

March 2025 OPPORTUNITY CENTRE

	Monday 3		Tuesday 4		Wednesday 5		Thursday 6		Friday 7	
9:00-9:30	Planning	Planning	Planning	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	Math		Crocheting Morning		Kitchen Safety		Beading & Boundaires		Safety Sorry	
10:30-11:00										
11:00-11:30	Art Moment		Art Moment		Art Moment		Art Moment		Art Moment	
11:30-12:00	Lunch & Social Grace		Lunch & Social Grace		Lunch Program & TLC \$5		Lunch & Social Grace		Lunch & Social Grace	
1:00-1:30	Safety Mad Libs		Drop in		Wii Games		Chair Aerobics		Walk with Don Right from Scratch \$5	
1:30-2:00	Shop for the Opp									
2:00-2:30	Fridge Cleanout									
2:30-3:00	Bingo with Bernie		Baking		Swimming / Walking track		Riddle Scavenger Hunt			
3:00-3:30	Stretching Afternoon		Stretching Afternoon				Puzzle afternoon			
3:30-4:00	Afternoon Tea		4:30 to 7:00		Mardi Gras Night \$5		Weekend Safety & Social			
4:00-4:30	Weekend Safety & Social									
4:30-5:00	Comedy Music Dance Party \$5									
5:00- 8:00	Comedy Music Dance Party \$5									

9:00-9:30	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning	
	Monday 10		Tuesday 11		Wednesday 12		Thursday 13		Friday 14	
TIME										
9:00-9:30	Planning	Planning	Planning	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	Drama		Let's Explore: National Woman Day		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	Safety Mad Libs		Drop in		Chuckles & Chats		Let's Explore: Holi Fest		Let's Explore: St Patrick's Day	
1:30-2:00										
2:00-2:30	Shop for the Opp	Fridge Cleanout			Smoothie Bar \$4		Stretching Afternoon			
3:00-3:30										
3:30-4:00	Bingo with Bernie		Baking				Italian Soda & Karaoke \$4			
4:00-4:30										
4:30-5:00	Afternoon Tea		Cultural potluck							
5:00-8:00			4:30 to 7:00						St Patty's Dance \$5	

9:00-9:30	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning			
	Monday 17		Tuesday 18		Wednesday 19		Thursday 20		Friday 21			
TIME	Pizza week		Pizza week		Pizza Week		Pizza Week		Pizza Week			
9:00-9:30	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning		
9:30-10:00	Appliance Safety		Zumba with Angie		Food Safety		Right from Scratch \$5		Belly Dancing with Bernie			
10:00-10:30												
10:30-11:00	Pizza Trivia Hour		Let's Explore: National Pizza Day		Kitchen Safety				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	Safety Mad Libs		Chair Aerobics		Meeting of the Minds		Tax time		Spa \$4		Guy Time \$4	
1:30-2:00												
2:00-2:30	Shop for the Opp	Fridge Cleanout										
2:30-3:00			Drop In									
3:00-3:30	Bingo with Bernie		Baking		Force Horse							
3:30-4:00									Stretching Afternoon			
4:00-4:30	Afternoon Tea		Taco Tuesday						Harry Potter Prep			
4:30-5:00			4:00pm to 7:00 pm						Weekend Safety & Social			
5:00-8:00									Harry Potter Night \$5			

9:00-9:30	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning	
	Monday 24		Tuesday 25		Wednesday 26		Thursday 27		Friday 28	
TIME										
9:00-9:30	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning	Planning
9:30-10:00	Appliance Safety		Yoga with Angie		Food Safety		Right From Scratch \$5		Belly Dancing with Bernie	
10:00-10:30	Math Morning		Meditation w/ Katherine		Kitchen Safety				Spiritual Hour with James	
10:30-11:00							Art Moment		Art Moment	
11:00-11:30	Lunch & Social Grace		Lunch & Social Grace		Lunch Program & TLC \$5		Lunch & Social Grace		Lunch & Social Grace	
11:30-12:00	Mad Libs		Chair Aerobics		Policy and Procedure		Breeding & Boundaries		Soccer	
1:00-1:30			Drop In		Drama		Force Horse			
1:30-2:00	Shop for the Opp	Fridge Cleanout			Social Safety				Journaling	
2:00-2:30	Bingo with Bernie		Baking				Cos-Play with Albert			
2:30-3:00			Karaoke		Poutine Night \$5				Weekend Safety & Social	
3:00-3:30	4:30 to 7:00						Games and Appies \$5			
3:30-4:00										
4:00-4:30										
4:30-5:00										
5:00-8:00										