



The Paula Cassin Learning Centre

Fall 2019 Programs: Tuesday October 1 – Saturday December 21, 2019

TUESDAYS

Cooking/Talking Nutrition – 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. We will also discuss nutrition and foods that could be beneficial in your diet.

My Computer and I - 10:00 am – 12:00 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 will have your own binder dedicated to information relevant to your learning

Total Recall -1:00 pm – 3:00 pm

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

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 games and puzzles such as Nine Man Morris, matchstick puzzles and the card game '99'.

Bodyfit – 10:00 am – 12:00 pm

Enhanced exercise program with a focus on whole body fitness through circuit training. In addition to guided workouts, you will go out for a walk and some outdoor exercises in a park once a month – notice of time and location will be given ahead of time to book transportation.

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 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 – 12:00 pm

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.)

Darts 1:00 pm-3:00 pm

You will get an opportunity to train and increase your concentration, hand-eye coordination and mathematical thinking skills while enjoying a game of darts weekly at Maple Leaf House.

FRIDAYS

Arts and Crafts – 10:00 am – 11:30 am

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.

Let's Talk – 10:00 am– 11:30 am

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

Bowling – 1:00 pm – 3:00 pm

You will socialize and enjoy bowling weekly at Rexdale Bowlerama.

SATURDAYS

Baking Club/Healthy Snacking – 10:00 am – 12:00 pm

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. We will also discuss options for making lighter versions of snacks and dessert.

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

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

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.