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## The Paula Cassin Learning Centre

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### Summer Workshops: July 4 – September 23, 2017

#### My Computer and I

(Tuesdays 10:30am -12:00 pm)

You will work on your individual goals around learning to use the computer. This could include, but is not limited to, practicing simple and complex tasks using Microsoft Office, internet browsing and email. As well as, typing skills, managing photos from your camera and booking Wheel Trans.

#### The Bakery Club (Tuesdays 1:00 - 2:00 pm)

You will enhance your existing baking skills, as well as, learn new skills in the kitchen. The focus is on making pastries and desserts. You will enjoy the goodies together afterwards and take any leftovers home.

#### Weekday Chef

(Wednesdays 10:30 am -12:00 pm)

You will enhance your existing cooking skills to enable you to be more independent in meal preparation. You will be encouraged to attempt the recipes at home and transfer the newly-learned skills to your own kitchen! You will enjoy the meal together afterwards and take any leftovers home.

#### Exercise (Wednesdays 1:30 – 2:30 pm)

You will be working different parts of your body while participating in stretching, building muscle and cardio exercises. In addition there will be group physical activities to promote team work, attention/concentration and relationship building.

#### Movie night (Wednesdays 3:30 pm - 6:30 pm)

Enjoy a movie and snacks while socializing with your peers! The group will pick the movie. Alternate weeks - you will enjoy a movie at the Cineplex Odeon Queensway theatre. Admission is covered, you just have to pay for your snacks.

#### Peer Connections (Thursdays 11:00 am -12:00 pm)

You will connect with your peers through discussing current events and/or sharing individual experiences. You are encouraged to come prepared with topics that you have an interest in.

#### Arts and Crafts (Thursdays 1:00 - 3:00 pm)

You will work on a variety of arts and craft projects. The projects will be pre-planned and all materials are provided. If you prefer to work on independent projects, you are also welcome.

#### Vegetarian Chef (Fridays 10:30 am -12:00 pm)

You will enhance your existing cooking skills, as well as, learn new ones in the kitchen. The focus is on vegetarian cooking. You will enjoy the meal together afterwards and take any leftovers home.

#### Social/Drop-in (Fridays 1:00 - 3:00 pm)

Come out and socialize with your peers. This is an opportunity for sharing, learning and fun. Refreshments provided. Registration not required.

#### Weekend Chef (Saturdays 10:30 am -12:00 pm)

Due to the popularity of this program – This is the same program that is offered on Wednesdays.

#### Around the World in 12 Weeks

(Saturdays 10:30 am - 12:00 pm)

Celebrate Canada's diversity by learning about different cultures. There will be lots of pictures shared and you will learn plenty of interesting information about nations from around the world – Britain, China, Spain and many more.

#### Exercise (Saturdays 1:00 - 2:00 pm)

Due to the popularity of this program – This is the same program that is offered on Wednesdays.

#### Trivia Games (Saturdays 1:00 - 2:00 pm)

You will play a variety of trivia games that are fun and could potentially strengthen your memory.