

Weekly Programs Schedule					
SESSIONS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SESSIONS (9AM – 11:30AM)	Essentials in Cooking	Social Gaming Group	Craft Workshop	Coffee Club	Music Jam
					
Lunch (11:30am – 12:30pm)					
AFTERNOON SESSIONS (12:30PM – 3:00PM)	Movement Mondays	Gardening Club	Cooking Skills	Mind, Body & Soul	Woodworking
					 + Late Session: 3pm – 5:30pm
Available Anytime – Explore, Relax & Enjoy Between and during program sessions if you're needing a break, you're welcome to enjoy our range of self-directed and flexible activities designed to support relaxation, connection, and fun at your own pace while keeping your goals in mind. Our centre offers a welcoming space where there's always something to enjoy – your time, your pace, your choice.					
Indoor Lounge & Chill Spaces:  Centre Library – A cosy nook for reading, relaxing, or quiet downtime  Board Games & Puzzles – Great for solo focus or friendly competition  Console Gaming – Enjoy casual gaming on popular consoles (PS/Switch)  Mindful Arts & Crafts – Let your creativity flow with easy-to-access art supplies  Sensory Rooms – Calming breakout areas for quiet time or sensory regulation			Outdoor Hangout Zone:  Basketball Hoop – Shoot some hoops solo or with friends  Relaxed Seating Areas – Catch some fresh air, chat, or just enjoy the space  Flexible Outdoor Activities – Assorted games, sensory items, or just a place to unwind		