

April 2026 OPPORTUNITY CENTRE

	Wednesday 1	Thursday 2	Friday 3
9:00-9:30			
9:30-10:00	Food Safety	Reading & Boundaries	OPC Closed Happy Easter Weekend!
10:00-10:30	Kitchen Safety	Dancing with Maggie	
10:30-11:00			
11:00-11:30	Art Moment	Art Moment	
11:30-12:00	Lunch Program & TLC	Lunch & Social Group	
12:00-12:30	Moving of Mrs. Mac		
12:30-1:00	Community Safety	Easter Baking \$1	
1:00-1:30		Stretching Afternoon	
1:30-2:00	Games Afternoon	Charades	
2:00-2:30			

	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
9:00-9:30					
9:30-10:00		Yoga with Angie	Food Safety	Reading & Boundaries	The Purge: Dirt Edition
10:00-10:30		Meditation w/ Katherine	Kitchen Safety	Dancing with Maggie	Billy Dancing with Bernie
10:30-11:00					
11:00-11:30		Art Moment	Art Moment	Art Moment	Art Moment
11:30-12:00		Lunch & Social Group	Lunch Program & TLC	Lunch & Social Group	Matt's Sub Bar \$5
12:00-12:30	OPC closed	Soccer	Tax Afternoon	Mini Golf	Matt's Star Wars Afternoon
12:30-1:00		Drop In		Swimming Afternoon	
1:00-1:30		Bingo w/ Bernie	Pool Afternoon	Mad Ibs	Swimming w/ Matt
1:30-2:00					
2:00-2:30					
2:30-3:00					
3:00-3:30					
3:30-4:00					
4:00-4:30					
4:30-5:00					
5:00-5:30					
5:30-6:00					

	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
9:00-9:30					
9:30-10:00	The Purge: Dirt Edition	Zumba with Angie	Food Safety	Reading & Boundaries	The Purge: Dirt Edition
10:00-10:30	Small Playtime	Meditation w/ Katherine	Kitchen Safety	Dancing with Maggie	Billy Dancing with Bernie
10:30-11:00					
11:00-11:30		Art Moment	Art Moment	Art Moment	Art Moment
11:30-12:00		Lunch & Social Group	Lunch & Social Group	Lunch Program & TLC	Lunch & Social Group
12:00-12:30	Games w/ Machines	Drop In			
12:30-1:00	Drop for the Day			Art with Raymond	Right From Scratch \$5 (Jam)
1:00-1:30	Walking Track	Baking	Spring Cleaning @ the Club	Swimming Afternoon	Stretching Afternoon
1:30-2:00	Evening Tea				Karaoke
2:00-2:30					
2:30-3:00					
3:00-3:30					
3:30-4:00					
4:00-4:30					
4:30-5:00					
5:00-5:30					
5:30-6:00					

	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
9:00-9:30					
9:30-10:00	The Purge: Dirt Edition	Yoga with Angie	Food Safety	Coffee & Current Events	Spiritual Hour w/James
10:00-10:30	Journaling	Meditation w/ Katherine	Kitchen Safety	Dancing with Maggie	Billy Dancing with Bernie
10:30-11:00					
11:00-11:30		Art Moment	Art Moment	Art Moment	Art Moment
11:30-12:00		Lunch & Social Group	Lunch & Social Group	Lunch Program & TLC	Lunch & Social Group
12:00-12:30	Games w/ Kase	Soccer	Pool Afternoon	Floor Hockey	Right from Scratch \$5
12:30-1:00	Drop for the Day	Drop In			
1:00-1:30	Baking	Bingo w/ Bernie	Earth Day Scavenger Hunt	Stretching Afternoon	Skills Games
1:30-2:00	Community Safety	Barbie		Karaoke	Badminton
2:00-2:30		Stretching Afternoon			
2:30-3:00		Fraser: Movie Night \$5			OPC Movie Night
3:00-3:30					
3:30-4:00					
4:00-4:30					
4:30-5:00					
5:00-5:30					
5:30-6:00					

	Monday 27	Tuesday 28	Wednesday 29	Thursday 30
9:00-9:30				
9:30-10:00	The Purge: Dirt Edition	Yoga with Angie	Food Safety	Mental Health: Sp. Morning
10:00-10:30	Journaling	Meditation w/ Katherine	Kitchen Safety	Dancing with Maggie
10:30-11:00				
11:00-11:30		Art Moment	Art Moment	Art Moment
11:30-12:00		Lunch & Social Group	Lunch Program & TLC	Lunch & Social Group
12:00-12:30	Games w/ Kase	Soccer	Drop In	Walk to Hug a Mug
12:30-1:00	Drop for the Day	Drop In	Pool Afternoon	
1:00-1:30	Baking	Bingo w/ Bernie		Stretching Afternoon
1:30-2:00	Drinks with Dallas	Barbie	Walk to Art Gallery	Karaoke
2:00-2:30		Stretching Afternoon		
2:30-3:00		Public Holiday \$5		
3:00-3:30				
3:30-4:00				
4:00-4:30				
4:30-5:00				
5:00-5:30				
5:30-6:00				