morning snack
- 10:45 12:15 **Lifetime Networks- Cooking Session**
Join Thom McMahon in creating your own lunch. Dietary restrictions from your registration package have been noted.
- 12:15 1:00 Lunch in the Harbour room
- 1:00 2:30 **BINGO**
BINGO games for one and all. One line to win. And we will have some fun interactive games in-between.
- 2:30 2:45 Afternoon snack
You will have a choice of activities: DVD, Music, Board games, colouring,
- 2:45 3:45 walk along the boardwalk
- 3:45 4:45 **Victoria Harbour Taxi**
Tour Victoria Harbour in a water taxi. Pick up and drop off at the hotel. So much to see in this 45 minute special charter tour.
- 4:45 5:00 Pick up time

Sunday-May 12th

Harbour Room 8am to 3pm

- 8:00 8:20 Welcome back
- 8:20 9:00 Opening games
- 9:00 10:30 **Landa Fox- Sexuality workshop**
Join Landa Fox for her session specifically set out for Adults with Down syndrome about sexual health
- 10:30 10:45 Break
Join VATTA in the main conference or stay in the Harbour room for a
- 10:45 12:00 movie or games.
- 12:00 1:00 Lunch in the Harbour Room
- 1:00 2:30 **Nancy Dobbs- Music session**
Time to jam with Nancy for her music session. We will have a few guitars and some percussion for everyone to join in this interactive sing-a-long
- 2:30 3:00 Goodbye and hope you enjoyed your visit to Victoria