

August 2026

Young Adults (ages 16+)



RECREATIONAL
RESPITE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Virtual Group Programs Cost: \$20/Program (1-hour 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
2	3 2:30pm Online Road Trip: Newfoundland 6:30pm Learn to Draw	4 11:00am Mindful Mornings (Yoga, Meditation, & Journaling)	5 2:30pm Muscles & Me 6:30pm Friendship Circle	6 2:30pm Let's Learn Italian 1 6:30pm The Bookworm's Club (series)	7 2:30pm The Home Safety Game (Risk and Response) 6:30pm TGIF Game Night!	8
9	10 2:30pm Online Road Trip: Quebec 6:30pm Learn to Draw	11 11:00am Mindful Mornings (Yoga, Meditation, & Journaling)	12 2:30pm Muscles & Me 6:30pm Friendship Circle	13 2:30pm Let's Learn Italian 2 6:30pm The Bookworm's Club (series)	14 2:30pm Karaoke 6:30pm TGIF Game Night!	15
16	17 2:30pm Online Road Trip: British Columbia 6:30pm Learn to Draw	18 11:00am Mindful Mornings (Yoga, Meditation, & Journaling)	19 2:30pm Muscles & Me 6:30pm Friendship Circle	20 2:30pm Let's Learn Italian 3 6:30pm The Bookworm's Club (series)	21 2:30pm So You Think You Can Dance? 6:30pm TGIF Game Night!	22
23	24 2:30pm Online Road Trip: Northwest Territory 6:30pm Learn to Draw	25 11:00am Mindful Mornings (Yoga, Meditation, & Journaling)	26 2:30pm Muscles & Me 6:30pm Friendship Circle	27 2:30pm All About Italian Culture 6:30pm The Bookworm's Club (series)	28 2:30pm Karaoke 6:30pm TGIF Game Night!	29
30	31 6:30pm (Free) Peer-to-Peer: End of Summer Party!	Inclusion - Participation - Social Health - Connectivity To learn more about Recreational Respite and our services, visit us at www.recrespite.com				