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**Winter 2023 – January to April**

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **10am**  **Games**  Fun competition with friends    **11am**  **Brain Gym**  Improve focus, memory & concentration    **1pm**  **Media Arts**  Learn about video, audio and photography  **1pm**  **Sign Language**  Learn new signs each week  **3-5:30pm**  **Community Kitchens**  Learn healthy recipes, develop food prep skills and share a meal $5  **3:30-5:30pm**  **Youth Group**  Play Magic the Gathering | **10:00**  **Basketball**  Get some exercise while having fun playing basketball  **10:00**  **Art therapy**  Join students from KATI for art therapy group  **1:00**  **Music**  Sing your favourite “Campfire Classic”, play an instrument, enjoy the music | **10:00**  **Morning Stretch/Movement**  Wake up your body with stretching and movement  **1:00**  **Book Club**  Lyndsay from the Nelson Library joins us once a month for Book Club  **1:00**  **NDAC Arts Initiative**  Join visiting artists from the community in visual arts, dance, theatre, poetry  once a month  **1pm**  **Laughter Yoga**  **1:30**  **Community Walk**  Explore places in the community while getting some exercise | **9:00**  **Food Preservation**  Learn healthy ways to preserve food  **1:00**  **Around the World**  Explore two new countries a month. Their food, culture, language and geography  **3:00-5:30**  **Community Kitchens**  Learn healthy recipes, develop food prep skills and share a meal $5  **6-7:30pm**  **Special Olympics**  **Floor Hockey**  Need to be registered to play | **9:00**  **Morning Stretch**  Wake up your body with a full body stretch  **11:00-3:00**  **Friday Fun**  Participate in a variety of fun activities each week!  **5:00-8:30**  **Young Adult Program**  Community exploration, meal planning and  food/kitchen safety, fitness and recreation  \*Once a month participate in a NDAC workshop  **6pm**  **Monthly Self-Advocates Meeting**  The last Friday of the month. |

Bigby Place also provides 1-1 and employment support