














Paula Cassin Learning Centre – Day Programs Winter Programs: Jan 6th, 2026 – Mar 28th, 2026

The Paula Cassin Learning Centre
300 New Toronto Street – Unit #1
Etobicoke, ON M8V 2E8

Tuesday	Wednesday	Thursday	Friday	Saturday
Exercise (Virtual and in Person) 10:00-11:00 	Train Your Brain (Virtual and in Person) 10:00 – 11:00 	Morning Social (In person only) 10:00 – 11:00 	Virtual Exercise 10:00-11:00 	Exercise (Virtual and in person) 10:00 – 11:00 
Let's Play Cards (In Person) 11:15-12:15 	Let's Play Cards (In Person) 11:15-12:15 	Let's Play Cards (In Person) 11: 15-12:15 		
Lunch 12:30 – 13:30				Lunch 11:30 – 12:30
Multi Activity (Virtual and in person) 13:30 – 14:30 	Cooking (Virtual and in Person) 13:30 – 14:30 	Baking (Virtual and in Person) 13:30 – 14:30 	Massage (In Person) 12:30 – 13:30 14:00 --15:00 	Game Day (In Person) 12:30 – 14:30 
				Drop In (In Person) 12:30 – 14:30 