PACE
LIVE YOUR LIFE

Paula Cassin Learning Centre – Day Programs
Fall Programs: Sept 29th, 2026 – Dec 27th, 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** 	**Food and Everyday skills** **10:00 – 11:00** Arrival/Coffee/ Dicussion	**Trivia/BINGO** **10:00 – 11:00** **(In person and virtual)** 	**Food and Everyday skills** **10:00 – 11:00** Arrival/Coffee/ Dicussion	**Exercise (Virtual and in person)** **10:00 – 11:00** 
Let's Play Cards (In Person) **11:15-12:00** 	**11:00 – 12:00** Program 1 Review Recipes/Food Prep 	**Let's Play Cards (In Person)** **11:15-12:00** 	**11:00 – 12:00** Program 1 Review Recipes/Food Prep 	
Lunch 12:00 – 13:00				**Lunch 11:30 – 12:30**
Multi Activity (In person only) **13:30 – 14:30** 	**Cooking (Virtual and in Person)** **13:00 – 2:00** Meal Preparation  **2:00 – 3:00** Review/Clean-up	**Fall Baking/Holiday Arts and Crafts (In person)** **13:30 – 14:30**  	**Cooking (Virtual and in Person)** **13:00 – 2:00** Meal Preparation  **2:00 – 3:00** Review/Clean-up	**Game Day (In Person)** **12:30 – 14:30**  **Drop In (In Person)** **12:30 – 14:30** 