

October 2026



RECREATIONAL
RESPITE

Young Adults (ages 16+)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Virtual Group Programs Cost: \$20/Program (1-hour each) The Cooking Club Cost: \$30/Program (1.5 -hours each) The Bookworm's Club Cost: \$80 for 4-week series (1-hour each) <i>All programs are run online via Zoom and scheduled in Eastern Time</i> For more information or to register, email groups@recrespite.com or call 1-877-855-7070				1 1:00pm Cooking Club: Flavours of Fall 6:30pm The Bookworm's Club (series)	2 2:30pm Postcards for Seniors 6:30pm TGIF Game Night!	3
4	5 2:30pm The Social Guide: Confidence & Self-Esteem 6:30pm Learn to Draw	6 11:00am Mindful Mornings (Yoga, Meditation, & Journaling)	7 2:30pm Muscles & Me 6:30pm Friendship Circle	8 1:00pm Cooking Club: Flavours of Fall 6:30pm The Bookworm's Club (series)	9 2:30pm Gratitude & Giving Thanks 6:30pm TGIF Game Night!	10
11	12 2:30pm The Social Guide: Conversation Skills 6:30pm Learn to Draw	13 11:00am Mindful Mornings (Yoga, Meditation, & Journaling)	14 2:30pm Muscles & Me 6:30pm Friendship Circle	15 1:00pm Cooking Club: Flavours of Fall 6:30pm The Bookworm's Club (series)	16 2:30pm Can You Survive Disaster Island? 6:30pm TGIF Game Night!	17
18	19 2:30pm The Social Guide: Body Language 6:30pm Learn to Draw	20 11:00am Mindful Mornings (Yoga, Meditation, & Journaling)	21 2:30pm Muscles & Me 6:30pm Friendship Circle	22 1:00pm Cooking Club: Flavours of Fall 6:30pm The Bookworm's Club (series)	23 2:30pm Start Your Own Blog 6:30pm TGIF Game Night!	24
25	26 2:30pm The Social Guide: Problem Solving 6:30pm Learn to Draw	27 11:00am Mindful Mornings (Yoga, Meditation, & Journaling)	28 2:30pm Muscles & Me 6:30pm Friendship Circle	29 6:30pm Peer-to-Peer: Monster Mash Halloween Party! (Free)	30 2:30pm Escape Room: Haunted House 6:30pm TGIF Game Night!	31

Inclusion - Participation - Social Health - Connectivity

To learn more about Recreational Respite and our services, visit us at www.recrespite.com