



WEDNESDAYS IN MARCH



11AM - 2PM

EVENTS

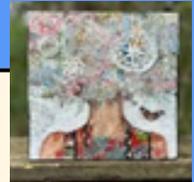
FOR THIS MONTH

**MARCH
4TH
2026**

Meal: Taco Bowl

Activity: Layers of Me Collage

Explore the different layers that make you who you are, strengths, challenges, dreams, and growth. A creative self-reflection activity using collage materials.



Meal: Fish & Chips

Activity: One Step Forward

Create a visual reminder of progress — even small steps count. A powerful piece focused on moving forward this spring.



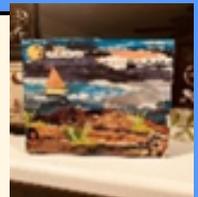
**MARCH
11TH
2026**

**MARCH
18TH
2026**

Meal: Lasagna Soup with Garlic Toast

Activity: Torn Paper Art Canvas

Turn simple torn paper into something beautiful. A gentle reminder that even pieces can create powerful art.



Meal: Sausage on a Bun with Veggies

Activity: Button Mandalas

Design calming, circular patterns using buttons and colour. A relaxing activity focused on balance and mindfulness.



**MARCH
25TH
2026**

**TRANSPORTATION
LINE:**

**705-526-1305 EXT 1228
PLEASE CALL BEFORE 9AM ON THE DAY OF
ACTIVITY**