

My COOP Experience at Chartwell

Kyla Morgan

What is a High School Co-op?

- Introduces students to the working world
- Out of class learning experience
- Narrows down future career paths
- Earn two credits



Challenging and interactive

Get experience
working with other
staff members

Shadow multiple
different occupations

Learn new skills

Something I look forward to going to
everyday

Community
Involvement

Work with people
of any age

Explore future career paths

What I wanted to
gain from
my COOP Experience



Welcome to Chartwell

Lifestyle and Programs Department

- Responsible for planning and running all programs, socials, and outing trips
- Creates the daily sheets, monthly calendar, and newsletter
- Contacts vendors, performers and fitness instructors to come into the building.

Monthly Calendar

June - Chartwell Oakville						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
01 11:00 Word Search (B) 2:00 Scrapbook Social with Mita (B) 2:00 Music and Ice Cream with Anna (L)	04 10:00 Trip - Walmart (SU) 10:00 Fitness "A&B" Class (FC) 10:30 N.O.P.E. Knitting with Kyle (L) 1:00 Walking Club with Kyle 1:45 Trip - Deer Mall (SU) 2:30 Milkshakes (B) 3:00 Candidates Visit - PC Party (T) 4:30 Therapy Dog Visit (FL)	05 10:00 Storytime with Kiddies (FL) 10:45 Fix Minds (CY) 1:00 Fitness "A&B" Class (FC) 1:30 Open Bridge (BFL) 2:30 Horse Races (GR) 3:00 Wheel of Fortune (GR) 4:00 Walking Club (FL) 7:00 BINGO (GR)	06 Refresher 10:00 Yoga (FC) 10:45 Java Music Club (GR) 11:30 Captain's Lunch (FC) 1:00 Fitness "A&B" Class (FC) 2:00 Kitchen Tours (GR) 3:00 Art Class (SH) 3:00 Crosswords (FL) 7:00 Horse Races (GR)	07 Traditions Alive Vendor 9:00 Potting Station Opens (T) 10:00 Trip - Dollarama (SU) 10:30 Morning Meditation (GR) 1:00 Jumble (B) 1:00 Fitness "A&B" Class (FC) 2:15 Horse Races (GR) 3:00 BINGO (GR) 4:00 Polling Station Closes (T)	08 Part of Call Italy 9:30 Stretch & Relaxation (FC) 10:00 Holy Communion (T) 10:30 Italian Lessons & Trivia (GR) 11:00 Canoli Dip (GR) 2:00 Broom Ball (CY) 3:00 Happy Hour (FL) 7:00 Mouse: Life is Beautiful (T)	09 9:30 Stretch & Relaxation (FC) 10:15 Word Search (B) 10:30 Walking Club with Miranda (FL) 2:00 Lemonade & Trivia (CY)
10 11:00 Word Search (B) 2:00 Music and Ice Cream with Anna (FL)	11 10:00 Fitness "A&B" Class (FC) 10:30 H.O.P.E. Knitting with Kyle (L) 1:00 Lunch Bunch - From McGee's with Anna (FL) 1:45 Trip - Science Drive (SU) 2:00 Rhythm n' Moves (FC) 2:30 Milkshakes (B) 3:00 Ladies Club (GR) 4:30 Therapy Dog Visit (FL)	12 Spring Market Vendor 10:00 Morning Meditation (GR) 10:45 Fix Minds (CY) 1:00 Fitness "A&B" Class (FC) 1:30 Open Bridge (FL) 2:30 Horse Races (GR) 3:00 Guest Speaker (FL) 4:00 Walking Club (FL) 7:00 BINGO (GR)	13 10:00 Yoga (FC) 10:45 JAZZ Music Club (GR) 1:00 Fitness "A" Class (FC) 2:00 Fitness "B" Class (FC) 2:00 Fruit of the World (GR) 3:00 Art Class (SH) 3:00 Crosswords (FL) 7:00 Horse Races (GR)	14 9:30 Trip - Mystery Drive (SU) 10:00 Body and Soul Dance (FC) 11:00 Truth or False (B) 1:00 Fitness "A" Class (FC) 2:00 Fall Prevention (FC) 3:00 Horse Races (GR) 7:00 BINGO (GR)	15 9:30 Stretch & Relaxation (FC) 10:00 Holy Communion (T) 10:30 Crosswords (FL) 11:00 Farwell Tea for Kyle (GR) 2:00 Bean Bag Toss (CY) 3:00 Merry Club with Chad (GR) 3:00 Happy Hour (FL) with Penny Johnson	16 10:15 Word Search (B) 10:30 Walking Club with Miranda (FL) 2:00 Lemonade & Trivia (CY)
17 FATHER'S DAY 11:00 Word Search (B) 11:00 Father's Day Brunch (GR) 1:00 Trip - Walmart (SU) 1:00 Father's Day Brunch (GR) 3:00 Entertainment (FL) 4:00 Dasha's Music School Piano Recital (FL)	18 9:45 Trip - Andrew's Science Fair (SU) 10:00 Fitness "A" Class (FC) 11:00 Fitness "B" Class (FC) 1:45 Trip - Walmart (SU) 2:00 Rhythm n' Moves (FC) 2:30 Milkshakes (B) 3:00 Bean Club Trip to Cafe (SU) 4:30 Therapy Dog Visit (FL)	19 10:00 Anglican Service (FL) 10:00 Storytime with Kiddies (FL) 10:45 Fix Minds (CY) 1:00 Fitness "A&B" Class (FC) 1:30 Wheel of Fortune (GR) 2:30 Horse Races (GR) 3:00 Wheel of Fortune (GR) 4:00 Walking Club (FL) 7:00 BINGO (GR)	20 Garden Age Appart 10:00 Yoga (FC) 10:45 Java Music Club (GR) 1:00 Fitness "A" Class (FC) 2:00 Fitness "B" Class (FC) 2:00 Welcome Reception (T) 3:00 Art Class (SH) 3:00 Crosswords (FL) 7:00 Horse Races (GR)	21 First Day of Summer 10:00 Morning Meditation (GR) 11:00 Celebrating World Music Day (CY) 1:00 Fitness "A" Class (FC) 2:00 Fall Prevention (FC) 3:00 BINGO (GR)	22 Strawberry Social 9:30 Stretch & Relaxation (FC) 10:00 Holy Communion (T) 10:30 Crosswords (FL) 2:00 Lawn Bowling (CY) 3:00 Strawberry Social (FL) with Mimi dogs	23 10:15 Word Search (B) 10:30 Walking Club with Miranda (FL) 2:00 Lemonade & Trivia (CY)
24 10:00 Trip - St. Andrew's Church (SU) 11:00 Word Search (B) 11:00 Sothe Moly's Cafe (FL) 2:40 Dasha's Music School Piano Recital (FL)	25 9:45 Trip - Springdale Farm (SU) 10:00 Fitness "A" Class (FC) 11:00 Fitness "B" Class (FC) 1:45 Trip - Oakville Place (SU) 2:30 Milkshakes (B) 4:30 Therapy Dog Visit (FL)	26 10:00 Morning Meditation (GR) 10:45 Fix Minds (CY) 1:00 Fitness "A&B" Class (FC) 1:30 Open Bridge (FL) 2:30 Horse Races (GR) 3:00 Team Hall Meeting (FL) 4:00 Walking Club (FL) 7:00 BINGO (GR)	27 10:00 Yoga (FC) 10:45 Java Music Club (GR) 1:00 Fitness "A&B" Class (FC) 2:00 Trip - Burlington Innkeepers (CY) 2:00 Make a Pizza (GR) 3:00 Art Class (SH) 3:00 Crosswords (FL) 7:00 Horse Races (GR)	28 10:00 Trip - Shoppers Drug Mart (SU) 10:30 Body and Soul Dance (FC) 1:00 Fitness "A" Class (FC) 2:00 Trip - Burlington Innkeepers (CY) 2:00 Fall Prevention (FC) 3:00 BINGO (GR)	29 9:30 Stretch & Relaxation (FC) 10:00 Catholic Mass (T) 10:30 Crosswords (FL) 2:00 Bean Bag Toss (CY) 3:00 Birthday Party (FL) with Laurence Marks	30 10:15 Word Search (B) 10:30 Walking Club with Miranda (FL) 2:00 Lemonade & Trivia (CY)

Chartwell Oakville
180 Oak Park Blvd
Oakville, ON
905-237-0095

JUNE

chartwell.on

What a Typical Day Looks like at Chartwell!

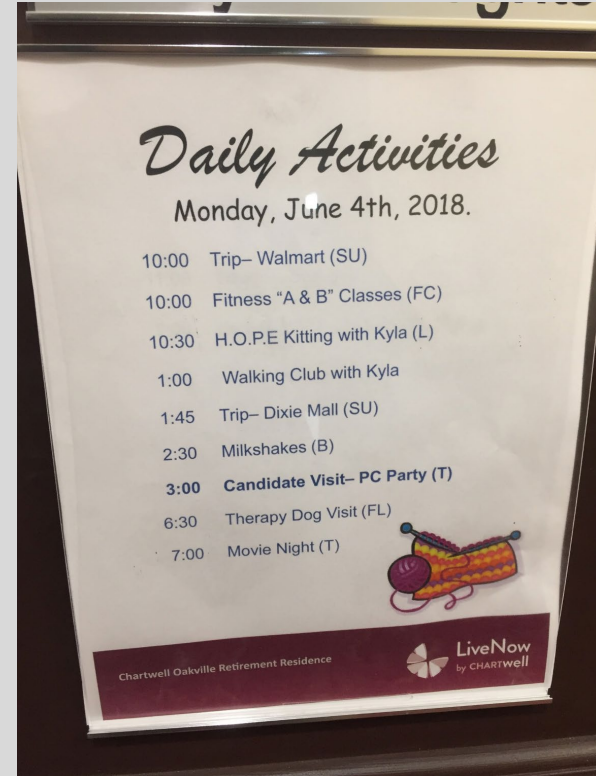
Check the daily calendar and
speak with my supervisor

Prepare for the program I am
running

Visit with residents

Prepare materials for socials,
programs and activities later in the
week

Report back to my supervisor about
how the program went and set goals
for the next time

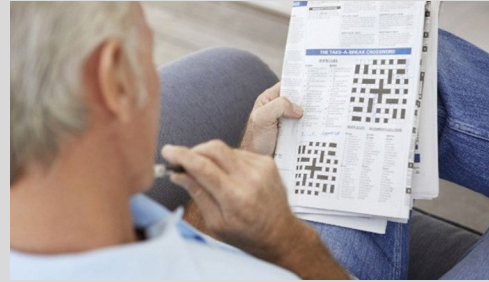


The six domains of wellness

1. Intellectual



1. Physical



1. Social

1. Vocational

1. Spiritual

1. Emotional





Planning a Program

- Research program ideas
- Present them to my supervisor
- Gather materials needed
- Prepare any materials (print out copies)
- My supervisor would then put it on the monthly calendar



Running a Program

- Engage residents
- Make it interesting and fun!
- Ensure that all residents involved are participating
- Set and tidy up all of the materials needed
- Report back to my supervisor and make changes, if needed for next time



Visiting with the Residents

- Listen carefully
- Make eye contact
- Engaged in the conversation
- Validate their feeling
- Ask questions related to the topic of conversation



Bridging Volunteer Work and COOP



Why Seniors Need Students,
and Students Need Seniors!

“I really enjoyed this opportunity
and it has given me the chance
to think about a possible career
working with Seniors in the
future.”

- Kyla

Thank You for
Listening