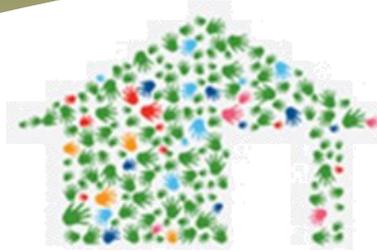
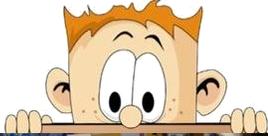


Respite meta centre



FALL/WINTER
RESPIRE PROGRAMS
SEPTEMBER-DECEMBER 2015
SATURDAYS, SUNDAYS &
EXTENDED HOURS



Party Like a ROCKSTAR



SEPTEMBER

SUNDAY SEPTEMBER 20th

11:00 am to 4:00 pm

Ages 10+

Cost per person includes themed lunch and activities.

\$50/Day

THE

WILD WILD WEST

OCTOBER

SUNDAY OCTOBER 4th

11:00 am to 4:00 pm

Ages 10+

Cost per person includes themed lunch and activities.

\$50/Day

EVERY **\$40**
SATURDAY

LOCATIONS:

- TORONTO
- RICHMOND HILL
- SCARBOROUGH

TORONTO

10 am to 3 pm

ADULTS ONLY

401 Champagne Drive

Weeks 1+3 or 2+4

RICHMOND HILL

10 am to 3 pm

YOUTH ONLY

10 West Pearce Street, Unit 10

Weeks 1+3 or 2+4

SCARBOROUGH

10 am to 3 pm

ADULTS weeks 1+3

YOUTH weeks 2+4

211 Morrish Road



NOVEMBER

SUNDAY NOVEMBER 14TH

11:00 am to 4:00 pm

Ages 10+

Cost per person includes themed lunch and activities.

\$50/Day



DECEMBER

DOWN with Disney

SUNDAY DECEMBER 13th

11:00 am to 4:00 pm

Ages 10+

Cost per person includes themed lunch and activities.

\$50/Day

HEY IT'S SATURDAY!

**TORONTO RICHMOND HILL
SCARBOROUGH**

For more information on Saturday Programs contact

Lana Cianfrini at 416-736-0199 ext 337

All programs are fee for service.

We LOVE our weekends →

Respite Services Ages 10+

September							October							November							December							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
	1	2	3	4	5			1	2	3	4	5	6		1	2	3	4	5	6	7		1	2	3	4	5	6
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12	
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19	
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26	
27	28	29	30				25	26	27	28	29	30	31	29	30						27	28	29	30	31			



TUESDAY EVENING BOWLING

Woodbridge Bowl, 191 Marycroft Avenue
Date: Sept. 22-Dec. 8 Time: 6 pm to 8 pm
Cost: \$240 (12 sessions at \$20 per session)



THURSDAY EVENING TRAMPOLINING

SKY ZONE Trampoline, 2839 Rutherford Road
Date: Sept. 24-Dec. 10 Time: 6 pm to 8 pm
Cost: \$240(12 sessions at \$20 per session)

Provided for your information Federal Holidays in 2016

Date	Federal holiday	Day of the week
January 1, 2016	New Year's Day	Friday
January 18, 2016	Martin Luther King Day	Monday
February 15, 2016	Presidents' Day	Monday
May 30, 2016	Memorial Day	Monday
July 4, 2016	Independence Day	Monday
September 5, 2016	Labor Day	Monday
October 10, 2016	Columbus Day	Monday
November 11, 2016	Veterans Day	Friday
November 24, 2016	Thanksgiving Day	Thursday
December 25, 2016	Christmas Day	Sunday
December 26, 2016	Christmas Day (observed)	Monday

EXTENDED HOURS TORONTO



TORONTO Ages 13+

TUESDAYS + THURSDAYS

MUSIC THERAPY

SEPTEMBER 22-DECEMBER 10

Time: 3pm—7pm (Dinner included)

Cost: \$50 per day

Location: 401 Champagne Drive

While **Music Therapy** is different than routine physical therapy or prescribing medicine, it should not be thought of as a form of alternative medicine. Clinical studies can vouch for the health benefits of a medically approved music therapy regimen. The beauty of music therapy is that it helps people in a physical, mental, emotional and social way.



Respite Coordinator

Lana Cianfrini

T: 416-736-0199 ext 337

E: lcianfrini@metacentre.ca

F: 416-736-9181

Contact Lana for information and or brochure/registration.

401 Champagne Drive

North York, ON M3J 2C6

W: www.metacentre.ca

FB: Meta Centre

Twitter @metacentre1986



EXTENDED HOURS VAUGHAN

VAUGHAN Ages 13+

WEDNESDAYS

Health & Wellness

SEPTEMBER 23-DECEMBER 9

Time: 3pm—7pm (Dinner included)

Cost: \$50 per day

Location: 201 Millway Avenue, Unit 10



Health and Wellness for Independent Living
Meal planning, shopping, group food preparation, proper etiquette, table setting. Special Guest speakers, chefs, relaxation Instruction/Yoga and Social Interaction.

META CENTRE RESPITE SERVICES



We're getting ready for the winter months... Stay tuned!!!

