

Rec à la carte *menu*

FEATURING:

The Art of Sushi: A Hands-On Culinary Workshop
Euchre, Five Crowns & Wizard Card League
The Art of Becoming - Art Club for Adults

*Leisure is
Living.*

September 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

Functional Fitness with Malik

Every Friday | 10am-11am

Functional Fitness with Malik is a guided movement session focused on building strength, mobility, and confidence for everyday life.

Walking Club *with Malik*

Every Friday | 11am-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.

Fidget Friendly Social Hour *with Sascha, RecTA*

Every Thursday | 11am-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.

Art

Open Art Studio

Tuesdays and Thursdays | 4pm-8pm

The studio provides the tools, the space, and the supportive atmosphere; you provide the pace. It is an invitation to treat art-making as a form of leisure and rest, emphasizing the joy of "parallel play". The unique comfort of working on your own ideas alongside others doing the same.

Drama

Improv & Drama Exploration *with Sascha*

Every Friday | 11am-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.

Languages and Culture

Prendre un café et bavarder en français

Every Thursday | 7pm-8pm

Grab a coffee, take a seat, and practice French through conversation, culture, and community. Led by a native French speaker and instructor, this welcoming group helps learners build confidence with practical language skills, vocabulary, pronunciation, and everyday expressions. Open to all levels.

Café y Conversación en Español

Every Tuesday | 7pm-8pm | Starts Sept 15th

Enjoy a coffee, join the conversation, and explore Spanish through culture and community. Led by a native Spanish speaker and instructor, this welcoming group helps participants build confidence with practical language skills, everyday vocabulary, and expressions through guided discussions and authentic conversation. Open to all levels.

Music

Open Mic & Jam Session

Every Tuesday | 7pm-9pm

Calling all musicians, singers, instrumentalists, and music lovers. Our Open Mic & Jam Session is a welcoming space for people who want to perform, experiment, collaborate, and make music with others. Whether you are an experienced musician, a developing performer, or someone who simply wants to join in and play, you are invited to come out and take part.

Musicians are encouraged to bring their own instruments and come prepared to share a song, join an improvisation, or create something completely spontaneous with people they may have never played with before.

Pay Leisure Forward Programs:

Pay Leisure Forward is our community-supported approach to accessible programming at The Leisure Learning Lab. When you join us for a no-fee experience, we ask that you support Café at 3L with a purchase while you're here. At the end of your experience, you'll also be invited to Pay Leisure Forward by contributing whatever feels right to help make future programming possible for someone else.

The café supports today. Pay Leisure Forward supports tomorrow.

Featured Experiences

Whether you are looking for a lively weekend workshop to shake off the rust, a quiet seasonal ritual to mark a transition, or a steady monthly anchor to ground your week, you will find it here. Our events are intentionally designed to celebrate many ways of being planned with clinical care, and facilitated with creative freedom.

3L Event

A 3L Event is our version of lightning in a bottle. It's a high-octane, one-time experience where we pack all the energy, impact, and unforgettable moments into a single day.

Live Music Mondays



Every Monday | 12pm-1pm

Your Monday just got a major upgrade.

The Lineup: A rotating cast of local legends, singer-songwriters, and acoustic acts.

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.

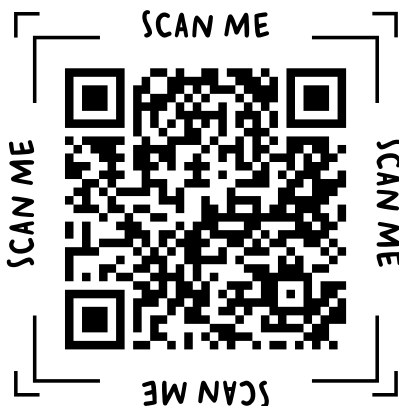
Picnic on the Pond



Every Thursday | 6:30pm-9:00pm

We are taking Thursday nights and extending our hours until 9:00 PM. In collaboration with the London Arts Council, we are bringing live music directly into the heart of our neighborhood. Step into golden hour with rich local talent, cozy café drinks, and incredible energy. It is the ultimate low pressure way to kick off the weekend early, soak up the summer sunset, and support local creators in an atmosphere built for community connection.

Discover an evolving, curated lineup of incredible local musicians bringing authentic sound and creative energy to our café.



Scan this QR Code to explore all experiences



The Art of Becoming

ART CLUB FOR ADULTS

Ditch the high pressure gallery culture and the boring lectures. The Art of Becoming is an 8 week creative club engineered specifically for adults who want to explore who they are outside of work, bills, and daily routines. This is not a clinical therapy session, and it is definitely not a stuffy technique class where you get graded. It is a high energy, supportive space to learn real skills, experiment with bold materials, and use art as a tool for personal liberation.

THE 8 WEEK LINEUP

- Week 1:** Belonging (Watercolour Washes and Collage)
- Week 2:** Identity (Zentangle Inspired Symbolic Drawing)
- Week 3:** Choice (Watercolour Techniques)
- Week 4:** Capability (Mixed Media Canvas)
- Week 5:** Voice (Text, Image, and Pattern Work)
- Week 6:** Boundaries (Embroidery on Canvas or Paper)
- Week 7:** Meaning (Textile Integrated Mixed Media)
- Week 8:** Integration (Final Mixed Media Masterpiece)

WHY THIS CLUB HITS DIFFERENT

- **Radical Autonomy:** Self directed interpretation. You choose the destination.
- **Skill Expansion:** No previous artistic experience required.
- **Belonging Through Making:** Connect with a brilliant community of peers.
- **Identity Mapping:** Explore your personal values, voice, boundaries, and growth through hands on leisure that actually feels meaningful and restorative.

COME DISCOVER WHAT BECOMES POSSIBLE WHEN YOU GIVE YOURSELF PERMISSION TO CREATE WITHOUT LIMITS.

Audience: Adults 18+

Dates: 8 Tuesdays , starting Sept 15, through Nov 3

Time: 6:00 PM to 9:00 PM

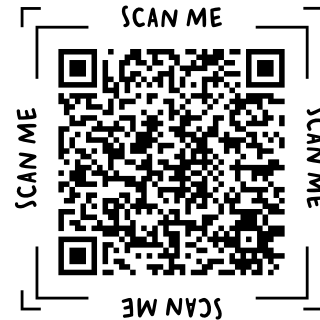
Location: 1535 North Rutledge Park, London, ON N6H 5L6, Canada





THE ART OF SUSHI

A HANDS-ON CULINARY WORKSHOP



Led by Chef Laura, Food Program Coordinator at The Leisure Learning Lab, and Chef Jess, this beginner-friendly experience will guide participants through preparing ingredients, building flavour combinations, rolling sushi, and presenting a complete Japanese-inspired meal.

Each participant will prepare their own bento box featuring:

- Two handmade sushi rolls, including California roll and crispy spicy salmon
- Fresh salad
- Vegetable tempura
- Dumplings

Audience: Adults 18+

Dates: **Friday, September 11, 2026**

Time: 6:00 PM to 9:00 PM

Location: 1535 North Routledge Park,
London, ON N6H 5L6, Canada

This workshop is designed to make culinary learning approachable, social, and fun. No previous sushi-making experience is required. Come ready to learn new techniques, ask questions, experiment with flavour, and enjoy the experience of cooking alongside others. At the end of the workshop, we will sit down together to enjoy what we have made. Participants are also welcome to package their bento box and take it home.



EUCHRE, FIVE CROWNS & WIZARD CARD LEAGUE



Shuffle up, meet new people, and enjoy a rotating evening of classic card games.

Our Card League features three favourites: Euchre, Five Crowns, and Wizard. Participants will rotate through the games over the course of the league, earning points while enjoying friendly competition, conversation, and plenty of table-side fun.

Register with a group of four or sign up individually. Single players will be matched with others, making this a great way to meet new people and enjoy a regular social night. All experience levels are welcome. A brief explanation of each game will be provided, so you do not need to be an expert to participate.

HOST YOUR NEXT EVENT AT 3L

Now Booking Private Events for September!

Need a change of scenery? Rent a single room, book a corporate wellness saga, or take over the entire clubhouse.

Sometimes you need to step outside your usual environment to clear your head, build a strategy, or celebrate a milestone. The Leisure Learning Lab (3L) isn't just a clinic and a clubhouse. It's an infrastructure built for human calibration. From intimate sensory sanctuaries to 2,000 sq. ft. creative engines, we have mapped out spaces for individual creators, community builders, and forward-thinking corporate teams.

WHAT MAKES OUR SPACE DIFFERENT

- Built In Café Hospitality
- Zero Stress Aesthetic
- Flexible Event Options

Individuals

**For Offices
& Corporate Guilds**

**Corporate
Wellness
& Retreat Sagas**



**READY TO BUILD
YOUR CUSTOM EXPERIENCE?**



Supported Social Groups



Senior Social Club - Supported

Tuesdays & Thursdays | 2pm-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 are 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 | 6pm-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 | 2pm-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
- Light documentation / check-ins
- Optional caregiver communication
- Snacks/coffee/tea/beverage
- Recreation & Leisure Activities



Scan this QR Code to learn more!

Recreation Therapy & Social Work-based Therapeutic Groups

Epic Identities: Adult Edition *with Sascha, RecTA*

Thursdays | 2pm-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.

\$640 per 8 week series, 5 spaces.

Epic Identities: Youth Edition *with Sascha, RecTA*

Wednesdays and Thursdays | 5pm-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.

\$640 per 8 week series, 5 spaces.



Accepting New Intakes for Assessment

Connected: Healthy Relationships & Community Connection Skills Group



Everyone deserves safe, fulfilling, and respectful relationships. Connected is our signature 8 week small group program designed to clear up the confusion around dating, communication, and personal safety. We reject clinical, high pressure lectures in favor of an accessible, interactive space where self advocacy comes first. Through role play, visual tools, and real life practice, we help participants take control of their social lives with absolute confidence.

This program is a perfect fit for adults who want a clear, respectful space to learn about connection, safety, and relationships. We are currently collecting names for our upcoming cohort. Secure your place or share this opportunity with someone who would benefit from the breakthrough.

SECURE A SPOT ON THE WAITLIST (Passport funding may be eligible)

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.

A SPACE FOR MANY WAYS OF BEING.

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:



JESS JONES
RECREATION THERAPY
CONNECTION · CREATIVITY · CURIOSITY

Leisure Is Living
What do you do for living?

www.jjrt.ca
(519) 902-5377

1535 North Routledge Park, London, Ontario