

PROGRAM SCHEDULE
PARTICIPATION IS EXPECTED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Afterschool snack Free Time 3:00-5:00 pm	Afterschool snack Free Time 3:00-5:00 pm	CLOSED	Afterschool snack Free Time 3:00-5:00 pm	Afterschool snack Free Time 3:00-5:00 pm	<p style="text-align: center;">AIDAEN'S ANGELS COMMUNITY OUTREACH</p> <p style="text-align: center;">Letter Writing for Community Members (veteran's, fishermen, seniors, front-line and essential workers)</p> <p style="text-align: center;">Cooking meals for community members in need</p> <p style="text-align: center;">Assisting with other non-profit fundraisers, benefits, out-reach projects</p> <p style="text-align: center;">Assisting community members with chores, shovelling snow, taking out garbage.</p> <p style="text-align: center;">It's about being a positive member of our community and offering outreach where needed to help those in need</p> <p style="text-align: center;">12:00pm – 3:30pm CHORES 3:30 – 4:00 pm</p>	CLOSED
Supper 5-6:00 pm	Supper 5-6:00 pm		Supper 5-6:00 pm	Supper 5-6:00 pm		
Chores 6-6:30 pm	Chores 6-6:30 pm		Chores 6-6:30 pm	Chores 6-6:30 pm		
<p style="text-align: center;">BIG LIFE TALKS</p> <p style="text-align: center;">All of life's important questions asked and answered in a group setting</p> <p style="text-align: center;">GSA Gay Straight Alliance</p> <p style="text-align: center;">6:00-8:00 pm</p>	<p style="text-align: center;">CREATING WELLNESS & SKILLS FOR LIFE Cooking and Home-Based Skills mixed with workshops that create wellness</p> <p style="text-align: center;"><i>We Cook TOGETHER</i> <i>We Eat TOGETHER</i> <i>We Clean TOGETHER</i> <i>We Create Wellness Together</i></p> <p style="text-align: center;">Games & Art focused on self-esteem, coping skills and positive vibes.</p> <p style="text-align: center;">6:00-8:00 pm</p>		<p style="text-align: center;">GARDENING FOR WELLNESS</p> <p style="text-align: center;">SOCIAL MEDIA CLUB</p> <p style="text-align: center;">WORKSHOPS FOR WORKPLACE READINESS SKILLS</p> <p style="text-align: center;">Watch Facebook for specific details</p> <p style="text-align: center;">6:00-8:00 pm</p>	<p style="text-align: center;">MOVE IT!</p> <p style="text-align: center;">Put down the schoolwork, have supper, and shake off the week. Physical activity, fresh air, and having fun is what Fridays are for.</p> <p style="text-align: center;">6:00-8:00 pm</p>		