swara Program Schedule 2024



	Monday	Tuesday	Wednesday	Thursday	Friday
Session 1 9:00am-12:00pm Morning Tea Break 10:30am-11:00am	Kitchen Skills	Kitchen Skills	Kitchen Skills	Kitchen Skills	Kitchen Skills
	Learning & Book Club	Yoga & Meditation	Pottery	Yoga & Meditation	Dance & Movement
	Beading & Jewellry Making	Digital Literacy Skills	Multicultural Music	Sound-Based Literacy & Numeracy	Games & Bingo
	Community Access		Community Access	Bakery	Nail Art & Pampering

12:00pm-1:00pm Supported Lunch Break & Free Time

