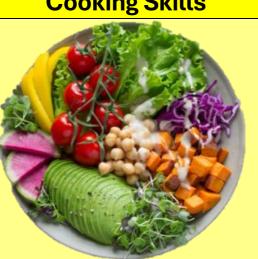
Weekly Programs Schedule TUESDAY WEDNESDAY MONDAY THURSDAY FRIDAY SESSIONS Essentials in Cooking Coffee Club Music Jam Social Gaming Group Craft Workshop MORNING SESSIONS (9AM - 11:30AM) **Lunch** (11:30am – 12:30pm) Mind, Body & Soul **Movement Mondays Gardening Club Cooking Skills** Woodworking













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)
- Print 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