



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..."



An Apple



A Banana



A Carrot



A Doughnut

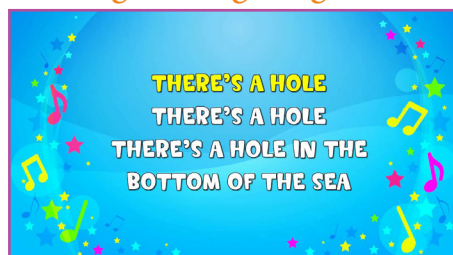
Here's the gist: you can go on a picnic and take something that begins with the first letter of the alphabet. The next person repeats all the previous letters, and then adds an item that corresponds to the next letter. If you're the fourth person in the game, you might have to say, "I'm going on a picnic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



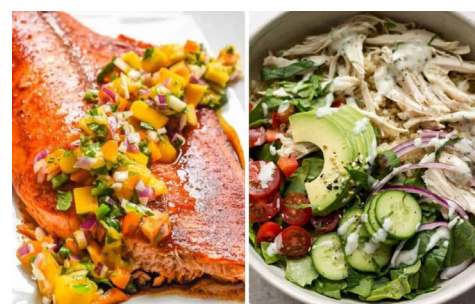
[Peanut Butter Oat Energy Bites](#)



[Summer Layered Chicken Salad](#)



[Campfire Waffle Cones](#)



[25 Light & Easy Summer Dinners](#)



[Watermelon Salad](#)

SUMMER

BUCKET LIST 2022

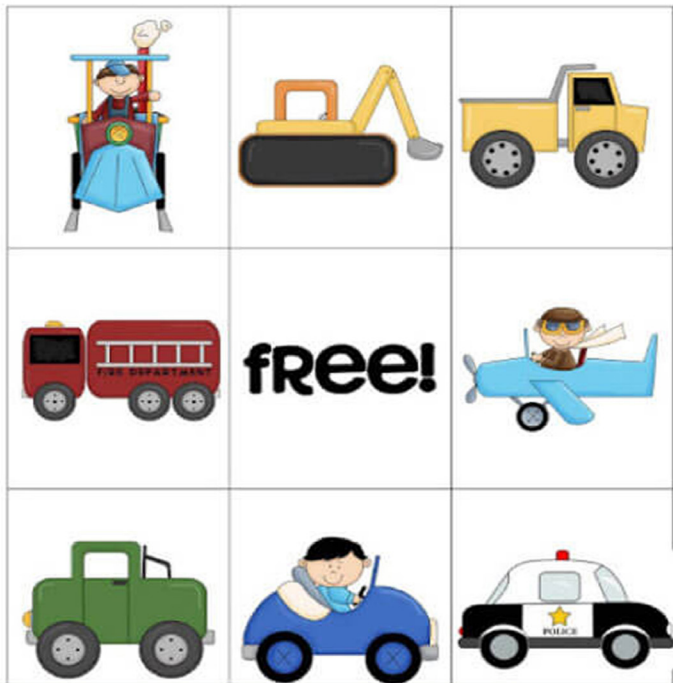
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|--|--|
| ☐ Plant a Garden | ☐ Watch a Sunset |
| ☐ Go Camping | ☐ Have a Dance Party |
| ☐ Make Slime | ☐ Visit the Pool |
| ☐ Stargaze | ☐ Build a Birdhouse |
| ☐ Fly a Kite | ☐ Have a Spa Day |
| ☐ Fishing | ☐ Pick Strawberries |
| ☐ Start a Journal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

SHARE YOUR ADVENTURES WITH US!

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



ROAD trip BINGO



ROAD TRIP BINGO



Map of Canada Game.

Canada

ARCTIC CIRCLE

YUKON

Whitehorse

NORTHWEST
TERRITORIES

Yellowknife

NUNAVUT

Iqaluit

BRITISH
COLUMBIA

Victoria

ALBERTA

Edmonton

MANITOBA

SASKATCHEWAN

Regina

Winnipeg

ONTARIO

QUEBEC

Québec
City

OTTAWA

Toronto

NEWFOUNDLAND &
LABRADOR

St. John's

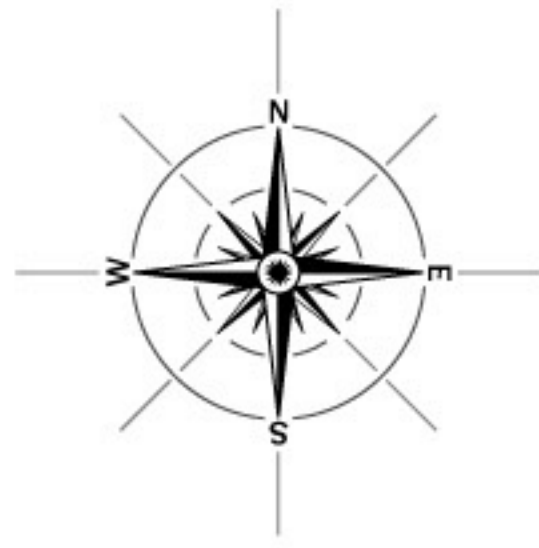
PRINCE EDWARD
ISLAND

Charlottetown

NOVA SCOTIA

Fredericton

NEW BRUNSWICK



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