



RECREATIONAL  
RESPITE

## *Lifestyle Recreation* Ages 18+

We are excited to offer 10 weeks of our 'Lifestyle Recreation' programming that will offer a variety of experiences in several diverse activities that will give the participants an opportunity to practice and improve their social skills and self esteem as well as many important life skills.

The activities include: *yoga, health and lifestyle choices, sports and movement, cooking club, money management, music, arts and culture, science, and literacy learning activities.*

This program also offers a lunch of which the group prepares together with careful consideration of dietary needs.

### **Collier Street Church,**

112 Collier Street, Barrie, ON L4M1H3

Date: Thursday(s) Sept 28, Oct 5, 12, 19, 26 Nov 2, 9, 16, 23, 30

Time: 9:30am-4:30pm

Cost: \$687.50+ HST (for all 10 sessions, includes lunch)

Registration and Information: [www.recrespite.com](http://www.recrespite.com) or [recreative@recrespite.com](mailto:recreative@recrespite.com)

1-877-855-7070