

Rec à la carte *menu*

FEATURING:

Zero-Proof Social - Free/Open Event

Millennial Skate Series: Reclaim The Board

Back to Camp: Summer Camp For Adults (early registration open)

*Leisure is
Living.*

June 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



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

Walking Club with Malik

FREE ENTRY

Every 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.

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.

Creative Hub

Every Friday | 11-12pm



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.

Fidget Friendly Social Hour with Sascha, RecTA

Every Thursday | 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.

Literary Society

Lunch Hour Trivia

FREE ENTRY

Every Friday | 12-1pm



Step away for your lunch hour and spend a little time with us at Trivia. 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.

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.

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.

Literary Society Continued

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 can be found under Featured Experiences.

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.



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

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.



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 | 11-12pm

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.



Visit us at www.jjrt.ca to learn more!

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.

Zero-Proof Social **FREE ENTRY** ★

June 19, 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.

Live Music Mondays **FREE ENTRY** ★

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.

25% off for 3L members for all featured experiences

3L Leagues

This is a multi-day, episodic series where the real magic unfolds over time. You can't just drop in and get the whole picture; it's a full-season narrative where every single day builds on the last to deliver a complete, massive payoff

Rebel Growers Club - Workshop 2 ★

June 7, Sunday | 11:00am-1:00pm

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

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.

Per session drop-ins available

Audience (18+): Women, Queer, and Non-Binary

We are keeping this crew small and focused with a maximum of 8 participants to ensure everyone gets the attention they deserve.



Scan this QR Code to explore all experiences



BACK TO CAMP

Summer Camp for Adults

STARTING
JULY - 9

-  8 THEMED CAMP THURSDAY NIGHTS
-  CAMP STICKERS, PENCILS & KEEPSAKES
-  WEEKLY PASSPORT STAMPS
-  ART SUPPLIES INCLUDED
-  CAFÉ NIGHTS + CAMPFIRE VIBES
-  CREATIVE PLAY WITH ZERO PRESSURE
-  A SUMMER MADE FOR GROWN-UPS

AND SO MUCH MORE...

YOUR WEEKLY EXCUSE TO LOG OFF AND DO SOMETHING FUN

Adulthood has become entirely too focused on work, stress, and obligation. Back to Camp is our radical antidote to burnout. This is an 8 week summer camp series for adults who are ready to reclaim their sense of play, curiosity, and low pressure community.

THE TIMELINE OF THE NIGHT

6:30 PM to 7:00 PM:

Optional Café Arrival. Grab a specialty drink at the Café at 3L, unwind, and settle into the space.

7:00 PM to 7:15 PM:

Camp Circle. Welcome rituals, theme drops, and playful identity check ins.

7:15 PM to 8:25 PM:

Main Camp Activity. The core hands on creative or physical experience of the night.

8:25 PM to 8:45 PM:

Campfire Reflection. Grounding partner discussions, optional journaling, and group sharing.

8:45 PM to 9:00 PM:

Closing Ritual. Grab your camp passport stamp, claim your weekly sticker, and add to the memory wall.

THE 8 WEEK LINEUP

Week 1: Camp Orientation

Week 2: Mess Hall Makes

Week 3: Field Games

Week 4: Arts and Crafts Cabin

Week 5: Campfire Night

Week 6: Survival Skills for Modern Adults

Week 7: Talent Show and Cabin Challenge

Week 8: Last Night of Camp

YOU DO NOT NEED ANOTHER SELF CARE PLAN. YOU NEED CAMP.

Audience: Adults 13+

Dates: 8 Thursday nights starting July 9, 2026

Time: 7:00 PM to 9:00 PM

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

Investment: \$239.95 plus HST for Non Members | 25% off for Members

Drop In Rate: \$39.95 per evening if space allows

Early Registration Open



Boost your adventure with official camp extras, ready to snag at checkout

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



Scan this QR Code to learn more!


Recreation Therapy & Social Work-based Therapeutic Groups

Epic Identities: Adult Edition with Sascha, RecTA 
Thursdays | 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.

Epic Identities: Youth Edition with Sascha, RecTA 
Wednesdays and Thursdays | 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.



Accepting New Intakes for Assessment

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:



x



JESS JONES
RECREATION THERAPY
CONNECTION • CREATIVITY • CURIOSITY

Leisure Is Living
What do you do for living?

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