



RECREATIONAL
RESPITE



Lifestyle Recreation

We are excited to offer 8 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 dinner of which the group prepares together with careful consideration of dietary needs.

This program is run by our skilled Recreation Therapist(s) to identify other areas of needs, abilities, strengths and interests on an individual.

The Plex

600 Tomlinson Drive, Port Elgin

Tuesday(s) February 21, 28 March 7, 14, 21, 28, April 4, 11, 2017

5:00-6:30pm

Cost \$260.00 (for all 8 sessions, includes dinner)

Ages 12-15

Registration and Information:

Lifestyle Recreation - #14608

https://ca.apm.activecommunities.com/saugeenshores/Activity_Search/4612