



The Paula Cassin Learning Centre

Winter Programs: Wednesday January 2 – Saturday March 30, 2019

TUESDAYS

Cooking – 10:30 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 - 10:30 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 will have your own binder dedicated to information relevant to your learning

Cards Club – 1:00 – 2:30 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 their memory skills, strategizing and following directions.

WEDNESDAYS

Out & About – 10:30 am – 12:00 pm

Winter doesn't have to be dull and boring. Through this program will explore different events and things to do in the city including art shows, concerts, plays, social events. Coaches will provide information on different events and assistance in signing up if needed.

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

Arts and Crafts – 10:30 am – 12:00 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.

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.

Writing Club – 1:00 – 2:30 pm

This program is geared toward people who have difficulty writing as a result of brain injury. The focus is on practicing penmanship through various writing exercises.

FRIDAYS

Online Dating – 10:30 – 11:30 am

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.

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.

Total Recall – 10:30 – 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 – 2:00 pm

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

Group Trivia – 1:00 – 2:00 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.