

# Rec à la carte *menu*

## FEATURING:

Rebel Growers Club - Intro to Food Autonomy

Zero-Proof Social - Free/Open Event

Millennial Skateboarding Series

Music Mondays Series - Pete Denomme on May 11

*Leisure is  
Living.*

May 2026

# Rec a la Carte Menu

We say our calendar is REC A LA CARTE because we believe leisure should be something you choose, not something you're stuck with.

## Body Movement & Restoration

### Opening the Month Together

1st Monday of the Month | 8am-9am

A slow, accessible movement session focused on body awareness, regulation, and reflection. Participants are guided through gentle movement and pauses for noticing using the body as a way to release what's passed and intentionally open the month ahead. No fitness goals, no pressure, all bodies welcome.

### Functional Fitness with Malik

Every Friday | 10-11am

A gentle, guided movement session focused on awareness, regulation, and starting the month with intention. All bodies welcome.

### Walking Club with Malik **FREE ENTRY**

Every Tuesday & Friday | 11-12pm

A relaxed, facilitated group walk designed for gentle movement, conversation, and shared time outdoors. There's no set pace and no pressure to talk. Just space to walk together, notice the environment, and connect in ways that feel natural.

### Creative Hub

Every Friday | 1-12pm

Bring your thing. Your journal, your laptop, your sketchbook, your ideas. Come settle into the café for a low-pressure space to create, focus, and simply be around other people doing the same. With music, coffee, food, and good energy, it's the kind of space where you can come on your own or with a friend, whether you need body doubling, quiet productivity, or a little casual connection in your day. There's no structure and no pressure, just room to show up as you are, stay awhile, and do your thing alongside others.

## Literary Society

### Silent Book Club (Morning Edition)

Every Wednesday | 10-11am

A quiet, community-based reading session where participants bring their own book and read alongside others. The focus is on uninterrupted reading time, shared presence, and gentle structure. Optional reflection or conversation may be offered at the end.

### Morning Body Movement *With Jessie J.*

Every Thursday | 8am-9am

A gentle, guided movement session focused on awareness, regulation, and starting the month with intention. All bodies welcome.

### Just Breathe Yoga *With Kristin*

Every Friday | 10-11am

A gentle, guided movement session focused on awareness, regulation, and starting the month with intention. All bodies welcome.

### Fidget Friendly Social Hour *with Sascha, RecTA*

Every Thursdays | 11-12pm

A relaxed, facilitated social space where participants learn how to make simple fidgets while spending time together. This session is designed to support comfort, focus, and connection. Whether that means chatting, creating quietly, or just being in the room. Hands stay busy, expectations stay low, and participation is always flexible.

### Chair Fitness for Seniors with Jessie

Every Monday | 2-3pm

AGES 55+

A guided, chair-based yoga session focused on learning gentle movement, breath awareness, and body alignment for everyday comfort and ease. Participants are supported to understand how each movement can be adapted and used beyond the class.

### Lunch Hour Trivia *with Jessie* **FREE ENTRY**

Every Friday | 12-1pm

Step away for your lunch hour and spend a little time with us at Tiriva. Whether you work nearby, need a change of scenery, or just want a reason to pause in the middle of your day, our space offers a chance to catch your breath, enjoy a good coffee or lunch, and have a little fun while you're here. Come on your own, bring a coworker, or make it your midday reset spot—a place to recharge, connect, and return to the rest of your day feeling a little lighter.

## Hey!



#### Residency

3L Residents are artists, musicians, chefs, and practitioners invited into a 12-week residency to teach, experiment, and share their practice through workshops, labs, and community experiences.



#### Feature

A highlighted experience led by a visiting artist, educator, or practitioner. Featured sessions bring a fresh perspective into the space and offer a one-time or limited-run learning experience.



#### Anchors

Ongoing, in-house experiences that form the steady rhythm of life at 3L. These are familiar offerings you can return to regularly, led by our core team and designed for consistency, comfort, and learning over time.

## Literary Society Continued

### Silent Book Club

Every Tuesday | 8-9pm



A quiet, community-based reading session where participants bring their own book and read alongside others. The focus is on uninterrupted reading time, shared presence, and gentle structure. Optional reflection or conversation may be offered at the end.

### Shelf-Care With Ana Paret, RSW

Every Tuesday | 3-4pm

AGES 16+



A facilitated book club using non-fiction and self-help texts to support reflection, insight, and personal growth. Sessions include guided discussion and practical takeaways, helping participants connect what they're reading to their own experiences.

### Creative Writing with Evy C.

Every Thursday | 6-7pm

AGES 13-15



This Creative Writing Workshop is part of a 12-week residency led by Evy Chillman, a young writer with a bold imagination and a deep love of storytelling. Through guided prompts, shared exercises, and creative experimentation, participants explore how stories take shape through character, voice, setting, and plot.

The workshop focuses on writing as a practice, trying ideas out, taking creative risks, and learning how imagination, observation, and lived experience can become stories on the page. Sessions are designed to be welcoming and encouraging, with space for individual writing, optional sharing, and group reflection.

### Coffee Break Writing: Young Adults (18-35)

Every Wednesday | 1-2pm



Coffee Break Writing: Young Adults is a relaxed and encouraging creative writing experience designed for emerging adults who want space to think, write, and explore their voice in community. Inspired by John Gillard's Coffee Break Writing, this program uses poetry, prompts, and simple writing exercises to help participants generate ideas, experiment with expression, and build confidence on the page.

### Coffee Break Writing: Adults (35+)

Every Wednesday | 2:30-3:30pm



Coffee Break Writing: Adults is a reflective and engaging creative writing program for adults ages 35 and up who want to reconnect with writing, storytelling, and personal expression. Inspired by John Gillard's Coffee Break Writing, this program includes poetry, prompts, and accessible writing exercises designed to spark ideas, awaken creativity, and make writing feel possible in everyday life.

## Music

### Drum Circle with Jessie J, CTRS

Biweekly Wednesdays | 10-11am



A social drumming experience built around rhythm, connection, and collective vibe. Through guided play, shared beats, and listening in real time, participants explore what it feels like to get in sync, let go, and make something together. It's playful, grounding, expressive, and open to everyone. No music experience needed.

More Music Events are on featured experiences

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#### Anchors

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#### Open Session

A community-based, peer-led experience with a flexible structure. Open Sessions offer shared space and time for people to gather, practice, and explore together without formal facilitation. Staff are present to hold the space and support accessibility, but the experience is shaped by participants.



#### Therapeutic Group

A structured, professionally supported group designed for specific populations and facilitated by qualified practitioners such as Social Workers and Recreation Therapists. These groups are intentionally designed with defined ratios, resources, and therapeutic goals to ensure safety, accessibility, and meaningful support.

## Social & Community

### Mocktail Happy Hour

Wednesdays & Fridays | 4-5pm

AGES 18+

An alcohol-free happy hour featuring a curated flight of handcrafted mocktails, created in collaboration with Dry Variety, a Canadian non-alcoholic spirits company. This session offers a relaxed, social space to sip, connect, and enjoy bold, thoughtfully crafted flavours without alcohol. Participants are invited to slow down, socialize, and enjoy a playful reimagining of happy hour that's inclusive, flavour-forward, and intentionally unhurried. *Includes a flight of 3 hand crafted Mocktails.*

### Slow Social Morning

Every Wednesday | 10-12pm

A relaxed morning gathering designed for unhurried conversation and shared presence. This Open Session invites people to arrive slowly, enjoy a beverage, and spend time together without an agenda or pressure to participate in any particular way. Come to chat, sit quietly, or simply ease into the day alongside others.

### Knitting & Death with Sydney

Every Saturday | 10-11am

A peer-led knitting circle that creates space for conversation around grief, loss, and mortality, held gently and without pressure. Participants knit together while engaging in open, supportive discussion, or simply listening as they work. This session is co-led by Sydney, a Thanatology student and 3L staff member, who helps hold the space with care, curiosity, and respect. No fixing, no expectations, just shared time, making, and honest conversation. Bring your own knitting or use materials provided. All levels welcome.

### Quiet Co-Working & Art Tables

Every Monday | 10-12pm

A quiet, shared workspace for focused work and creative making. Participants are welcome to bring their own projects, writing, planning, art, or other quiet work or use the art materials provided. This Open Session is designed for concentration and gentle companionship, with no expectation to collaborate or socialize. Come to work, make, or simply be in a calm, supportive environment.

## Drama

### Improv & Drama Exploration with Sascha

Every Friday | 10-12pm

A guided drama session exploring improv, storytelling, and playful expression across generations. Led by Sascha, this experience invites participants of all ages to experiment with scenes, characters, movement, and voice in ways that feel accessible, lighthearted, and supportive.

This session is about curiosity, connection, and shared play. Not performance or theatrical skill. Activities are adaptable, with space to participate actively or more gently, making it welcoming for first-timers, elders, youth, and everyone in between.

No drama experience required. Just a willingness to play.

## Art

### Mixed Media Art with Jessie J.

Every Thursday | 10-11am

A guided art workshop focused on learning how different materials, surfaces, and techniques interact. Participants explore layering, composition, and texture through structured prompts and hands-on experimentation.

### Inside Out Art with O.Hey! It's Kay!

Every Thursday | 7-9pm

Inside Out Art is a weekly expressive art workshop inspired by emotions. Every week we'll be expressing ourselves as colours, shapes, and characters. Each session focuses on a different feeling, exploring with vibrant palettes, imagined characters, or abstract galaxies and inner worlds. With an emphasis on process over product, participants are encouraged to create intuitively and let their emotions guide the work. No art experience needed, just curiosity and a willingness to explore what's happening on the inside.

### Watercolour Exploration with Kristin Reid

Wednesday | May 27th

6-7pm

A slow, playful watercolor class focused on colour, water, and intuition. Using a small set of colours, participants explore colour-mixing and simple techniques, then create a series of abstract landscape studies that experiment with mark-making, movement, and mood.

The focus is on curiosity and process rather than a finished piece, No reference images, no pressure, just exploration. Welcoming for beginners and experienced painters alike.

## Featured Experiences

### Rebel Growers Club - Intro to Food Autonomy ★

May 03, Sunday | 2:00pm-4:00pm

2-hour workshop program that balances education, hands-on activity, and emotional connection while subtly reinforcing ownership, autonomy, and confidence important for both beginners and more advanced participants

### Zero-Proof Social **FREE ENTRY** ★

May 22, Friday | 8:00pm-12:00am

Zero-Proof Social: Chill vibes, tasty booze-free drinks, and good company. No hangovers, just fun!

All of the Bass. None of the Booze. 100% Connection.

### Millennial Skate Series: Reclaim The Board ★

June 2 - July 28 | 6:30pm-8:30pm Every Tuesday

Skateboarding is not just a sport; it is a masterclass in courage. We are calling all Millennials who want to reconnect with their bodies, crush their fear of falling, and master a new skill in a space built on radical support. Whether you have never stepped on a board or you are ready to face your old "skater phase" head on, this 8 week series turns movement into a tool for confidence and resilience.

### Live Music Mondays **FREE ENTRY** ★

Every Monday | 12pm-1pm

Music Mondays is a live music series featuring a rotating lineup of local musicians, singer-songwriters, and acoustic acts. Hosted at 3L in collaboration with Café at 3L, this welcoming weekly series creates space for the community to gather, enjoy live performance, and support local talent in an intimate café setting.

### Artist's Table

May 24 | 2:00pm-4:00pm

**Artist's Table is not just an event. It's an experience.**

Step into an afternoon designed to awaken the senses through flavour, atmosphere, creativity, and connection. Facilitated by Jessie and Laura, this one-of-a-kind gathering at JJRT features two handcrafted mocktails, a curated light tasting menu, and a collaborative art experience that invites guests to create something meaningful together.

### Girls Night Out - Flower Pot Painting ★

May 13<sup>th</sup> | 7:00pm-9:00pm

Join us for a relaxed and creative Girls' Night Out filled with flower pot painting, good conversation, and a little time to unwind. It's the perfect excuse to get out, make something beautiful for your space, and enjoy a fun night with friends or come solo and connect with others while you create. Your ticket includes one mocktail and a personal charcuterie board to enjoy during the event.

### Mocktails & Leisure with Jessie J. ★

May 29, Friday | 6:00pm-9:00pm

AGES 18+ **Free for 3L members**

A monthly social experience featuring a flight of three handcrafted mocktails, served one per hour and paired with a personal charcuterie board and a surprise leisure activity. The mocktails stay consistent; the activity changes each month anything from art to trivia to improv.

Relaxed, playful, and a little unpredictable.

A SPACE FOR MANY WAYS OF  
BEING.



Scan this QR Code to explore all

**25% off for 3L members for all featured experiences**

**3L** Leisure  
Learning  
Lab © A 3307 Community

## Supported Social Groups



### Senior Social Club - Supported



Tuesdays & Thursdays | 2-5pm

A consistent afternoon social designed for older adults who value connection, structure, and meaningful ways to spend their time. The Senior Social Club blends conversation, creative activity, and gentle engagement, with supportive staff present to ensure a welcoming and inclusive experience. This program is designed to support older adults ages 60+ with cognitive changes such as mild to moderate dementia. *Intake and assessment is required for participation by our RSW*

**\$380/month** - 10 spaces available Tuesday, 10 spaces available Thursday  
1 day/week, 3 hours (Tuesday or Thursday) - 4 total days per month (12 hours of program).

### Teen Social Club - Supported



Tuesdays | 6-8pm

A supported evening social for youth who benefit from structure, consistency, and a small-group environment. This weekly club focuses on social connection, shared activities, and meaningful leisure in a calm, welcoming space.

Facilitated by a Life Enrichment Specialist, the group supports social confidence, communication, and comfort in community through games, creative activities, conversation, and collaborative experiences. Group size is intentionally limited to ensure individualized support while maintaining a social, youth-appropriate atmosphere.

This program is designed for youth with neurodevelopmental differences who benefit from additional support. *Intake and assessment are required for participation by our RSW*

**\$280/month** - Tuesday, 10 spaces available  
1 day/week, 2 hours - 4 total days per month (8 hours of program), 5:1 ratio youth to staff

### Adult Social Club - Supported



Wednesdays & Fridays | 2-5pm

A consistent afternoon social designed for adults who value connection, routine, and meaningful ways to spend their time in community. The Adult Social Day Club brings together adults with and without disabilities in a welcoming, supportive environment focused on conversation, creative engagement, games, and shared experience.

This program offers a high-quality leisure routine with trained staff present to support participation, connection, and comfort while respecting autonomy, choice, and individual needs. This program is designed to support adults ages 18+ with neuro-developmental disabilities such as Autism, Fetal Alcohol Spectrum Disorder, Down Syndrome. *An intake and assessment is required for participation by our RSW*

**\$380/month** - 10 spaces available Wednesday, 10 spaces available Friday  
1 day/week, 3 hours (Wednesday or Friday) - 4 total days per month (12 hours of program)

# Hell Yeah!

#### All Supported Social Groups include:

- Guaranteed place
- Consistent staff support
- Access to LES staff (1:5 ratio), additional supports available (\*see LES Support)
- Light documentation / check-ins
- Optional caregiver communication
- Snacks/coffee/tea/beverage
- Recreation & Leisure Activities



**Leisure Learning Lab**  
A JJRT Community


## Recreation Therapy & Social Work-based Therapeutic Groups

**Reclaim your Spark: Creative Recovery with Ana Paret, RSW & Jessie Jones, CTRS**   
**Next Enrollment - May 19th | 6-8pm**

A collaborative therapeutic group led through Recreation Therapy and Social Work, designed to support recovery from burnout and compassion fatigue. Using creative, arts-based practices such as art-making, writing, music, and movement, participants explore regulation, reflection, and renewal in supportive, embodied ways.

This group offers a structured space to reconnect with energy, meaning, and sustainable practices for care.

**\$525 per 8 week series, 10 spaces.**

**Epic Identities: Adult Edition with Sascha, RecTA**   
**Next Enrollment - May 21st | 2-4pm**

An adult-focused Recreation Therapy program using a Game to Grow-inspired tabletop role-playing methodology. Through a modified therapeutic edition of Dungeons & Dragons and Daggerheart, participants engage in collaborative storytelling and character development as tools for reflection, growth, and connection.

Led by Sascha, this program supports adults in exploring identity, communication, boundaries, emotional regulation, and social dynamics within a structured, supportive group setting. Role-play offers a creative and psychologically safe way to experiment with choices, perspectives, and interpersonal skills, without pressure or performance.

**\$440 per 8 week series, 5 spaces.**

**THAT'S WHY WE CREATED  
REC À LA CARTE.**


This “menu” is more than just a schedule; it’s a reflection of what leisure means to our community. It is designed to let you pick exactly what you need to fill your cup.



x



**Leisure Is Living**  
 What do you do for living?

**Epic Identities: Youth Edition with Sascha, RecTA**   
**Next Enrollment: June 4th | 5-7pm**  
 AGES 13-17

A Recreation Therapy-based tabletop role-playing program using a Game to Grow-inspired methodology. Through a modified therapeutic edition of Dungeons & Dragons and Daggerheart, participants engage in collaborative storytelling, character development, and decision-making as tools for growth.

Led by Sascha, this program uses role-play to explore identity, communication, problem-solving, emotional regulation, and social connection in a structured, supportive group setting. The game becomes a shared narrative space where participants can practice skills, take risks safely, and build confidence through play.

**\$440 per 8 week series, 5 spaces.**

**A SPACE FOR MANY WAYS OF  
BEING.**



**Scan this QR Code to explore our offerings**

*Please Note: To keep our community thriving, we occasionally need to adjust our schedule. Please note that these programs are subject to change with prior notice. We're always here to help you find your perfect pace.*

**NEED TO CHAT?**

We love hearing from you. If you have questions about a specific session or just want to say hi, here is how to find us:

[www.jjrt.ca](http://www.jjrt.ca)  
 (519) 902-5377

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