



Support Services



Renew & Recharge Quarterly

Creating Mental Health and Wellness Connections

The Renew & Recharge Quarterly is a newsletter with a Mission & a Purpose. We hope to inspire YOU to Rest when weary, to Rebuild your strength, to Revive your energy and to Rekindle your soul.



Relaxing Reads & Podcasts



Each month, Reese Witherspoon (founder and book-lover-in chief), chooses a book with a woman at the centre of the story. The books chosen for a given month are highlighted on social media and introduce you to new voices, authors, and perspectives. There is no cost to join, just an APP to download and set up a profile to become a member and access all the perks and presents! This is sure to keep you captivated as you begin your summer reading!

Office Ladies



Podcast: Office Ladies

The Office co-stars and best friends, Jenna Fischer and Angela Kinsey, are doing the ultimate The Office re-watch podcast for you. Each week, Jenna and Angela will break down an episode of The Office and give exclusive behind-the-scenes stories that only two people who were there, can tell you.



Rob Lowe Podcast - LITERALLY

Lazy Day Movies



Secondhand Lions is a heartwarming coming-of-age story about a shy boy whose unreliable mother leaves him on a ranch in Texas with his two eccentric uncles, former globe-trotting adventurers who still have wild streaks.



A Knight's Tale is a medieval adventure comedy film



When an impulsive boy named Kenai is magically transformed into a bear, he must literally walk in another's footsteps until he learns some valuable life lessons.

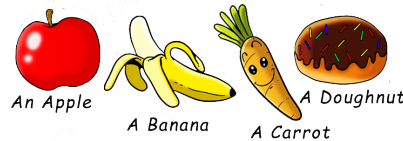
Are We There Yet! Road Trip Games



The Alphabet Game

Keep an eye out for road signs! The objective here is to find a word on each sign you pass that begins with each letter of the alphabet, starting from the beginning ("A" for Arby's, and so on). Call them out as you drive by. First one who gets to Z, wins!

"I'M GOING ON A PICNIC AND I'M BRINGING..."



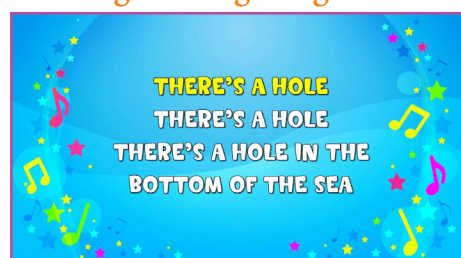
Here's the gist: you can go on a picnic and take something that begins with the first letter of the alphabet. The next person repeats all the previous letters, and then adds an item that corresponds to the next letter. If you're the fourth person in the game, you might have to say, "I'm going on a picnic and I'm bringing an apple, a banana, a carrot and a doughnut."

The License Plate Game



The goal is to spot as many license plates from Canada as you can. Whoever sees a plate first and calls it gets to color it in on their map. The person with the most provinces and territories colored in at the end, wins.

Sing-A-Long Song Game



Sing-A-Long or Create Your Own Verses

Summer Meals & Snacks



Lemony Snack



Tex Mex Popcorn



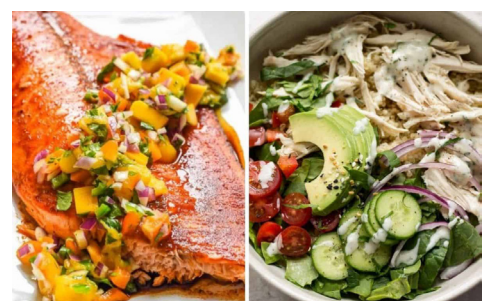
Peanut Butter Oat Energy Bites



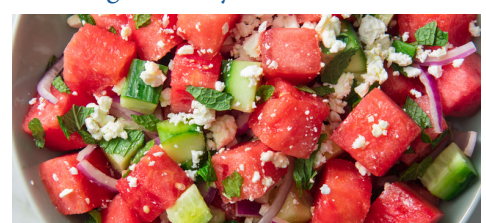
Summer Layered Chicken Salad



Campfire Waffle Cones



25 Light & Easy Summer Dinners



Watermelon Salad

SUMMER

BUCKET LIST 2022

- | | | | |
|--------------------------|---------------------------|--------------------------|-----------------------------|
| <input type="checkbox"/> | Plant a Garden | <input type="checkbox"/> | Watch a Sunset |
| <input type="checkbox"/> | Go Camping | <input type="checkbox"/> | Have a Dance Party |
| <input type="checkbox"/> | Make Slime | <input type="checkbox"/> | Visit the Pool |
| <input type="checkbox"/> | Stargaze | <input type="checkbox"/> | Build a Birdhouse |
| <input type="checkbox"/> | Fly a Kite | <input type="checkbox"/> | Have a Spa Day |
| <input type="checkbox"/> | Fishing | <input type="checkbox"/> | Pick Strawberries |
| <input type="checkbox"/> | Start a Journal | <input type="checkbox"/> | Meditate |
| <input type="checkbox"/> | Play Mini Golf | <input type="checkbox"/> | Visit an Art Gallery |
| <input type="checkbox"/> | Have a Picnic | <input type="checkbox"/> | Try a Water Sport |
| <input type="checkbox"/> | Do Something KIND | <input type="checkbox"/> | Get Plenty of Sleep |
| <input type="checkbox"/> | Blow Bubbles | <input type="checkbox"/> | Skip Rocks |
| <input type="checkbox"/> | Host a BBQ | <input type="checkbox"/> | Make a Sock Rug |
| <input type="checkbox"/> | Make Ice Cream | <input type="checkbox"/> | Plant Flowers |
| <input type="checkbox"/> | Play in the Sand | <input type="checkbox"/> | Eat Pie at a Roadside Diner |
| <input type="checkbox"/> | Game Night | <input type="checkbox"/> | Make Fresh Lemonade |
| <input type="checkbox"/> | Do a Puzzle | <input type="checkbox"/> | Listen to Music |
| <input type="checkbox"/> | Help a Friend do Yardwork | <input type="checkbox"/> | Make Root Beer Floats |
| <input type="checkbox"/> | Visit the Library | <input type="checkbox"/> | Paint Something |
| <input type="checkbox"/> | Watch a Sunrise | <input type="checkbox"/> | Eat Fresh Pineapple |
| <input type="checkbox"/> | Outside Yoga | <input type="checkbox"/> | Have a Self-Care Day |
| <input type="checkbox"/> | Farmer's Market | <input type="checkbox"/> | Grill Pizza on the BBQ |
| <input type="checkbox"/> | Go Hiking | <input type="checkbox"/> | Visit a Relative |
| <input type="checkbox"/> | Play Pickle Ball | <input type="checkbox"/> | Go to the Zoo |
| <input type="checkbox"/> | Go for a Walk | <input type="checkbox"/> | Play Frisbee |
| <input type="checkbox"/> | Play Hide & Seek | <input type="checkbox"/> | Scavenger Hunt |
| <input type="checkbox"/> | Read Books | <input type="checkbox"/> | Go to a Festival |
| <input type="checkbox"/> | Have a Bonfire | <input type="checkbox"/> | Feed the Ducks |
| <input type="checkbox"/> | Build a Sandcastle | <input type="checkbox"/> | Rollerskate |
| <input type="checkbox"/> | Sleep Under the STARS | <input type="checkbox"/> | Drink a Slurpee |
| <input type="checkbox"/> | Make Homemade Popsicles | <input type="checkbox"/> | Play in the Rain |

SHARE YOUR ADVENTURES WITH US!

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



Map of Canada Game.

Every time the player sees a license plate from another province or territory, that player colors in that location on the map.

Road Trip Bingo Game 1 (below)

When a player spots the same colored vehicle, that player draws a line or x through that square. First one to get a straight line wins.

Game 2 (left)

When a player spots the same type of vehicle, that player draws a line or x through that square. First one to get a straight line wins.

ROAD TRIP BINGO

As you are driving, look for different vehicles. Mark the vehicles you see. The first player to get 5 spaces in a row, wins!



Road Trip Bingo

As you are driving, look for different colored cars. Mark the cars you see as you go. The first player to get 5 cars in a row, wins!

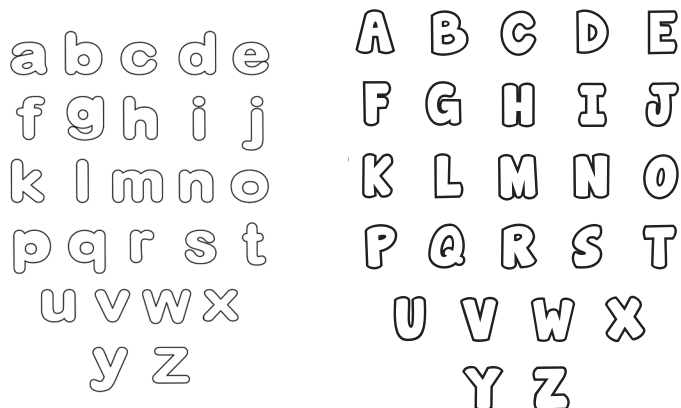


Watch the Road Signs

When a player spots the road sign, that player can draw a line or an x through that square. First one to complete a straight line wins.

ROAD TRIP BINGO

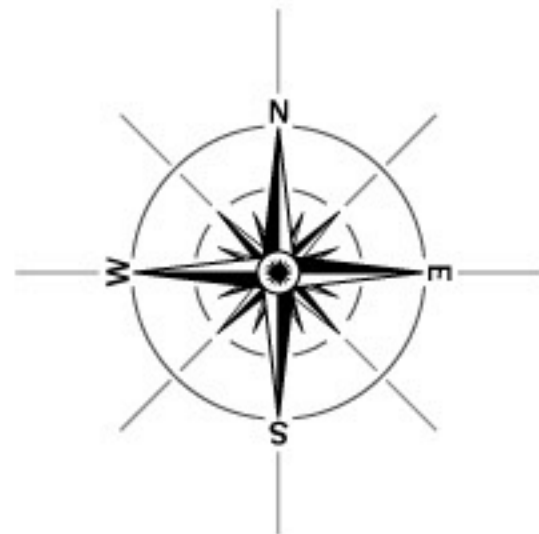
As you are driving, look for different road signs. Mark the signs you see. The first player to get 5 spaces in a row, wins!



Letter Game

Spot the letters & color them in. First one to complete the alphabet wins.

Canada



ROAD TRIP BINGO

As you are driving, look for different road signs. Mark the signs you see.
The first player to get 5 spaces in a row, wins!



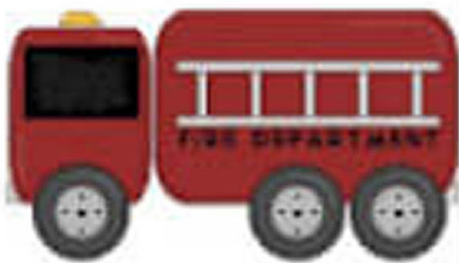
Road Trip Bingo

As you are driving, look for different colored cars. Mark the cars you see as you go. The first player to get 5 cars in a row, wins!



ROAD TRIP BINGO

As you are driving, look for different vehicles. Mark the vehicles you see.
The first player to get 5 spaces in a row, wins!



free!



A B C D E

F G H I J

K L M N O

P Q R S T

U V W X

Y Z

a b c d e

f g h i j

k l m n o

p q r s t

u v w x

y z