



The Paula Cassin Learning Centre
Spring Programs: Tuesday April 2 – Saturday June 29, 2019

TUESDAYS

Cooking – 10:00 am – 12:00 pm

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

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

Healthy Living – 1:30 – 3:00 pm

Learn about maintaining a healthy lifestyle. Topics covered include: healthy diet, regular exercise, keeping stress down and more.

Mindfulness – 1:30 – 3:00 pm

Through practice and discussion, as well as sharing thoughts and emotions, you will learn how mindfulness practice can lead to reduced anxiety, increased life satisfaction and more effective social relationships.

WEDNESDAYS

Train Your Brain – 10:00 – 11:30 am

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’.

Exercise – 11:00 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.

Cards Club – 1:00 – 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 – 3:00 pm

Open for you to watch movies, work on the computer, play games. Staff will also be available to assist with anything that you may need help with ie. bills, emails, booking appointments etc.

Let’s Talk – 10:00 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

Board Games – 10:00 am – 11:30 am

This program gives you the opportunity to socialize with others while participating in a variety of board games. Feel free to make suggestions or bring in your favourite game to play with the group.

Bowling – 1:00 – 3:00 pm

You will socialize and enjoy bowling weekly at Rexdale Bowlerama.

SATURDAYS

Baking Club – 10:00 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.

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 – 1:30 – 2:30 pm

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

Group Trivia – 1:30 – 3:00 pm

This group is designed for you to play a variety of trivia games that allow you to have fun, as well as, strengthen your memory with the group as well as individually.