

BIRT/SODR Program Summer 2022 Calendar

*For programs that require sign up please contact a Therapeutic Recreation staff - please see backside of calendar for extensions. Please note programs and locations are subject to change. Changes will be posted on respective TR boards and/or program room door.

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Morning Program 9:30-11:30am	Drop In Activity Room (ADL Lounge)	Drop In Activity Room (ADL Lounge)	Drop In Kitchen Program (ADL Kitchen)	Drop In Activity Room (ADL Lounge)	Drop In Activity Room (ADL Lounge)	Drop In Program (ADL Lounge)
Afternoon Program 1:30-3:30pm	Drop In Gym Activities (Gym) 1:30-2:30 pm	Drop In Kitchen Program (ADL Kitchen)	Drop In Activity Room (ADL Lounge)	Drop In Activity Room (ADL Lounge)	Drop In Activity Room (ADL Lounge)	Drop In Program (ADL Lounge)
	Drop In Activity Room (ADL Lounge) 2:30-3:30 pm					
Evening Program 6:00-8:00pm	Sr. Kitchen Night (ADL Kitchen)	Activity Room (ADL Lounge) Sr. 6:00-7:00pm Jr. 7:00-8:00pm	Jr. Kitchen Night (ADL Kitchen)	Activity Room (ADL Lounge)	Drop In Activity Room (ADL Lounge)	SATURDAY FAMILY FUN NIGHT 6:00-8:00pm *(Clients must attend with family/caregiver) Locations/Activities TBA each week
	Jr. Activity Room (ADL Lounge)					
	Recreational Swim <i>*Sign up required</i> 6:30-7:15 pm 7:30-8:15 pm		Recreational Swim <i>*Sign up required</i> 6:30-7:15 pm 7:30-8:15 pm	Special Events (Once a month, information will be posted on TR boards)		

/TRA Extensions

(416) 425-6220

Michelle Champagne, BIRT TRS Ext 6433

Rachel McBurney, SODR TRS Ext 6265

Rachel Arsenault, TRA Ext 6317

Carter Wickson, TRA Ext 6350

Jessica Ngo/Cameron Allen, Program Assistants

Room Locations

ADL Lounge: Room OW245
Ext X3560

Kitchen: OW255
Ext X3573

Gym: OW300
Ext 3433

Snnozelen: 1E165
Ext 3241

Art Studio: Across from Conference Centre
Ext 3378

Conference Centre: 1E200

BIRT Lounge: 3W370
Ext 6417

SODR Lounge: 3W130
Ext 6418

Teen Lounge - 3W460
Ext 3783

PROGRAM DESCRIPTIONS

ACTIVITY ROOM

Join in an open group program and try activities such as doing a craft, playing billiards, air hockey, card games, or board games.

KITCHEN

A place to learn a new skill, make a tasty treat, or just have fun in the kitchen. Come create a new delicious recipe with us each week!

GYM

Come join opportunities to learn and play low impact games. Additional opportunities are available to further develop specific gym skills.

SPECIAL EVENTS

Movies, Parties, Performances, Holiday Celebrations, Theme Days, Games Night, and More! TR staff will post details and notify you about special events as they become available.

FAMILY PROGRAMMING

Fun and engaging programs that you participate in as a family. May include games, art, or special events. As available on weekends.

SNOEZELLEN ROOM

The Snoezelen room allows you to explore and relax in a soothing and stimulating environment.

1:1 OPPORTUNITIES

If you have a specific goal you would like to work on or you need more support to get involved in group programs.

RECREATION SWIM

Medical clearance and sign up in advance is required. Inquire with BIRT/SODR Therapeutic Recreation staff for program availability, guidelines, and opportunities to schedule your swim.

Recreational Swim Times

Sign up required. Please speak with your TRS/TRA to register.

Monday: 6:30 - 7:15 pm
7:30 - 8:15 pm

Wednesday: 6:30 - 7:15 pm
7:30 - 8:15 pm

Thursday: 2:15-3:15pm