














Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Exercise (Virtual and in Person) 10:00 – 11:00</p> 	<p>Let's Learn 10:00 – 11:00</p>  <p>Appetizers 11: 15 – 12:15</p> 	<p>Knitting/ Crocheting 10:00 – 11:00</p> 	<p>Chair Yoga (Virtual and in Person) 10:00 – 11:00</p> 	<p>Virtual Exercise 10:00 – 11:00</p>  <p>DrumFit (In Person Only) 10:00 – 11:00</p> 
Afternoon Sessions				
<p>Bowling (In Person Only) 13:00 – 15:00</p> 	<p>BINGO 13:30 – 14:30</p> 	<p>Movies (In Person Only) 13:00 – 14:30</p> 	<p>Massage Clinic (In Person Only) 12:30 – 13:30 or 14: 00 -15:00</p> 	<p>Appetizers 13:00 – 14:00</p>  <p>Games/Trivia 14:00 – 15:00</p> 

**The Paula Cassin Learning Centre**  
**In Person and Virtual Programming**  
 Jan 2nd 2024 – Mar 30th 2024



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## **TUESDAYS**

**Exercise (10:00 to 11:00) (maximum 5 people - in person)**

**(In person and Virtual)**

You will be working different parts of your body while participating in stretching, building muscle, improving reflexes and cardio exercises. This program is offered both in person and virtually. If you choose virtual, you will need access to the internet via a personal computer, laptop, tablet, or smart phone. You will also require an email account and a camera attached to your device.

**Bowling (13:00 to 15:00) (maximum 6 people)**

**(In person only)**

You'll be able to socialize and enjoy bowling weekly at 115 Rexdale Blvd. Bowlerama.

## **WEDNESDAYS**

**Let's Learn (10:00 to 11:00) (maximum 8 people - in person)**

**(In person and Virtual)**

You will need your thinking cap on. This program offers information on a variety of different topics. I.e. history, science, space. It will use informative videos, articles and information presented by a coach. Each week the group will decide what the topic for the next week will be. If you choose virtual, you will need access to the internet via a personal computer, laptop, tablet, or smart phone. You will also require an email account and a camera attached to your device.

**APPETIZERS (11:15 – 12:15) (maximum 5 people - in person)**

**(In person and virtual)**

You will follow along with the preparation of an appetizer. If you are attending in person, you will be provided with your own space and ingredients while coaches assist you if needed. A copy of the recipes and ingredients will be provided, to those participating virtually, in advance. If you choose virtual, you will need access to the internet via a personal computer, laptop, tablet, or smart phone. You will also require an email account and a camera attached to your device.

**BINGO (13:30-14:30) (maximum 6 people)**

**(In person and Virtual)**

You will get a chance to play one line, 2 line and full card games each week, while practicing your active listening and attention skills. You will be provided cards to play along in this virtual BINGO group. If you choose virtual, you will need access to the internet via a personal



computer, laptop, tablet, or smart phone. You will also require an email account and a camera attached to your device.

## **THURSDAYS**

### **Knitting/Crocheting (10:00 to 11:00) (maximum 4 people)**

#### **(In person only)**

You will be able to create knitting/crocheting projects either with a crochet hook or with a knitting loom.

### **Movies (13:00 to 15:00) (maximum 6 people)**

#### **(In person only)**

You will have a chance to enjoy a movie with your peers! From classics to newer films, the group will pick a movie from the choices on Netflix, and then just sit back and enjoy. On the last Friday of each month, we will be going to the Cineplex Cinema - Queensway to see a new release. Only those who attend movies at the program site can attend the movie days at Cineplex Cinema - Queensway. This program is offered in person only.

## **FRIDAYS**

### **Chair Yoga (10:00 to 11:00) (maximum 5 people - in person)**

#### **(In person and Virtual)**

You will have the chance to work and stretch your muscles using standard yoga techniques performed in a sitting position. This program is offered both in person and virtually. If you choose virtual, you will need access to the internet via a personal computer, laptop, tablet, or smart phone. You will also require an email account and a camera attached to your device.

### **Massage Clinic (12:30 – 13:30 or 14: 00 -15:00)**

#### **(In person only)**

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 will be required to fill out a health history form prior to your appointment.

## **SATURDAY**

### **Exercise (10:00 to 11:00) (Virtual)**

You will be working different parts of your body while participating in stretching, building muscle, improving reflexes and cardio exercises. This program is offered both in person and virtually. If you choose virtual, you will need access to the internet via a personal computer,



laptop, tablet, or smart phone. You will also require an email account and a camera attached to your device.

**DrumFit(10:00 to 11:00) (maximum 6 people)  
(In person only)**

Come join our cardio-based drumming program that combines physical activity with brain fitness, resulting in the most fun you can have while increasing your overall wellbeing. This program is offered in person only. This program is offered both in person and virtually. If you choose virtual, you will need access to the internet via a personal computer, laptop, tablet, or smart phone. You will also require an email account and a camera attached to your device.

**APPETIZERS (13:00 – 14:00) (maximum 5 people - in person)  
(In person and virtual)**

You will follow along with the preparation of an appetizer. If you are attending in person, you will be provided with your own space and ingredients while coaches assist you if needed. A copy of the recipes and ingredients will be provided, to those participating virtually, in advance. If you choose virtual, you will need access to the internet via a personal computer, laptop, tablet, or smart phone. You will also require an email account and a camera attached to your device.

**Games/Triva (14:00 to 15:00) (maximum 5 people - in person)  
(In person only)**

Let's have some fun! You will participate in a variety of challenging and fun games alongside others who enjoy friendly competition. This will include board games, cards and trivia.