Every Thursday, 10:00 am - 3:00 pm, is filled with a variety of Health and Wellness activities, designed to enhance your total health ~ mind, body and spirit!

10:00 - 11:00 am iCreate
New expressive art project every week

10:00 am - 3:00 pm iHelp
Help sort Food Support items

11:30 am - 1:00 pm iCook
Cook, bake and eat healthy meals with students and a guest cook.

1:00 - 3:00 pm iMove
CCAC Exercise and Fall Prevention classes. Physiotherapist will be available. Information/registration 888-733-1177 ext. 7744

Ongoing: iMusic
Live music provided during the day. Grab a seat, participate, or enjoy.

Ongoing: iSupport
Knitting or crocheting Granny Squares for Bethell House Hospice.

*A materials fee may apply for some activities.

For more information and registration, contact Ankie at 905-584-2300 ext. 273 or alamers@ccs4u.org