



February 2026

Monday	Tuesday	Wednesday	Thursday	Friday
11am - 12pm: Personal projects 1pm-2pm 3pm - 5pm: Artist Talk - Rodrigo Moreno	2 11am - 2pm: CLOSED (deep cleaning) 2pm - 5pm: Art Journaling	3 11am - 1pm: Personal projects 2pm - 2:45pm: Yoga with Thea (optional chair yoga) 3pm-5pm: "Warmth in the winter" - water colour	4 11am - 12pm: Personal projects 12pm - 3pm: Painting workshop with Josefa	5 11am - 12pm: Personal projects 12pm - 2pm: Creative fitness 3pm-5pm: Art journaling
11am - 1pm: personal projects 2pm - 5pm: Jean Michel Basquiat workshop	9 11am - 1.30pm: CLOSED (Hong Fook) 2pm - 5pm: African pattern making project	10 11am - 1pm: Personal projects 2pm - 2:45pm: Yoga with Thea (optional chair yoga) 3pm-5pm: Knitting workshop	11 11am - 12pm: Personal projects 12pm-2pm: Creative fitness 3pm - 5pm: String painting	12 11am - 1pm: Personal projects 2pm - 5pm: Self Care/Love workshop
CLOSED FAMILY DAY	16 11am - 1pm: Personal projects 1pm-4pm: Josefa painting Workshop	17 11am - 12pm: Personal projects 2pm - 2:45pm: Yoga with Thea (optional chair yoga) 3pm-5pm: Knitting workshop cont'd	18 11am - 12pm: Personal projects 12pm - 2pm: Bushra Junaid workshop 3pm-5pm: Mask making	19 11am - 12pm: Personal projects 12pm - 5pm: Trip: Museum of Toronto – Black Diasporas Tkaron
11am - 1pm: Personal 2pm - 5pm: Bushra Junaid workshop cont'd	23 11am - 12pm: personal projects 12pm - 2pm: Maya Angelo poem workshop 3pm-5pm: African pattern making cont'd	24 11am - 12pm: Personal projects 2pm - 2:45pm: Yoga with Thea (optional chair yoga) 3pm - 5pm: Jean Michel Basquiat workshop cont'd	25 11am - 12pm: Personal projects 2pm - 5pm: Mask making contd.	26 11am - 1pm: Personal projects 2pm - 5pm: exploring movement
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Schedule subject to change

<https://goodshepherdcentres.ca/services/creativeworks/>