

The Paula Cassin Learning Centre - Virtual Programming – Beginning Jun 22nd 2020

MONDAYS

Let's Talk on the Phone – 11:00 – 12:00 and 2:00 – 3:00

You will receive practical information that you can use - on a variety of topics, including health, safety and wellness.

This program will happen over the phone as a group discussion.

Train Your Brain – 2:00 – 3:00

You will play different games and puzzles that will provide you with a chance to practice a range of attention, memory and problem solving skills. **To see and interact with others on the screen, you will need access to the internet via a personal computer, laptop, tablet or smart phone. Also an email account and a camera attached to your device.**

TUESDAYS

Exercise – 11:00 – 11:30

You will be working different parts of your body while participating in stretching, building muscle, improving reflexes and cardio exercises. **To see and interact with others on the screen, you will need access to the internet via a personal computer, laptop, tablet or smart phone. Also an email account and a camera attached to your device.**

WEDNESDAYS

Cooking/Baking 9:45 -11:00

In this virtual program you will watch the preparation of a meal or dessert. A copy of the recipes and ingredients will be provided to you in advance to allow you to prepare the recipe with the coach or at a later time. **You will need access to the internet via a personal computer, laptop, tablet or smart phone. Also an email account and a camera attached to your device.**

Book Club 11:00 -11:45

In this phone based program you will listen to a variety of fictional novels or short stories read out loud, with book choices that may include the Sherlock Holmes series, the Harry Potter series or novels by Stephen King.

THURSDAYS

Let's Talk Online 11:00 – 12:00

You will receive practical information that you can use - on a variety of topics, including health, safety and wellness.

To see and interact with others on the screen, you will need access to the internet via a personal computer, laptop, tablet or smart phone. Also an email account and a camera attached to your device.

BINGO 1:00 – 2:00

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.

FRIDAYS

Let's Talk on the Phone– 11:00 – 12:00

You will be able to share with others, how you are managing during the Covid-19 outbreak. Discussions will focus on things that are going well, but also on difficulties you may be having and strategies to help you work through them.

This program will happen over the phone as a group discussion.

Exercise – 11:00 – 11:30

You will be working different parts of your body while participating in stretching, building muscle, improving reflexes and cardio exercises. **To see and interact with others on the screen, you will need access to the internet via a personal computer, laptop, tablet or smart phone. Also an email account and a camera attached to your device.**

Book Club 1:00 -1:45

In this phone based program you will listen to a variety of fictional novels read out loud, with book choices that may include the Sherlock Holmes series, the Harry Potter series or novels by Stephen King.

Mindfulness – 2:30 – 3:00

You will be provided with tools and resources that could help manage emotions such as anxiety, sadness, and frustration. It includes time for breathing exercises, as well as discussion. **To see and interact with others on the screen, you will need access to the internet via a personal computer, laptop, tablet or smart phone. Also an email account and a camera attached to your device.**