

January 2025 OPPORTUNITY CENTRE

		Wednesday 1		Thursday 2		Friday 3			
9:00-9:30				Planning	Planning	Planning	Planning		
9:30-10:00				Appliance Safety	Belly Dancing with Bernie				
10:00-10:30				Boundaries Workshop	Safety Sorry				
10:30-11:00				Art Moment	Art Moment				
11:00-11:30				Lunch & Social Grace	Lunch & Social Grace				
11:30-12:00				Opc Closed	Happy New Year	Let's Explore: World Braille Day			
12:00-1:00						Latte \$4	Right from Scratch \$5	Walk with Don	
1:00-1:30				Jeopardy	Weekend Safety & Social				
1:30-2:00					Pie Night \$5				
2:00-2:30									
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	
	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10			
TIME								
9:00-9:30	Planning	Planning	Planning	Planning	Planning	Planning	Planning	
9:30-10:00	Appliance Safety	Yoga with Angie	Food Safety	Appliance Safety	Belly Dancing with Bernie			
10:00-10:30								
10:30-11:00	Math	Crocheting Morning	Kitchen Safety	Chair Aerobics	Social Safety			
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 Mondavs	Fridge Cleanout	Meeting of the minds	Let's Explore: New Year around the World	Soccer			
1:30-2:00		Kitchen Safety						
2:00-2:30	Baking	Drop in						
3:00-3:30								
3:30-4:00	Bingo with Bernie	Jeopardy	Sledding at Kin	Latte & Karaoke \$4	Pasta Night \$5 3pm to 6pm			
4:00-4:30								
4:30-5:00	Afternoon Tea	Cultural potluck						
5:00-8:00		4:30 to 7:00						

9:00-9:30				Planning	Planning	Planning	Planning			
	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17					
TIME	Planning		Planning		Planning		Planning			
9:00-9:30	Planning	Planning	Planning	Planning	Planning	Planning	Planning			
9:30-10:00	Appliance Safety		Zumba with Angie		Food Safety		Appliance Safety	Belly Dancing with Bernie		
10:00-10:30										
10:30-11:00	Math		Meditation w/ Katherine		Kitchen Safety		Boundaries Workshop			
11:00-11:30							Fort St John			
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	
1:00-1:30	Mad Lib Mondays	Fridge Cleanout Kitchen Safety	Chair Aerobics		Policy and Procedure				Winter Craft	
1:30-2:00										
2:00-2:30	Baking				Advocacy Afternoon					
2:30-3:00			Drop In							
3:00-3:30	Karaoke				Social Safety					
3:30-4:00									DIY Spa Afternoon \$4	
4:00-4:30	Afternoon Tea		Bingo Party Night with Bernie \$5		Cos-Play with Albert					
4:30-5:00			4pm to 7pm				Weekend Safety & Social			
5:00-8:00							Harry Potter GOF Night \$5			

9:00-9:30				Planning	Planning	Planning	Planning		
	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24				
TIME									
9:00-9:30	Planning	Planning	Planning	Planning	Planning	Planning	Planning		
9:30-10:00	Starbucks & Mall Walk	Yoga with Angie	Food Safety	Appliance Safety	Belly Dancing with Bernie				
10:00-10:30									
10:30-11:00		Meditation w/ Katherine	Kitchen Safety	Boundaries Workshop	Spiritual Hour with James				
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 Libs	Chair Aerobics	Policy and Procedure	Sledding at Kin	Soccer				
1:30-2:00									
2:00-2:30	Baking	Drop In	Advocacy Afternoon						
2:30-3:00									
3:00-3:30				Social Safety					
3:30-4:00	Bingo with Bernie				Journaling				
4:00-4:30	Karaoke		Snow Shoeing						
4:30-5:00		PJ & Movie Night \$2			Weekend Safety & Social				
5:00-8:00					Right from Scratch \$5				

9:00-9:30				Planning	Planning	Planning	Planning
	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31		
TIME							
9:00-9:30	Planning	Planning	Planning	Planning	Planning	Planning	Planning
9:30-10:00	Appliance Safety	Zumba with Angie	Food Safety	Swimming Morning	Belly Dancing with Bernie		
10:00-10:30	Math	Social Safety	Kitchen Safety		Winter Safety		
10:30-11:00			Art Moment		Art Moment	Art Moment	
11:00-11:30	Lunch & Social Grace	Lunch & Social Grace	Chinese New year \$5		Lunch Out	Lunch & Social Grace	
11:30-12:00	Mad Lib Mondavs	Drop in	Celebrate Chinese New Year	Walking Track	Right from Scratch		
12:00-1:00	Fridge Cleanout Kitchen Safety						
1:00-1:30	Baking	Jeopardy	Badminton	Latte \$4	Weekend Safety & Social		
1:30-2:00							
2:00-2:30	Bingo with Bernie						
2:30-3:00	Afternoon Tea	Taco Tuesday \$5					
3:00-3:30							
3:30-4:00		4:30 to 7:00			70's Night \$5		
4:00-4:30							
4:30-5:00							