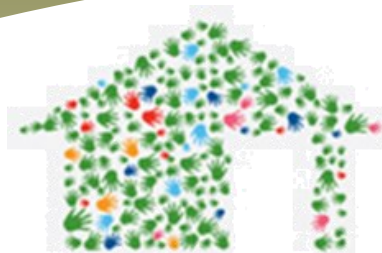


# Respite meta centre



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



**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

## 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

## Salsa on Champagne

### NOVEMBER

**SUNDAY NOVEMBER 14TH**

**11:00 am to 4:00 pm**

Ages 10+

Cost per person includes themed lunch and activities.

\$50/Day

## DOWN with Disney

### DECEMBER

**SUNDAY DECEMBER 13th**

**11:00 am to 4:00 pm**

Ages 10+

Cost per person includes themed lunch and activities.

\$50/Day

**We LOVE our weekends** →

**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.

# TUESDAY & THURSDAY EVENINGS

# 2015

**META RESPITE Sunday Programs September - December**

**Respite Services Ages 10+**



## 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)

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	1 2 3 4 5 6 7	1 2 3 4 5
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

**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

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## 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.



## 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

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



**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



## Respite Coordinator

**Lana Cianfrini**

T: 416-736-0199 ext 337

E: [lcianfrini@metacentre.ca](mailto: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](http://www.metacentre.ca)

FB: Meta Centre

Twitter @metacentre1986



Please **NOTE** that all programs **CLOSED** on **WEDNESDAY NOVEMBER 11th** for **REMEMBRANCE DAY DANCE**