

The Paula Cassin Learning Centre

Fall Programs: Tuesday October 2 – Saturday December 22, 2018

TUESDAYS

Cooking – 10:30 am – 12:00 pm

You will enhance your cooking skills and enable independence in meal preparation. You will work on reading and understanding the recipe, preparing ingredients and using correct tools, and maintaining a clean and safe kitchen.

My Computer and I – 10:30 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 you will have your own binder dedicated to information relevant to your learning.

Online dating – 1:00 – 2:30 pm



This program will focus on providing practical information on safe dating: dos and don'ts, creating positive first impressions, how to date online and offline, and safety tips.

WEDNESDAYS

Card Club – 10:30 am – 12:00 pm



You will enjoy playing different card games each week. Through participating in the card club sessions you will have fun and be able to practice your memory skills, strategizing and following directions.

Exercise – 10:30 am – 12:00 pm

You will be working different parts of your body while participating in stretching, building muscle, improving reflexes and cardio exercises. In addition there will be group physical activities to promote team work, attention/concentration and relationship building.

Movie Time – 1:00 – 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.

THURSDAYS

Let's Talk – 11:00 am – 12:00 pm

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.

Arts and Crafts – 1:00 – 2:30 pm

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.

FRIDAYS

Dog Therapy – 10:30 – 12:00 pm



You will meet and socialize with Stella – a therapy dog from St. John's Ambulance. Therapy dogs have been shown to reduce stress, decrease anxiety and put smiles on faces.

Drop-in – 10:30 am – 12:00 pm (NOTE: there will be a dog at the Centre during this time.)

You will have the opportunity to socialize with your peers to share, learn and have fun. Refreshments are provided and registration is not required.

Bowling – 1:00 – 3:00 pm

You will socialize and enjoy bowling weekly at Rexdale Bowlerama.

SATURDAYS

Baking Club – 10:30 am – 12:00 pm

You will enhance your baking skills, as well as, learn new skills in the kitchen. The focus is on making pastries and desserts. You will enjoy the goodies together afterwards and take any leftovers home.

Train your brain – 10:30 – 12:00 pm

You will have a chance to practice a range of attention, memory and problem solving skills using games and puzzles such as Nine Men's Morris, matchstick puzzles and the card game "99".

Exercise – 1:00 – 2:00 pm

Due to the popularity of this program, this is the same program that is offered on Wednesdays.

Bingo – 1:00 – 2:00 pm

You will get a chance to have fun by playing at least four- one line games each week, while practicing your active listening and attention skills. Small prizes will be handed out to each winner.