

CLASS/PROGRAM	DESCRIPTION
Table Talk	Chat with everyone to get your day started.
Sudoku	Challenge yourself and your mind with this fun game.
Quest Reading Club	Enjoy group reading followed by a discussion.
Unwind	End your day with some relaxing stretches and breathing exercises.
Top 10!	Watch and learn about some interesting topics.
Drawing 101	Expand your artistic abilities in this drawing class.
Creative Quest	Join everyone in building the craft packs of the week.
Guided Yoga	Loosen up with some mid-day yoga exercises.
Game Show (Name That Tune)	Enjoy a fun and interactive afternoon with a game of Name That Tune.
Hangout & Games	Hangout and chat with peers while enjoying some fun games.
Dress Sense	Learn about different ways to dress and style yourself.
Continent of Asia	Dive into the culture and some interesting facts about Asia.
Escape Room	Experience the fun and intensity of an online escape room.
Dog Genius	Learn more about your favorite furry friend via YouTube
How to!	Learn how to complete different tasks efficiently and effectively.
Game Show (Trivia)	Enjoy a fun and interactive afternoon with a game of Trivia
Basic First Aide	Learn what to do in case of an emergency.
How to Read a Clock	Learn how to read an analog clock
Brain Teasers	Put your mind to the test with these fun and challenging brain teasers.
Best Magic Show in the World	Prepare to be amazed by a fantastic magic show via YouTube.
Guided Meditation	Relax and clear your mind with some calming meditation.
Game Show (Jeopardy)	Enjoy a fun and interactive afternoon with a game of Jeopardy.
Healthy Coping Mechanisms	Learn how to manage your emotions and feel better in this class.
History of Indigenous Canadians	Learn about our Indigenous Peoples' culture and way of life.
Murder Mystery	Put your detective skills to work in this mystery game.
Cooking Show	Learn how to make easy and delicious food in the kitchen via Netflix
Puppet Show	Enjoy an amusing puppet show put on by Impact crew
Zumba	Get up and dance in this interactive exercise session.
Game Show (Bingo)	Enjoy a fun and interactive afternoon with a game of Bingo
Cleanliness & Hygiene	Learn the importance of maintaining a good health.
Simple Science Experiment	Have some fun with science in this interactive activity.
Word Games	Play some fun puzzles and activities to get your mind thinking.