

# JANUARY



# 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				01	02	03
		<i>Closed until Tuesday, January 6<sup>th</sup> 2026. Have a wonderful Winter Break!</i>				
04	05 CLOSED	06 3-5:30pm: Drop-in & Dinner (8+) 5:30-7pm: Teen Drop-in (13+)	07 3-5:30pm: Drop-in & Dinner (8+) 3:45-5:15pm: Open Gym (8+) 5:30-7pm: Youth Council (12+)	08 3-5:30pm: Drop-in & Dinner (8+) 5:30-7pm: Teen Drop-in (13+)	09 3-5:30pm: Drop-in & Dinner (8+) 5:30-7:30pm: Open Gym (8+) 7:30-9:30pm: Open Gym (13+)	10
11	12 CLOSED	13 3-5:30pm: Drop-in & Dinner (8+) 5:30-7pm: Chat & Trivia with Positive Health Network! (13+)	14 3-5:30pm: Drop-in & Dinner (8+) 3:45-5:15pm: Open Gym (8+) 5:30-7pm: Teen Drop-in, Snacks, and BINGO! (13+)	15 3-5:30pm: Science Experiment Labs & Dinner (8+) 5:30-7pm: Positive Space (11+)	16 3-5:30pm: Drop-in & Dinner (8+) 5:30-7:30pm: Open Gym (8+) 7:30-9:30pm: Open Gym (13+) 7:45-9pm: <b>DANCE</b> with Mohamed	17
18	19 CLOSED	20 3-5:30pm: Drop-in, High School Exam Help & Dinner (8+) 5:30-7pm: Teen Drop-in (13+)	21 3-5:30pm: Drop-in, High School Exam Help & Dinner (8+) 3:45-5:15pm: Open Gym (8+) 5:30-7pm: Teen Drop-in (13+)	22 3-5:30pm: Drop-in, Cooking Club, and Dinner (8+) 5:30-7pm: Teen Drop-in (13+)	23 3-5:30pm: Drop-in & Dinner (8+) 5:30-7:30pm: Open Gym (8+) 7:30-9:30pm: Open Gym (13+)	24
25	26 CLOSED	27 <b>Teen Tuesday</b> 3-7pm: Drop-in and Dinner <b>13+</b>	28 3-5:30pm: Drop-in & Dinner (8+) 3:45-5:15pm: Open Gym (8+) 5:30-7pm: Tabletop Games (11+)	29 3-5:30pm: Movie Screening and Dinner (8+) 5:30-7pm: Teen Movie Screening (13+)	30 3-5:30pm: Drop-in & Dinner (8+) 5:30-7:30pm: Open Gym (8+) 7:30-9:30pm: Open Gym (13+) 7:45-9pm: <b>DANCE</b> with Ella	31

See reverse for program descriptions...

# Light Dinner and Snack Provided on all Regular Programming Days



**Wednesday Open Gym:** Have fun with us and participate in non-structured physical activity! The gym will only be open for youth from **3:45-5:15pm**.



**Friday Open Gym:** Dedicated time to get your blood flowing through physical activity starting at 5:30pm! A reminder that **starting at 7:30pm every Friday, youth ages 13+ will have exclusive access to the gym.**



**High School Exam Help:** With final projects and exams coming up, stop by to get some extra support with the Routes Team! Joining us for Homework Help will be additional tutors looking to support you with any writing or math/science questions you may have.



**Cooking Club:** Learn a new recipe and have fun with friends while helping prepare a delicious treat at Routes.



**Routes Youth Council:** Come be a part of a Routes Youth Committee to have your say in what youth-led programs and events can happen at Routes this year! Youth Council is for **youth ages 12+**.



**Positive Space:** An evening for **2SLGBTQIA+ youth ages 11+** to come together to enjoy community, laughs, and discussion in a space exclusively for them.



**Tabletop Roleplaying Games (TTRPG) Club:** Join our Game Master to play games similar to Dungeons and Dragons! **This club is for ages 11+ with limited spots - first come, first serve!**



**Movie Screening:** Join us for a movie screening at the Centre - popcorn provided! Our first movie screening of the night will be ages 8+. **The second movie will begin at 5:30pm and is for youth ages 13+.**

## 13+

**Teen Day:** This is a day for youth ages 13+ to have exclusive access to Routes! Teens are welcome to drop-in to Routes to hang out, play games, and have snacks & dinner.



**DANCE:** Twice a month, you can feel the groove in an instructional dance class with our wonderful Routes Youth Workers Ella (contemporary) and Mohamed (hip-hop)! **Youth ages 13+ of all skills levels are welcome!** Please speak with a Routes staff member if you are interested in registering for this program.

