

Centre Region Down Syndrome Society

1:00-2:45pm

DATE	Location	Activity
5-Jan	Pool	Free Swim
12-Jan	Gym	Basketball
19-Jan	Cooking	Breakfast (eggs & toast)
26-Jan	Wellness	Yoga
2-Feb	Pool	Volleyball
9-Feb	Gym	Kickball
16-Feb	Cooking	Veggie Beef Soup
23-Feb	Wellness	Zumba
2-Mar	Pool	Free Swim
9-Mar	Gym	Soccer
16-Mar	Cooking	Pizza
23-Mar	Wellness	Yoga
30-Mar	Craft	Leprechaun Jars / Fairy Jars
6-Apr	Pool	Volleyball
13-Apr	Gym	Basketball
20-Apr	Cooking	Fruit Salad
27-Apr	Wellness	Zumba
4-May	Pool	Free Swim
11-May	Gym	Kickball
18-May	Cooking	Breakfast (French Toast)
25-May	Wellness	Yoga
1-Jun	Craft	Pine Cone Bird Feeders, Take to park and hang
8-Jun	Pool	Volleyball
15-Jun	Gym	Equipment Room
22-Jun	Cooking	Ice Cream -- Sundays
29-Jun	Wellness	Zumba
6-Jul	Pool	Free Swim
13-Jul	Gym	Basketball
20-Jul	Cooking	Burgers / Cookout
27-Jul	Wellness	Yoga
3-Aug	Pool	Volleyball
10-Aug	Gym	Kickball
17-Aug	Cooking	no-bake cookies
24-Aug	Wellness	Zumba
31-Aug	Craft	Tie Die
7-Sep	Pool	Free Swim
14-Sep	Gym	Soccer
21-Sep	Cooking	Breakfast (Pancakes)
28-Sep	Wellness	Yoga
5-Oct	Pool	Volleyball
12-Oct	Gym	Basketball
19-Oct	Cooking	Spider / Pumpkin Cookies
26-Oct	Wellness	Zumba
2-Nov	Craft	Pumpkin (paint or carve)
8-Nov	Pool	Free Swim
16-Nov	Gym	Kickball
23-Nov	Cooking	Thanksgiving (minus the turkey..)
30-Nov	Wellness	Yoga
7-Dec	Pool	Volleyball
14-Dec	Gym	Equipment Room
21-Dec	Cooking	Christmas Cookies