


AUTUMN



RECREATION THERAPY



GROUPS

You can see our full calendar on

CPSandRespite.ca

Exploring Recreation: Pathways to Fun

Wednesday's, October 9th - 30th

4:00 p.m. - 6:00 p.m.

Location: Fosters Connections | **\$60**

Learn about what recreation and leisure are, the different activities we can participate in, like book clubs, bowling, and bingo, and how we can access them in our community.

 Barcode

32420



Games Night

October 17th & November 14th

7:00 p.m. - 9:00 p.m.

Location: Fosters Connections | **\$15 Each**

We have got a large selection of games to choose from, there's something for everyone. It's the perfect chance to reconnect with old friends and make new ones. Come for the games, stay for the laughter and great company.

 Barcode

32452 | 32453



Recreation Skill Safari

Wednesday's, November 6th - 27th

4:00 p.m. - 6:00 p.m.

Location: Fosters Connections | **\$60**

As a group, we will embark on an exciting journey to discover the activities we've always dreamed of participating in. We'll dive into learning the essential skills needed for each activity. With plenty of practice, encouragement, and teamwork, we'll turn our aspirations into reality while having a blast along the way!

 Barcode

32456



Flip The Flyer 

Play Your Way to Wellness

Wednesday's, December 4th - 18th

4:00 p.m. - 6:00 p.m.

Location: Fosters Connections | \$40

Explore how recreation and leisure activities can help our wellbeing. Explore each individual's leisure interests and how we can incorporate them into our daily life.

 Barcode

32455



For information on all programs, and to register, please go to MyCommunityHub.ca

For questions, please reach out to Jessica.Wiener@cltoronto.ca

COMMUNITY LIVING 
Toronto