

October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 HOLIDAY	3 ARK 3:30PM-5PM	4 Art (Art Gallery 5-12 Years) 3:30-5PM Swimming 6-8PM	5 Youth Night Volleyball 4:30-5:30pm (AGES 6-12 Tremblay School Gym)	6 Life skills (nutrition/meal planning) **parents will be contacted directly for this activity**	7
8	9 HOLIDAY	10 ARK 3:30PM-5PM	11 Art (Art Gallery 5-12 Years) 3:30-5PM Swimming 6-8PM	12 Youth Night Floor Hockey 4:30-5:30pm (AGES 6-12 Tremblay School Gym)	13 Life skills (grocery shopping day) **parents will be contacted directly for this activity**	14

15	16 Lil' Chef 3:30-4:30PM (6-12 Years) Bowling 4-5PM	17 ARK 3:30PM-5PM	18 Art (Art Gallery 5-12 Years) 3:30-5PM Swimming 6-8PM	19 Youth Night Basketball 4:30-5:30pm (AGES 6-12 Tremblay School Gym)	20 Life skills (cooking day) **parents will be contacted directly for this activity**	21
22	23 Lil' Chef 3:30-4:30PM (6-12 Years) Bowling 4-5PM	24 ARK 3:30PM-5PM	25 Art (Art Gallery 5-12 Years) 3:30-5PM Swimming 6-8PM	26 Youth Night Dance Fitness 4:30-5:30pm (AGES 6-12 Tremblay School Gym)	27 Life skills (nutrition/meal planning) **parents will be contacted directly for this activity**	28
29	30 Lil' Chef 3:30-4:30PM (6-12 Years) Bowling 4-5PM	31 ARK 3:30PM-5PM	1	2	3	4