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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, poetryonce 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