

The Paula Cassin Learning Centre

Summer Programs: Tuesday July 3rd – Saturday September 29, 2018

TUESDAYS

Cooking – 10:30 am – 12:00 pm

You will enhance your cooking skills and enable independence in meal preparation. You will work on reading and understanding the recipe, preparing ingredients and using correct tools, and maintaining a clean and safe kitchen.

My Computer and I (you can only register for one session)

Session 1) 10:30 am – 12:00 pm

Session 2) 1:00 – 2:00 pm

You will work on your individual goals around learning to use the computer. You will have access to your own computer during the program time and you will have your own binder dedicated to information relevant to your learning.

WEDNESDAYS

Indoor Gardening – 11:00 am – 12:00 pm

You will learn about and grow different indoor plants - including herbs and flowers. At the end of the program, you will be able to take your plants home with you.

Exercise – 10:30 am – 12:00 pm

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

Movie Time – 1:00 - 3:30 pm

Enjoy a movie and refreshments with your peers! The group will pick the movie. Once a month you will enjoy a movie at the Cineplex Odeon Queensway theatre. Admission is covered; you just have to pay for your refreshments.

THURSDAYS

Let's Talk – 11:00 am– 12:00 pm

This program will focus on providing practical information that you can use - on a variety of topics, from personal hygiene to health and safety.

Arts and Crafts – 1:00 – 2:30 pm

This program will give you the opportunity to 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 welcome to do so.

FRIDAYS

Music – 10:30 – 12:00 pm

Express yourself through music. You will be able to play instruments and sing along with popular songs. Lyrics will be provided so don't worry if you don't know the words.

Board Games – 10:30 am – 12:00 pm

You will have the chance to practice a range of attention, memory language and problem solving skills using games and puzzles.

Bowling – 1:00 – 3:00 pm

You will socialize and enjoy bowling weekly at Rexdale Bowlerama.

SATURDAYS

Bakery Club – 10:30 am – 12:00 pm

You will enhance your 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.

Age of Song – 10:30 – 12:00 pm

From ancient times to latest hits – a brief history of music; including big names, technological advances and social changes. Each lesson includes sample songs and handouts with a list of noteworthy artists.

Exercise – 1:00 – 2:00 pm

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

Bingo – 1:00 – 2:00 pm

You will get a chance to have fun by playing at least four- one line games each week, while practicing your active listening and attention skills. Small prizes will be handed out to each winner.