

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

Monday March 16th | 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

Tuesday March 20^h | 10-11am - Every Tuesday



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

Walking Club with Malik

Tuesday March 17^h | 11-12pm - Every Tuesday & Thursday



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.

Attention Training with Jessie J., CTRS

Friday, March 21st | 11-12pm - Every Friday



An experiential workshop exploring how attention actually works through walking, drawing, listening, and short focus experiments. Participants learn by noticing how attention shifts with environment, movement, sensory input, and interest without pressure to concentrate or "get it right." This session offers space to explore focus, distraction, and mental fatigue with curiosity and compassion, using experience and reflection rather than instruction.

Literary Society

Silent Book Club (Morning Edition)

Wednesday, March 18th | 11-12pm - Every Wednesday

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.

Thursday March 19th | 8am-9am - Every Thursday



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

Just Breath Yoga With Kristin **

Friday March 20^h | 10-11am - Every Friday



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

Thursday March 19^h | 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

Monday March 16th | 2-3pm - Every Monday
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.

Sound Bath with Kelly Edwards *

Friday March 27th | 7-9pm



A guided journey into sound and breath, inviting deep listening, gentle breathing, and quiet noticing. Through vibration, tone, and intentional pauses, participants explore how sound and breath can soften the body, steady attention, and invite rest. Reflection is woven in to help carry these experiences into everyday life.

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

Tuesday, March 17th | 8-9pm - Every Tuesday

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

Tuesday, March 17th | 3-4pm - Every Thursday
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.

Thursday, March 19th | 6-7pm - Every Thursday
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.

Spoken Word

Saturday, March 21st | 6-8pm - Every Saturday

A two-part spoken word gathering centered on writing and sharing original work. The first hour offers quiet time to draft, revise, or prepare a piece. The second hour opens into a shared listening space where participants may read aloud if they choose.

This is an Open Session, no instruction or guidance required. Participants are welcome to come to write, to share, to listen, or simply to be present. All forms of expression are welcome, and participation is always optional.



Music

Live Music at 3L

Ongoing - check our live music listings!

We host ongoing, ticketed live music events showcasing performers from near and far across a wide range of genres. Each event offers an intimate listening experience in our space, designed for connection, curiosity, and appreciation of live sound. Check our Live Music listings to see who's coming up and explore what's on the calendar.

Drum Circle with Jessie J, CTRS

Wednesday March 18th | 10-11am - Every Wednesday

A facilitated group drumming experience focused on rhythm, listening, and shared timing. Participants explore how rhythm supports connection, regulation, and expression through guided play and collective sound. No musical experience required.

Listening Like a Musician with Jessie J, CTRS

Friday, March 20th | 11-12pm

Learn how to listen more deeply to music. Identifying structure, dynamics, and emotion and how that changes the way we experience sound.

Why Songs Get Stuck in Our Heads with Jessie J

Monday March 16th | 11-12pm

Explore melody, repetition, and rhythm through listening and simple experiments. Participants learn why certain musical patterns linger and how to use that intentionally.

Musical Jam

Saturday, March 21st | 2-5pm

Explore melody, repetition, and rhythm through listening and simple experiments. Participants learn why certain musical patterns linger and how to use that intentionally.

Hey!

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.

Registration and eligibility requirements apply to support group care.

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.*

Mocktails & Leisure with Jessie J.

Thursday, March 27th | 6-9pm

AGES 18+

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.

Slow Social Morning

Wednesday, March 18th | 10-12am - Every Wednesday

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.

Parents & Babies

Wednesday, March 18th | 8-9am

A welcoming space for parents or caregivers and their babies to spend unhurried time together. Sessions offer a gentle rhythm with simple invitations for connection, sensory play, and shared presence without pressure to participate in any particular way.

This is a space to arrive as you are, connect with others in a similar season of life, and enjoy time together in a supportive, baby-friendly environment.



A JJRT Community

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

Knitting & Death with Sydney

Saturday, March 21st | 10-11am - Every Saturday

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

Monday March 16th | 10-12pm - Every Monday

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.

Classic Game-Play Night

Monday March 16th | 6-9pm - Every Monday

A relaxed evening of classic games like bocce, darts, and cornhole, designed for connection, play, and easygoing fun. This Open Session invites people to play at their own pace join a game, cheer from the sidelines, or move between activities as you like.

No teams, no scores to track, no pressure. Just shared play and time together.

Drama

Improv & Drama Exploration with Sascha

Friday, March 21st | 10-12pm - Every Friday

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.

Mixed Media Art with Jessie J

Thursday March 19th | 10-11am - Every Thursday

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.

Stamp Carving on Lino with Stevie B

Tuesday March 17th | 6-8pm - Every Tuesday

An instructional printmaking workshop introducing the fundamentals of lino carving and hand-printing. Participants learn basic carving techniques, tool safety, and how to design and transfer an image onto lino to create reusable stamps.

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

Thursday, March 19th | 7-9pm - Every Thursday

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, March 18th |

6-8pm - Third Wednesday of the Month

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.

Beading: A Hands-On Practice

Thursday, March 19th | 7-9pm - Every Thursday

As part of a 12-week residency, Mik from Flourish n' Grow invites participants into art-based practices grounded in an Indigenous lens. Through beading and a variety of creative, hands-on practices, this residency offers space to learn, make, and reflect with intention and care.

Sessions emphasize process, relationship, and learning through doing. Participants are invited to engage with materials, stories, and practices in ways that honour curiosity, respect, and connection—both to self and to community.

This residency unfolds over time, allowing for continuity, deeper exploration, and shared learning across sessions.

Craft Rave with Adriena

Friday, March 20th | 8-10pm - Every Friday

A high-energy making session set to curated dubstep, techno, and house playlists. Bring whatever you're currently working on or jump into a hands-on project offered by Adriena. The music sets the rhythm while you create, experiment, and make alongside others. No instruction, no pressure - just craft, sound, and shared creative momentum.

**This session takes place in a darker-set space with disco-style lighting and louder than normal music.*

Creative & Expressive with Jessie J.

Friday, March 20th | 8-10pm - Every Friday

A guided workshop exploring expressive and creative tools that support regulation and well-being. Through hands-on activities, participants experiment with art, movement, and creative expression as ways to notice, release, and restore. The focus is on learning practical tools that can be used beyond the session.

No artistic experience required.

Hey!

Residency

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Feature

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Anchors

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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).

Youth Social Club - Supported



Tuesdays & Thursdays| 2-5pm

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*

\$380/month - Tuesday, 10 spaces available
1 day/week, 3 hours - 4 total days per month (12 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

Recreation Therapy & Social Work-based Therapeutic Groups

Reclaim your Spark: Creative Recovery with Ana Paret, RSW & Jessie Jones, CTRS



Tuesday, March 16th x 8 sessions | 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



Thursday, March 20th | 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



JESS JONES
RECREATION THERAPY
CONNECTION • CREATIVITY • CURIOSITY

Leisure Is Living
What do you do for living?

Epic Identities: Youth Edition with Sascha, RecTA



Thursday, March 20th | 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
(519) 902-5377

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