

# FALL PROGRAM - 2024

## MONDAY

9:30 A.M. – 11:30 A.M.

- G.1: Unite & Ignite**  
(Young Adult Club)
- G.2: ACCESS Pen Pals**  
(ENG)
- G.3: Bingo** (FR)
- G.4: Social Group**

Lunch (\$)

1:00 P.M. – 2:30 P.M.

- G. 1: Unite & Ignite**  
(Young Adult Club)
- G.2: Tech Time** (ENG)
- G.3: Mindfulness & Relaxation** (FR)
- G.4: Mind Mingle**
- G.5: Social Group**

## TUESDAY

9:30 A.M. – 11:30 A.M.

- G.1: Swimming**  
(Complexe sportif de S-L)
- G.2: Journal Action / Reaction** (ENG)
- G.3: Discussion Group**  
(FR)
- G.4: Social Group**

## TUESDAY

1:00 P.M. – 3:00 P.M.

- G.1: Karaoke** (ENG)
- G.2: Action Beats Live** (FR)
- G.3: Social Group**

## WEDNESDAY

9:30 A.M. – 11:30 A.M.

- G.1: & G.2: Fine Arts Workshop**  
(ENG & FR)
- G.3: Social Group**

Lunch (\$)

## WEDNESDAY

1:00 P.M. – 3:00 P.M.

- G.1: Movement & Rhythm OR Nutrition** (ENG)
- G.2: Tech Time OR Action Beats Live** (FR)
- G.3: Social Group**

## THURSDAY – AM

9:30 A.M. – 11:30 A.M.

- G.1: Bowling**
- G.2: Cooking**

## THURSDAY – PM

1:00 P.M. – 3:00 P.M.

Action Arcade

## FRIDAY

Outings & Thematic Events

### IMPORTANT DATES

- Cruise on Saint-Lawrence River (Sep. 5)
- Summer Closure Party (Sep. 6)
- Apple Picking (Sep. 13)
- Corn Roast (Sep. 20)
- Thanksgiving Dinner (Oct. 11)
- Halloween (Oct. 31)
- Caregiver Appreciation Ball (Nov. 13)
- International Day of Persons with Disabilities (Dec. 1)
- Christmas Party (TBD)