



OCTOBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 11am - 1pm: Personal projects 2pm - 3pm: Collage 3pm-4pm: Mindful Wellness 4pm - 5pm: Check in	2 11am - 1pm: Personal projects 1pm - 3pm: Meditation Exercise 3pm-3:30pm: Check in 3:30pm- 5pm: Tree Rubbing
5 11am - 1pm: Personal projects 1pm - 3pm: Art Journal 3pm-3:30pm: Check in 3:30pm- 5pm: Writing workshop	6 11am - 1pm: Personal projects 1pm - 3pm: Knitting Scarf (Scola) 3pm-3:30pm: Check in 3:30pm- 5pm: Batik	7 11am - 1pm: Personal projects 1pm - 3pm: Collage 3pm-3:30pm: Check in 3:30pm- 5pm: Batik contd:	8 11am - 1pm: Personal projects 1pm - 3pm: Writing Workshop 3pm-3:30pm: Check in 3:30pm- 5pm: Groove and fitness	9 11am - 1pm: Personal projects 1pm - 3pm: Art Journal 3pm-3:30pm: Check in 4pm- 5pm: Slab Workshop
12 CLOSED! THANKSGIVING!	13 11am - 1pm: Personal projects 1pm - 3pm: Chair Yoga 3pm-3:30pm: Check in 3:30pm- 5pm: Ceramic Creatures (Josefa)	14 11am - 1pm: Personal projects 1pm - 3:30pm: Hanji contd: 3:30pm-4pm: Check in 4pm - 5pm: Art Journal	15 11am - 1pm: Personal projects 1pm - 3pm: Art Journal 3pm-3:30pm: Check in 3:30pm- 5pm: Writing workshop	16 CLOSED! 11am - 6pm: Trip: 401 Richmond Street West Toronto ON M5V 3A8
19 11am - 1pm: Personal projects 1pm - 3pm: Art Journal 3pm-3:30pm: Check in 3:30pm- 5pm: Water themed workshop (Daniel)	20 11am - 1pm: Personal projects 1pm - 3:30pm: Knitting contd; 3:30pm-4pm: Check in 3:30pm- 5pm: Sewing Circle	21 11am - 1pm: Personal projects 1pm - 3pm: Chair Yoga 3pm-3:30pm: Check in 3:30pm- 5pm: Artists' Talk - Painter (Sebastian Cox)	22 11am - 1pm: Personal projects 1pm - 3pm: Groove and fitness 3pm-5pm: Water Themed Workshop (Daniel) contd:	23 11am - 1pm: Personal projects 1pm - 3pm: Art Journal 3pm-3:30pm: Check in 3:30pm- 5pm: Dance
26 11am - 1pm: Personal projects 1pm-3pm: Cartoon Workshop (Jack) 3pm-3:30pm: Check in 3:30pm- 5pm: Story telling	27 11am - 1pm: Personal projects 1pm - 3pm: Sewing Circle contd: 3pm-3:30pm: Check in 3:30pm- 5pm: Painting to music (Ximena)	28 11am - 1pm: Personal projects 2pm -4pm: Still Life Drawing (Ximena) 4pm-4:30pm: Check in 4:30- 5pm: Art Journal	29 11am - 1pm: Personal projects 2pm - 4pm: Still Life Drawing contd 4:30pm-5pm: Singing (Mary)	30 11am - 1pm: Personal projects 1pm - 3pm: Pumpkin Carving 3pm-3:30pm: Check in 3:30pm- 5pm: Halloween Costume Party