

October 2024 OPPORTUNITY CENTRE

	Tuesday 1		Wednesday 2		Thursday 3		Friday 4	
9:00-9:30	OPC Closed	Planning	Planning	Planning	Planning	Planning	Planning	Planning
9:30-10:00		Yoga with Angie	Food Safety	Boundaries Workshop	Belly Dancing with Bernie			
10:00-10:30								
10:30-11:00		Meditation w/ Katherine	Kitchen Safety	Internet Safety	Morning Baking			
11:00-11:30								
11:30-12:00		Art Moment	Art Moment	Art Moment	Art Moment			
12:00-1:00		Lunch & Social Grace	Lunch Program & TLC \$5	Lunch & Social Grace	Lunch & Social Grace			
1:00-1:30			Road Safety	Community Safety				
1:30-2:00								
2:00-2:30								
2:30-3:00		Force Horse	Walk to Beans and Barley	Right from Scratch \$5				
3:00-3:30								
3:30-4:00								
4:00-4:30								
4:30-5:00		Voter Information		Kahoots	Kahoots			
5:00- 8:00		Milkshakes and Games \$5				Oktoberfest \$5		

9:00-9:30	Planning		Planning		Planning		Planning		Planning			
	Monday 7		Tuesday 8		Wednesday 9		Thursday 10		Friday 11			
TIME												
9:00-9:30	Planning		Planning		Planning		Planning		Planning			
9:30-10:00	Math	Guide Dog Safety	Zumba with Angie		Food Safety		Gardening		Belly Dancing with Bernie			
10:00-10:30												
10:30-11:00	Money Smarts	Let's talk about it (mental health)	Chair Aerobics		Kitchen Safety		Boundaries Workshop		Weekend Safety & Social			
11:00-11:30												
11:30-12:00	Art Moment		Art Moment		Art Moment		Art Moment		Art Moment			
12:00-1:00	Lunch & Social Grace		Lunch & Social Grace		Lunch Program & TLC \$5		Lunch & Social Grace		Lunch & Social Grace			
1:00-1:30	Mad Lib Mondays	Fridge Cleanout Kitchen Safety	Drop in		Thanksgiving		Advanced Voting		Right from Scratch \$5			
1:30-2:00					Thankful craft							
2:00-2:30	Gardening	Baking			Advocacy Afternoon							
3:00-3:30												
3:30-4:00	Bingo with Bernie		Voter Information		Halloween Crafting		Latte Afternoon					
4:00-4:30												
4:30-5:00	Afternoon Tea		Taco Tuesday \$5									
5:00-8:00									Make your own Suchi \$5			

9:00-9:30	Planning	Planning	Planning	Planning	Planning	Planning	Planning	
Monday 14	Tuesday 15		Wednesday 16		Thursday 17		Friday 18	
TIME								
9:00-9:30	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning
9:30-10:00	OPC Closed	Yoga with Angie	Food Safety		Boundaries Workshop		Belly Dancing with Bernie	
10:00-10:30		Meditation w/ Katherine	Kitchen Safety		Internet Safety		Spiritual Hour with James	
10:30-11:00		Art Moment	Art Moment		Art Moment		Art Moment	
11:00-11:30		Lunch & Social Grace	Lunch Program & TLC \$5		Lunch & Social Grace		Lunch & Social Grace	
11:30-12:00		Jeopardy	Karaoke		Advocacy Afternoon		Right from Scratch \$5	
12:00-1:00		Halloween Candle Making	Force horse		Pumpkin Carving & Popcorn \$5			
1:00-1:30		Cultural Potluck	Let's Explore: Thanksaivina		Kahoots			
1:30-2:00							Weekend Safety	
2:00-2:30							Harry Potter Night \$5	
2:30-3:00								
3:00-3:30								
3:30-4:00								
4:00-4:30								
4:30-5:00								
5:00-8:00								

9:00-9:30	Planning		Planning		Planning		Planning		Planning	
	Monday 21		Tuesday 22		Wednesday 23		Thursday 24		Friday 25	
TIME										
9:00-9:30	Planning		Planning		Planning		Planning		Planning	
9:30-10:00	Math	Guide Dog Safety	Halloween Zumba w/ Angie		Food Safety		Boundaries Workshop		Halloween Baking	
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			
11:00-11:30										
11:30-12:00	Art Moment		Art Moment		Art Moment		Art Moment			
12:00-1:00	Lunch & Social Grace		Lunch & Social Grace		Lunch Program & TLC \$5		Lunch & Social Grace		Lunch & Social Grace	
1:00-1:30	Mad Lib Mondavs	Fridge Cleanout Kitchen Safety	Chair Aerobics		Karaoke		Road Safety		Halloween Dance Prep	
1:30-2:00										
2:00-2:30	Planning	Baking	Drop In		Spa Afternoon \$4		Halloween Latte \$4			
2:30-3:00										
3:00-3:30	Bingo with Bernie									
3:30-4:00					Cos-play w/ Albert		Literacy Hour			
4:00-4:30	Afternoon Tea		Halloween Drinks on the Deck with Dallas							
4:30-5:00					Kahoots		Kahoots	Kahoots	Weekend Safety	
5:00-8:00			Nacho Night \$5						Halloween Dance \$5	

9:00-9:30	Planning		Planning		Planning		Planning		Planning				
	Monday 28		Tuesday 29		Wednesday 30		Thursday 31						
TIME													
9:00-9:30	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning			
9:30-10:00	Math	Guide Dog Safety	Halloween Yoga w/ Angie		Food Safety		Haunted House						
10:00-10:30													
10:30-11:00	Money Smarts	Let's talk about it (mental health)	Fire Safety	Planning	Fridge Clean out								
11:00-11:30					Kitchen Safety								
11:30-12:00	Art Moment		Art Moment		Art Moment								
12:00-1:00	Lunch & Social Grace		Lunch & Social Grace		Lunch Program & TLC \$5								
1:00-1:30	Spooky Mad Libs Mondays	Fridge Cleanout Kitchen Safety	Chair Aerobics		Karaoke								
1:30-2:00													
2:00-2:30	Planning	Baking											
2:30-3:00													
3:00-3:30	Halloween Bingo & Drinks with Bernie		Halloween Scavenger Hunt		Halloween Craft afternoon \$4								
3:30-4:00													
4:00-4:30													
4:30-5:00					Halloween Kahoots								
5:00-8:00			Halloween Movie Night \$2										