

March 2024 OPPORTUNITY CENTRE

	Monday		Tuesday		Wednesday		Thursday		Friday 1	
TIME	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning
9:00-9:30									Belly Dancing with Bernie	
9:30-10:00									Fridge Cleanout	Weekend Safety
10:00-10:30									Kitchen Safety	
10:30-11:00									Handwashing Workshop	
11:00-11:30									Lunch & Social Grace	
11:30-12:00									Community Walk	
12:00-1:00										
1:00-1:30										
1:30-2:00										
2:00-2:30									Coffee Afternoon \$2	
2:30-3:00										
3:00-3:30										
3:30-4:00										
4:00-4:30									OPC TLC	
4:30-5:00										
5:00-8:00										

TIME	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning	
	Monday 4		Tuesday 5		Wednesday 6		Thursday 7		Friday 8	
TIME										
9:00-9:30	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning
9:30-10:00	Math Morning		Zumba with Angie		Food Safety		Scam Awareness		Belly Dancing with Bernie	
10:00-10:30										
10:30-11:00	Money Smarts	Let's talk about it (mental health)	Meditation w/ Katherine		Kitchen Safety		Internet Safety		Fridge Cleanout	Weekend Safety
11:00-11:30									Kitchen Safety	
11:30-12:00	Handwashing Workshop		Handwashing Workshop		Handwashing Workshop		Handwashing Workshop		Handwashing Workshop	
12:00-1:00	Lunch & Social Grace		Lunch & Social Grace		Lunch Program \$5		Lunch & Social Grace		Pancake Lunch \$5	
1:00-1:30	Mad Lib Mondays	Planning	Drop In		OPC TLC		Planting seeds		International Woman's Day High Tea Social	
1:30-2:00										
2:00-2:30	Planning	Baking			Safety Smart		Move your Body			
2:30-3:00										
3:00-3:30	Bingo with Bernie		Crafts w/Eileen 2\$							
3:30-4:00					Cos-play w/ Albert		Yoga w/ Yvonne \$5		Open Mic Afternoon	
4:00-4:30	National Safety Day		Taco Tuesday \$5							
4:30-5:00	OPC TLC	OPC TLC	4pm-7pm		OPC TLC	OPC TLC	OPC TLC	OPC TLC	OPC TLC	OPC TLC
5:00-8:00										

TIME	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning	
	Monday 11		Tuesday 12		Wednesday 13		Thursday 14		Friday 15	
9:00-9:30	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning	
9:30-10:00	Math Morning		Yoga with Angie		Food Safety		Karaoke Morning		Self Advocate Net Exploration	
10:00-10:30										
10:30-11:00	Money Smarts	Let's talk about it (mental health)	Meditation w/ Katherine		Kitchen Safety		Community Safety		Spiritual Hour with James	
11:00-11:30										
11:30-12:00	Handwashing Workshop		Handwashing Workshop		Handwashing Workshop		Handwashing Workshop		Handwashing Workshop	
12:00-1:00	Lunch & Social Grace		Lunch & Social Grace		Lunch Program \$5		Lunch & Social Grace		Lunch & Social Grace	
1:00-1:30	Mad Lib Mondays	Fridge Cleanout	Tax Time		OPC TLC	Policy & Procedure	Chair Aerobics		Right from Scratch \$5	
1:30-2:00		Kitchen Safety								
2:00-2:30	Planning	Baking			Force Horse					
2:30-3:00										
3:00-3:30	Bingo with Bernie						Colorful expressions w/ Don			
3:30-4:00										
4:00-4:30	Afternoon Tea									
4:30-5:00	OPC TLC	OPC TLC			OPC TLC	OPC TLC	OPC TLC	OPC TLC	OPC TLC	OPC TLC
5:00-8:00			Swim & Dinner						St Patrick's Day Dinner & Dance \$5	

TIME	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning	
	Monday 18		Tuesday 19		Wednesday 20		Thursday 21		Friday 22		
TIME											
9:00-9:30	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning	
9:30-10:00	Math Mornina		Zumba with Angie		Move your Body		Art Morning		Belly Dancing with Bernie		
10:00-10:30											
10:30-11:00	Money Smarts	Let's talk about it (mental health)	Fire Safety	Planning	Fridge Clean out Kitchen Safety		Internet Safety		Current events		
11:00-11:30											
11:30-12:00	Handwashing Workshop		Handwashing Workshop		Handwashing Workshop		Handwashing Workshop		Handwashing Workshop		
12:00-1:00	Lunch & Social Grace		Lunch & Social Grace		Lunch Program \$5		Indoor Picnic Lunch and art		Lunch & Social Grace		
1:00-1:30	Mad Lib Mondays	Planning	Drop In		OPC TLC	Meeting of the Minds		Right from Scratch \$5			
1:30-2:00											
2:00-2:30	Planning	Baking			Force Horse		Community Safety				
2:30-3:00											
3:00-3:30	Bingo with Bernie		Let's Explore: Spring Equinox								
3:30-4:00											
4:00-4:30	Afternoon Tea										
4:30-5:00	OPC TLC	OPC TLC	Karaoke		OPC TLC	OPC TLC	OPC TLC	OPC TLC	OPC TLC	OPC TLC	
5:00-8:00			Games Night						Comdy Movie & PJ's \$2		

TIME	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning	
	Monday 25		Tuesday 26		Wednesday 27		Thursday 28		Friday 29	
TIME										
9:00-9:30	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Happy Easter!	
9:30-10:00	Math Morning		Yoga with Angie		Food Safety		Karaoke Morning			
10:00-10:30										
10:30-11:00	Money Smarts	Let's talk about it (mental health)	Fire Safety	Planning	Kitchen Safety		Community Safety			
11:00-11:30										
11:30-12:00	Handwashing Workshop		Handwashing Workshop		Handwashing Workshop		Handwashing Workshop			
12:00-1:00	Lunch & Social Grace		Lunch & Social Grace		Lunch Program \$5		Lunch & Social Grace			
1:00-1:30	Mad Lib Mondays	Planning	Drop In		OPC TLC	Policy & Procedure	Chair Aerobics			
1:30-2:00										
2:00-2:30	Planning	Baking								
2:30-3:00					Walk to Stuies Afternoon		Colorful expressions w/ Don			
3:00-3:30	Bingo with Bernie		Scrapbooking							
3:30-4:00										
4:00-4:30	HOLIFEST									
4:30-5:00	OPC TLC	OPC TLC	OPC TLC	OPC TLC	OPC TLC	OPC TLC	OPC TLC	OPC TLC		
5:00-8:00			Pasta Tuesday @ Boston Pizza							