



The Paula Cassin Learning Centre

Winter 2020 Programs: Tuesday Jan 7th 2020 – Saturday March 28th 2020

TUESDAYS

Cooking – 10:00 am – 12:00 pm

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

Computers & Electronics - 10:00 am – 12:00 pm

Computers will be provided for you to work on individualized goals. You can also bring in your electronics (i.e. tablet, phone, laptop etc.) and receive assistance from coaches on how to use them.

Exercise -1:00 pm – 3:00 pm

You will be working different parts of your body while participating in stretching, building muscle, improving reflexes and cardio exercises in a group, as well as working on individual fitness goals.

Board Games – 1:00 pm – 3:00 pm

Challenge your peers and your brain with a variety of different board games including Scrabble, Monopoly, Sequence and many others.

WEDNESDAYS

Train Your Brain – 10:00 am – 12:00 pm

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

Bodyfit – 10:00 am – 12:00 pm

Enhanced exercise program with a focus on whole body fitness through circuit training and more challenging workouts.

Movie Time – 1:00 pm - 3:00 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.

Cards Club – 1:00 pm – 3:00 pm

Enjoy playing a variety of card games each week. You are encouraged to bring your own card games or choose a game from our collection. By participating in the cards club sessions you will be able to practice your memory skills, strategizing and following directions.

THURSDAYS

Drop-in – 10:00 am – 11:30 am

Open for you to watch movies, work on the computer, socialize, play games etc. Staff will also be available to assist with anything that you may need help with (bills, emails, booking appointments etc.)

Bowling – 1:00 pm – 3:00 pm

You will socialize and enjoy bowling weekly at 115 Rexdale Blvd. Bowlerama.

FRIDAYS

Let's Talk – 9:00 am– 11:00 am

This program will focus on providing practical information that you can use - on a variety of topics such as personal hygiene, health, safety, wellness etc.

Massage Therapy 12:30 pm – 1:30 pm /2:00 pm -3:00 pm

You can receive a FREE massage from students in Humber College's Massage Therapy Program. All treatments are supervised by a Registered Massage Therapist (RMT), who is also a member of the Humber Massage Therapy faculty.

You can attend multiple sessions, but you MUST register in advance as space is limited. You will be required to fill out a health history form prior to your appointment. Appointment times are 12:30pm-1:30pm or 2:00pm-3:00pm. To register for a massage please contact Cheryl Pottinger-Smith at (416) 789-7806 ext. 221 or cpottinger-smith@pace-il.ca.

Drop-in – 1:00 pm – 3:00 pm

Open for you to socialize, play games and get staff assistance with anything that you may need help with (bills, emails, booking appointments etc.) **Note: Movies and computers will not be available during this time.**

SATURDAYS

Baking Club– 10:00 am – 12:00 pm

You will enhance your baking skills, learn new skills in the kitchen and learn some tips on how to make healthy snacks. The focus is on making pastries and desserts.

Total Recall – 10:00 am – 12:00 pm

This program is designed to improve your communication, memory and attention skills through word-based games and activities of various difficulty levels.

Bingo/Cards – 1:00 pm – 3:00 pm

Want to just have some fun after a long week? You will get a chance to play at least (4) one line games each week, while practicing your active listening and attention skills. Small prizes will be handed out to each winner.

Saturday Social – 1:00 pm – 3:00 pm

You will meet weekly at Planet Bowl where they have a variety of different activities such as arcade games, bowling and an onsite restaurant. (5555 Eglinton Ave. W).