

AZRIELI ADULT LEISURE PROGRAM

2024 Fall Session

This program is made possible by the Miriam Foundation Through the generous support of the Azrieli Foundation.

Recreation and Leisure Activities are a critical dimension of the quality of life for all the people with developmental disabilities – an often-forgotten segment of the population. They are vehicle through which people have fun, meet new friends, and develop skills and competencies. Adult Leisure Programs were launched by Miriam (Gold Centre) in November 2011 and are made possible by the Miriam Foundation through the generous and ongoing support of the Azrieli Foundation.

THE RESPONSIBILITIES OF THE HOUSE OR CASE MANAGER OF THE PARTICIPANTS:

- To ensure that all information forms are properly filled out before the start date of the program and that animators are made aware of any changes promptly.
- To ensure that any new medication regimes or changes to them are conveyed orally and in writing to the animators of the group.
- To ensure that each participant comes dressed in clothing appropriate for the weather and the activity.
- To ensure that no participant comes when sick, ill, or feverish.
- To ensure that each participant is carrying complete and up-to-date identification.
- To ensure that each participant comes to the activity with bus tickets, pass or taxi tickets, needed to safely return home.
- **In cases where Adapted Transport is being organized, to ensure that a participant does not arrive more than 15 minutes before the group begins and does not leave more than 15 minutes after the activity has ended.**
- To provide the animators of the group with replacement emergency telephone numbers when needed.

INFORMATION AND REGISTRATION:

Nina Chepurniy
514 345 8330 ext. 203
ninac@goldlearningcentre.com



POLICIES:

Registration forms must be submitted before the deadline or participants will not be allowed to join. The registration period runs from September 3 to 6, 2024 and **the deadline to submit forms is September 6, 2024. No forms will be accepted after this date.**

PLEASE NOTE: Beginning this fall, **invoices** will be issued to all participants who secured a spot in the groups they signed up for. Once an invoice is sent to you, payment can then be made either by cheque, credit card, or e-transfer; cash payments will no longer be accepted (please speak to Nina if this is an issue). *Please do not send payment ahead of time.*

Groups may be cancelled due to insufficient registrants.

Participants must always carry photo ID with them.

There will be no groups on the following days:

Rosh Hashana – Oct. 2 to 4, 2024

Yom Kippur and Thanksgiving – Oct. 11 to Oct. 14, 2024

Sukkot – Oct. 16, 2024

GOLD CENTRE FALL 2024 LEISURE ACTIVITIES SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					COFFEE CLUB 9 TO 11 AM	COFFEE CLUB 9 TO 11 AM
					BAKING CLUB 9:30-12:30 MF	COOKING CLUB 9:30 TO 12:30 MF
					COFFEE CLUB 1 TO 3 PM	BREAKFAST CLUB 10 TO 12 PM
					BAKING CLUB 1 TO 4 PM MF	DANCE MOVEMENT 12 TO 1 PM GRANDS BALLETS STUDIOS
			SWIMMING 5 TO 6 PM YM-YWHA			COFFEE CLUB 1 TO 3 PM
					MUSEUM VISITS 2 TO 4 PM	PUZZLES 1 TO 3 PM MF
BINGO 6 TO 8 PM MF	LES BRICOLEURS 6 TO 8 PM CREATIVE ARTS PROGRAM - MF	FRENCH CLUB 6 TO 8 PM MF	NEXT CHAPTER BOOK CLUB 6 TO 8 PM GRAND BIBLIOTHEQUE			
	BOWLING 6 TO 8 PM ROSEBOWL	BOWLING 6 TO 8 PM ROSEBOWL	BOARD GAMES 6 TO 8 PM MF		GOOD ROCKIN' TONIGHT 7 TO 9 PM MF	COOKING CLUB 1:30 TO 4:30 MF
						SPECTATOR SPORTS 1 TO 3 PM

BOARD GAMES GROUP

This program is made possible by the Miriam Foundation

Playing board games is a very popular pastime and seems to be more popular than ever. The participants in this group will be introduced to a wide variety of popular as well as traditional board games. The group will spend time learning about a new board game and then playing it. A light snack and refreshment will be served. This activity would also provide an opportunity for participants to socialize with their peers in an informal setting—to simply “hang out” on a weeknight and enjoy one another’s company. Travel to and from the centre will be organized by the home or case managers, or by the participant, if possible.

THE OBJECTIVES OF THE BOARD GAMES GROUP:

- To have the opportunity to learn to play new board games in a supportive group, as well as to play old favourites, with a group of peers in an informal setting.
- To socialize in a supportive peer group.
- To have the opportunity to participate in decision making, as well as turn-taking, in terms of board game choices.
- To develop inter-dependant friendships with the other members of the group.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATING IN THE BOARD GAMES GROUP:

- Participants will be 18 years or older.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must be able to participate in a group with a staff ratio of one animator to eight participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.
- Participants must have social skills that allow them to travel safely on public transportation or with TA, to integrate into activities in the group without interfering with the enjoyment of others and to interact with the animators of the group.
- If the participant is not a fit for this group, in terms of their behavioural and/or support needs, we reserve the right to discontinue services.

THE RESPONSIBILITIES OF THE HOUSE OR CASE MANAGER OF THE PARTICIPANTS:

- To ensure that all information forms are properly filled out before the start date of the program and that animators are made aware of any changes promptly.
- To ensure that any new medication regimes or changes to them are conveyed orally and in writing to the animators of the group.
- To ensure that each participant comes dressed in clothing appropriate for the weather and the activity.
- To ensure that no participant comes when sick, ill, or feverish.
- To ensure that each participant is carrying complete and up-to-date identification.
- To ensure that each participant comes to the activity with bus tickets, pass or taxi tickets, needed to safely return home.
- **In cases where Adapted Transport is being organized, to ensure that a participant does not arrive more than 15 minutes before the group begins and does not leave more than 15 minutes after the activity has ended.**
- To provide the animators of the group with replacement emergency telephone numbers when needed.

SCHEDULE AND FEES:

- The Board Games Group will begin on Thursday, October 10, 2024, and continue for 12 weeks until Thursday, December 19, 2024.
- The group will run from 6:00 to 8:00 p.m. at Miriam Foundation, 5703 Ferrier.
- The cost to participate is \$20.00.
- The group will need a minimum of 6 participants and a maximum of 8.

BAKING CLUB

**This program is made possible by the Miriam Foundation
through the generous support of the Azrieli Foundation**

Baking is often thought of as being a very skilled talent. However, with proper instruction, the joy of baking can be very accessible. Baking is also a very relaxing and enjoyable activity, particularly when done with friends. For many adults with special needs, baking is not easily accessible. The baking club will combine the enjoyment of baking with teaching cooking skills and nutrition. In this club, participants will prepare one or two baked goods together. Travel to and from the centre will be organized by the home or case managers, or by the participant, if possible.

THE OBJECTIVES OF THE BAKING CLUB:

- To provide participants with the opportunity to learn basic cooking skills.
- To provide the opportunity to learn about how to prepare nutritious alternatives to traditional baked goods.
- To provide the opportunity for participants to cook in a safe and supported environment where their confidence and autonomy are encouraged.
- To have the opportunity to participate in decision making in terms of menu planning.
- To socialize in a supportive, peer group.
- To develop inter-dependant friendships with the other members of the group and a sense of community.
- To provide participants with skills they can use on their own.
- To have fun doing all the above.

THE CRITERIA FOR PARTICIPATING IN THE BAKING CLUB:

- Participants will be 18 years or older.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animator.
- Participants must be able to participate in a group with a staff ratio of one animator to 6 participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.
- Participants must have social skills that allow them to travel safely on public transportation or with TA, to integrate into activities in the group without interfering with the enjoyment of others and to interact with the animator of the group.
- If the participant is not a fit for this group, in terms of their behavioural and/or support needs, we reserve the right to discontinue services.

THE RESPONSIBILITIES OF THE HOUSE OR CASE MANAGER OF THE PARTICIPANTS:

- To ensure that all information forms are properly filled out before the start date of the program and that animators are made aware of any changes promptly.
- To ensure that any new medication regimes or changes to them are conveyed orally and in writing to the animators of the group.
- To ensure that each participant comes dressed in clothing appropriate for the weather and the activity.
- To ensure that no participant comes when sick, ill, or feverish.
- To ensure that each participant is carrying complete and up-to-date identification.
- To ensure that each participant comes to the activity with bus tickets, pass or taxi tickets, needed to safely return home.
- **In cases where Adapted Transport is being organized, to ensure that a participant does not arrive more than 15 minutes before the group begins and does not leave more than 15 minutes after the activity has ended.**
- To provide the animators of the group with replacement emergency telephone numbers when needed.

SCHEDULE AND FEES:

- The Baking Club will begin on Saturday, September 28, 2024, and run for 12 weeks until Saturday, December 21, 2024.
- The group will meet at the Miriam Foundation, 5703 Ferrier.
- Two baking clubs will be offered, either 9:30 to 12:30 AM or 1 to 4 PM.
- The cost of participation is \$20.00
- The group will need a minimum of 4 participants and a maximum of 6.

BINGO

**This program is made possible by the Miriam Foundation
through the generous support of the Azrieli Foundation**

Playing Bingo is a very popular pass-time and seems to be more popular than ever. This group will play several games throughout the course of the evening. A light snack and refreshment will be served. This activity would also provide an opportunity for participants to socialize with their peers in an informal setting—to simply “hang out” on a weeknight and enjoy one another’s company. Travel to and from the centre will be organized by the home or case managers, or by the participant, if possible.

THE OBJECTIVES OF THE BINGO GROUP:

- To have the opportunity to learn to play bingo in a supportive group, with peers in an informal setting.
- To socialize in a supportive peer group.
- To develop inter-dependant friendships with the other members of the group.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATING IN THE BINGO GROUP:

- Participants will be 18 years or older.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must be able to participate in a group with a staff ratio of two animators to ten participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.
- Participants must have social skills that allow them to travel safely on public transportation or with TA, to integrate into activities in the group without interfering with the enjoyment of others and to interact with the animators of the group.
- If the participant is not a fit for this group, in terms of their behavioural and/or support needs, we reserve the right to discontinue services.

THE RESPONSIBILITIES OF THE HOUSE OR CASE MANAGER OF THE PARTICIPANT:

- To ensure that all information forms are properly filled out **before** the start date of the program and that animators are made aware of any changes promptly.
- To ensure that any new medication regimes or changes to them are conveyed

- orally and in writing to the animators of the group.
- To ensure that each participant comes dressed in clothing appropriate for the weather and the activity.
 - To ensure that no participant comes when sick, ill, or feverish.
 - To ensure that each participant is carrying complete and up-to-date identification.
 - To ensure that each participant comes to the activity with bus tickets, pas or taxi tickets, needed to safely return home.
 - **In cases where Adapted Transport is being organized, to ensure that a participant does not arrive more than 15 minutes before the group begins and does not leave more than 15 minutes after the activity has ended.**
 - To provide the animators of the group with replacement emergency telephone numbers when needed.

SCHEDULE AND FEES:

- The Bingo group will begin on Monday, September 30, 2024, and continue for 12 weeks until Monday, December 16, 2024.
- The group will run from 6:00 to 8:00 p.m. at the Miriam Foundation (5703 Ferrier)
- The cost to participate is \$20.00.
- The group will need a minimum of 6 participants and a maximum of 10.

BOWLING CLUB

**This program is made possible by the Miriam Foundation
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Bowling is a great and fun activity, enjoyed by all ages and abilities. Bowling provides the opportunity to be physically active as well as to socialize with new and old friends. The Bowling Club will run like a real league, with the group enjoying a friendly competition amongst themselves. The group will play up to three games together. Travel to and from the bowling alley will be organized by the home or case managers, or by the participant, if possible.

THE OBJECTIVES OF THE BOWLING CLUB:

- To develop and to practice the skills of cooperation and collaboration with others.
- To interact effectively and supportively with the other group members.
- To interact effectively with the animators of the group.
- To develop inter-dependant friendships with the other members of the group.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATION IN THE BOWLING CLUB:

- Participants will be 18 or older.
- Participants must have the verbal and social skills that will enable them to participate in a group without interfering with the enjoyment of others in the group.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must be able to participate in a group with a staff ratio of two animators to 12 participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.
- If the participant is not a fit for this group, in terms of their behavioural and/or support needs, we reserve the right to discontinue services.

THE RESPONSIBILITIES OF THE HOUSE OR CASE MANAGER OF THE PARTICIPANTS:

- To ensure that all information forms are properly filled out before the start

date of the program and that animators are made aware of any changes promptly.

- To ensure that any new medication regimes or changes to them are conveyed orally and in writing to the animators of the group.
- To ensure that each participant comes dressed in clothing appropriate for the weather and the activity.
- To ensure that no participant comes when sick, ill, or feverish.
- To ensure that each participant is carrying complete and up-to-date identification.
- To ensure that each participant comes to the activity with bus tickets, pass or taxi tickets, needed to safely return home.
- **In cases where Adapted Transport is being organized, to ensure that a participant does not arrive more than 15 minutes before the group begins and does not leave more than 15 minutes after the activity has ended.**
- To provide the animators of the group with replacement emergency telephone numbers when needed.

SCHEDULE AND FEES:

- The Bowling Club will begin on either Tuesday, October 1, or Wednesday, **October 9**, 2024, and run for 12 weeks until December 17 or 18, 2024.
- The group will meet at the Rose Bowl, 6510 rue St. Jacques; the group will run from 6:00 to 8:00 pm.
- The cost of participation is \$40.00.
- Each group will need a minimum of 6 participants and a maximum of 12.

BREAKFAST CLUB

**This program is made possible by the Miriam Foundation
through the generous support of the Azrieli Foundation**

For most people, the weekends are times when we socialize with friends and do things at a more relaxed pace than during the week. This Breakfast Club is an opportunity for participants to socialize with their peers and to learn about various parts of Montreal, while enjoying a very typical weekend activity—brunch. The groups will try out various breakfast restaurants in the Montreal area. Travel to and from the designated restaurant will be organized by the home or case managers, or by the participant, if possible.

THE OBJECTIVES OF THE BREAKFAST CLUB:

- To provide an opportunity for a weekend outing in an informal and semi-structured way.
- To develop inter-dependant friendships with the other members of the group.
- To provide a fun weekend activity.
- To develop and to practice appropriate social behaviours in the community.
- To provide opportunities for positive social integration
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATING IN THE BREAKFAST CLUB:

- Participants will be 18 years or older.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animator.
- Participants must be able to participate in a group with a staff ratio of one animator to four participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.
- Participants must have social skills that allow them to travel safely on public transportation or with TA, to integrate into activities in the community without interfering with the enjoyment of others and to interact with the animators of the group.
- Participants to bring with them about \$15.00 to cover the cost of breakfast for themselves, *including tip*.
- If the participant is not a fit for this group, in terms of their behavioural and/or support needs, we reserve the right to discontinue services.

THE RESPONSIBILITIES OF THE HOUSE OR CASE MANAGER OF THE PARTICIPANTS:

- To ensure that all information forms are properly filled out before the start date of the program and that animators are made aware of any changes promptly.
- To ensure that any new medication regimes or changes to them are conveyed orally and in writing to the animators of the group.
- To ensure that each participant comes dressed in clothing appropriate for the weather and the activity.
- To ensure that no participant comes when sick, ill, or feverish.
- To ensure that each participant is carrying complete and up-to-date identification.
- To ensure that each participant comes to the activity with bus tickets, pass or taxi tickets, needed to safely return home.
- **In cases where Adapted Transport is being organized, to ensure that a participant does not arrive more than 15 minutes before the group begins and does not leave more than 15 minutes after the activity has ended.**
- To provide the animators of the group with replacement emergency telephone numbers when needed.

SCHEDULE AND FEES:

- The Breakfast Club will begin on Sunday, September 29, 2024, and run for 12 weeks until December 22, 2024.
- The groups will meet from 10:00 am to 12:00 pm.
- The cost to participate is \$20.00; participants should also bring between **\$15-20** per outing to pay for their own breakfast, *including tip*.
- These groups will need a minimum of 3 participants and a maximum of 4.

CINEMA OUTING GROUP

**This program is made possible by the Miriam Foundation
through the generous support of the Azrieli Foundation**

Going out to the movies with friends is a very typical and very enjoyable weekend activity. It is a great way to meet and catch up with friends, to meet new friends, to have a chance to hang out, as well as to see a movie in the theatre. This group will provide the chance for movie-lovers to get together on the weekend to see a matinee. Travel to and from the cinema will be organized by the home or case managers, or by the participant, if possible. Movie tickets will be provided.

THE OBJECTIVES OF THE CINEMA OUTING GROUP:

- To provide a weekend activity for participants to do in a group, sharing their common interest
- To encourage the building of interdependent friendships with the other members of the group
- To develop and practice the skills of cooperation and collaboration with others in deciding on a film
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATION IN THE CINEMA OUTING GROUP:

- Participants will be 18 or older
- Participants must be able to interact effectively with the other group members and with the animator of the group
- Participants must have the verbal and social skills that will enable them to participate without interfering with the enjoyment of others in the group
- Participants must be able to use a public toilet securely and independently
- Participants must have receptive verbal skills; be able to comprehend and respond to information and directions given to them by the animator
- Participants must be able to get to the designated cinema on their own, either by Adapted Transport or by public transportation
- Participants must be able to be in crowds without any behavioural or medical demands
- Participants must be able to participate in a group with a ratio of 2 animator to 12 participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.
- Participants to bring money for snacks if they want.
- If the participant is not a fit for this group, in terms of their behavioural and/or support needs, we reserve the right to discontinue services.

THE RESPONSIBILITIES OF THE HOUSE OR CASE MANAGER OF THE PARTICIPANTS:

- To ensure that all information forms are properly filled out before the start date of the program and that animators are made aware of any changes promptly.
- To ensure that any new medication regimes or changes to them are conveyed orally and in writing to the animators of the group.
- To ensure that each participant comes dressed in clothing appropriate for the weather and the activity.
- To ensure that no participant comes when sick, ill, or feverish.
- To ensure that each participant is carrying complete and up-to-date identification.
- To ensure that each participant comes to the activity with bus tickets, pass or taxi tickets, needed to safely return home.
- **In cases where Adapted Transport is being organized, to ensure that a participant does not arrive more than 15 minutes before the group begins and does not leave more than 15 minutes after the activity has ended.**
- To provide the animators of the group with replacement emergency telephone numbers when needed.

SCHEDULE AND FEES:

- Two Cinema Outings Group will be offered, beginning either Saturday, September 28, 2024, or Sunday, September 29, 2024, and will run for 12 weeks until December 21 or 22, 2024.
- The group will meet at around 1:00 pm until about 4:00 pm at the Cote-des-Neiges Cinema (**Canadian Tire entrance**)
- The cost of participation is \$40.00.
- This group will need a minimum of 6 and a maximum of 12 participants.

COFFEE CLUB

**This program is made possible by the Miriam Foundation
through the generous support of the Azrieli Foundation**

Often, in the lives of our clients, weekends can be very long periods of time without much activity. Particularly for clients who are not very physically active, Saturday and Sunday can be a period when no organized or scheduled activities take place. For clients who depend on Adapted Transport and assistance in coordinating and overseeing their activities, weekends can be challenging and a frustratingly lonely time. Simply going out for coffee can be a highlight of the weekend for clients who are not as active but who still enjoy social outings. Together with the animator, the group will decide whether they will meet at the same coffee shop each week or visit a new café each time. Travel to and from the coffee shop will be organized by the home or case managers, or by the participant.

THE OBJECTIVES OF THE COFFEE CLUB:

- To provide an opportunity for a weekend outing in an informal and semi-structured way.
- To develop inter-dependant friendships with the other members of the group.
- To provide a fun weekend activity.
- To develop and to practice appropriate social behaviours in the community.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATING IN THE COFFEE CLUB:

- Participants will be 18 years or older.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must be able to participate in a group with a staff ratio of one animator to four participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.
- Participants must have social skills that allow them to travel safely on public transportation or with Adapted Transport, to integrate into activities in the community without interfering with the enjoyment of others and to interact with the animators of the group.
- Participants to bring with them enough money to purchase a beverage and snack, if so desired.
- If the participant is not a fit for this group, in terms of their behavioural and/or support needs, we reserve the right to discontinue services.

THE RESPONSIBILITIES OF THE HOUSE OR CASE MANAGER OF THE PARTICIPANTS:

- To ensure that all information forms are properly filled out before the start date of the program and that animators are made aware of any changes promptly.
- To ensure that any new medication regimes or changes to them are conveyed orally and in writing to the animators of the group.
- To ensure that each participant comes dressed in clothing appropriate for the weather and the activity.
- To ensure that no participant comes when sick, ill, or feverish.
- To ensure that each participant is carrying complete and up-to-date identification.
- To ensure that each participant comes to the activity with bus tickets, pass or taxi tickets, needed to safely return home.
- **In cases where Adapted Transport is being organized, to ensure that a participant does not arrive more than 15 minutes before the group begins and does not leave more than 15 minutes after the activity has ended.**
- To provide the animators of the group with replacement emergency telephone numbers when needed.

SCHEDULE AND FEES:

- Different Coffee Clubs will meet on either Saturdays or Sundays, from 9:00 am to 11:00 am or from 1:00 pm to 3:00 pm.
- The Saturday club will start on September 28th and the Sunday group on September 29th and each Coffee Club will meet once a weekend for 12 weeks until the weekend of December 21/22, 2024.
- Cost for participation will be \$20.00. In addition, participants must bring money each week to purchase their own beverage and snack, if desired.
- Each group will need a minimum of 3 participants and a maximum of 4.

COOKING CLUB

**This program is made possible by the Miriam Foundation
through the generous support of the Azrieli Foundation**

Many people consider cooking to be a very relaxing and enjoyable activity, particularly when done with friends. However, for many adults with special needs, cooking is not common at all, with many meals consisting of frozen dinners. The cooking club combines the enjoyment of cooking with teaching cooking skills and nutrition. In this club, participants will prepare a meal together and then sit down to enjoy the fruits of their labour. They will also have prepared enough food to take a meal home to have the next day. The participants will prepare a menu together, and will also learn about preparing a balanced meal, about the food groups, and healthy eating. Travel to and from the centre will be organized by the home or case managers, or by the participant, if possible.

THE OBJECTIVES OF THE COOKING CLUB:

- To provide participants with the opportunity to learn basic cooking skills.
- To provide the opportunity to learn about nutritious eating and menu planning.
- To provide the opportunity for participants to cook in a safe and supported environment where their confidence and autonomy are encouraged.
- To have the opportunity to participate in decision making in terms of menu planning.
- To socialize in a supportive, peer group.
- To develop inter-dependant friendships with the other members of the group and a sense of community.
- To provide participants with skills they can use on their own.
- To provide participants with a home-cooked meal they can take home and enjoy.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATING IN THE COOKING CLUB:

- Participants will be 18 years or older.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must be able to participate in a group with a staff ratio of 2 animators to 6 participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.
- Participants must have social skills that allow them to travel safely on public transportation or with TA, to integrate into activities in the group without

- interfering with the enjoyment of others and to interact with the animators of the group.
- If the participant is not a fit for this group, in terms of their behavioural and/or support needs, we reserve the right to discontinue services.

THE RESPONSIBILITIES OF THE HOUSE OR CASE MANAGER OF THE PARTICIPANTS:

- To ensure that all information forms are properly filled out before the start date of the program and that animators are made aware of any changes promptly.
- To ensure that any new medication regimes or changes to them are conveyed orally and in writing to the animators of the group.
- To ensure that each participant comes dressed in clothing appropriate for the weather and the activity.
- To ensure that no participant comes when sick, ill, or feverish.
- To ensure that each participant is carrying complete and up-to-date identification.
- To ensure that each participant comes to the activity with bus tickets, pass or taxi tickets, needed to safely return home.
- **In cases where Adapted Transport is being organized, to ensure that a participant does not arrive more than 15 minutes before the group begins and does not leave more than 15 minutes after the activity has ended.**
- To provide the animators of the group with replacement emergency telephone numbers when needed.

SCHEDULE AND FEES:

- Two Cooking Club will be offered beginning on Sunday, September 29, 2024, and run for 12 weeks until Sunday, December 22, 2024.
- The group will meet at the Miriam Foundation, 5703 Ferrier.
- One group will run from 9:30 am to 12:30 pm and the other from 1:30 to 4:30 pm.
- The cost of participation is \$40.00
- The group will need a minimum of 4 participants and a maximum of 6.

DANCE MOVEMENT GROUP

This program is made possible by the Miriam Foundation
through the generous support of the Azrieli Foundation

Physical movement and expression is a freeing experience. Much joy and satisfaction comes from being able to move around in a space, to exert and push yourself to your limits and beyond your expectations. However, being physically active is not always something our participants are able to do, have the opportunity to become involved with, or have access to. This group will offer a chance for participants to try out various movement and the self-expression it encourages.

THE OBJECTIVES OF THE DANCE MOVEMENT GROUP:

- To help participants develop a level of awareness of their physical abilities
- To develop and practice dance related movements and skills
- To develop and practice the skills of cooperation and collaboration with other group members
- To interact effectively and supportively with the other group members.
- To interact effectively with the animator of the group.
- To develop inter-dependent friendships with the other members of the group
- To have fun doing all of the above

THE CRITERIA FOR PARTICIPATION IN THE DANCE MOVEMENT GROUP:

- Participants will be 18 or older.
- Participants must have the verbal and social skills that will enable them to participate in a group without interfering with the enjoyment of others in the group.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must be able to participate in a group with a staff ratio of 1 animators to 6 participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.
- If the participant is not a fit for this group, in terms of their behavioural and/or support needs, we reserve the right to discontinue services.

THE RESPONSIBILITIES OF THE HOUSE OR CASE MANAGER OF THE PARTICIPANTS:

- To ensure that all information forms are completely filled out before the start date of the program and that animators are made aware of any changes promptly.

- To ensure that any new medication regimes or changes to them are conveyed orally and in writing to the animators of the group.
- To ensure that each participant comes dressed in clothing appropriate for the weather and activity.
- To ensure that no participant comes when sick, ill, or feverish.
- To ensure that each participant is carrying complete and up-to-date identification.
- To ensure that each participant comes to the activity with bus tickets, pass or taxi tickets, needed to safely return home.
- **In cases where Adapted Transport is being organized, to ensure that a participant does not arrive more than 15 minutes before the group begins and does not leave more than 15 minutes after the activity has ended.**
- To provide the animators of the group with replacement emergency telephone numbers if and when needed.

SCHEDULE AND FEES:

- The Dance Movement Group will begin on Sunday, September 29, 2024 and run for 12 weeks until Sunday, December 22, 2024.
- The group will meet at the Grands Ballets, 1435 rue de Bleury, 4th floor, from 12:00 to 1 pm.
- The cost of participation is \$40.00.
- This group will need a minimum of 4 participants and a maximum of 6.

FRENCH LANGUAGE CLUB

This program is made possible by the Miriam Foundation

French is a beautiful language and one we, living here in Montreal, encounter daily. Many people would love to learn to communicate in French but have never had this chance. The French Language club will provide this opportunity. The club will focus on learning practical, every-day French vocabulary, and expressions, as well as practicing typical language interactions through role-play, word games, watching TV episodes, listening to French music, and by engaging in various activities, from baking to board games, and from having coffee to reading. Travel to and from the centre will be organized by the home or case managers, or by the participant, if possible.

THE OBJECTIVES OF THE FRENCH LANGUAGE CLUB:

- To have the opportunity to learn some basic French language phrases and vocabulary.
- To socialize in a supportive peer group.
- To have the opportunity to participate in activities that encourage learning.
- To develop inter-dependant friendships with the other members of the group.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATING IN THE FRENCH LANGUAGE CLUB:

- Participants will be 18 years or older.
- Be a beginner French language learner so that the group is more or less at the same level.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must be able to participate in a group with a staff ratio of one animator to 5 participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.
- Participants must have social skills that allow them to travel safely on public transportation or with TA, to integrate into activities in the group without interfering with the enjoyment of others and to interact with the animators of the group.
- If the participant is not a fit for this group, in terms of their behavioural and/or support needs, we reserve the right to discontinue services.

THE RESPONSIBILITIES OF THE HOUSE OR CASE MANAGER OF THE PARTICIPANTS:

- To ensure that all information forms are properly filled out before the start date of the program and that animators are made aware of any changes promptly.
- To ensure that any new medication regimes or changes to them are conveyed orally and in writing to the animators of the group.
- To ensure that each participant comes dressed in clothing appropriate for the weather and the activity.
- To ensure that no participant comes when sick, ill, or feverish.
- To ensure that each participant is carrying complete and up-to-date identification.
- To ensure that each participant comes to the activity with bus tickets, pass or taxi tickets, needed to safely return home.
- **In cases where Adapted Transport is being organized, to ensure that a participant does not arrive more than 15 minutes before the group begins and does not leave more than 15 minutes after the activity has ended.**
- To provide the animators of the group with replacement emergency telephone numbers when needed.

SCHEDULE AND FEES:

- The French Language Club will begin on Wednesday, October 9, 2024, and continue for 12 weeks until Wednesday, December 18, 2024.
- The group will run from 6:00 to 8:00 p.m. at Miriam Foundation, 5703 Ferrier.
- The cost to participate is \$20.00.
- The group will need a minimum of 4 participants and a maximum of 5.

GOOD ROCKIN' TONIGHT

**This program is made possible by the Miriam Foundation
through the generous support of the Azrieli Foundation**

Going out dancing is great fun. Everyone enjoys meeting up with friends and having a good time. Good Rockin' Tonight is a weekly dance party where new and old friends get to enjoy great music (we have our own DJ!), lots of dancing and some light snacks and refreshments.

Travel to and from the centre will be organized by the home or case managers, or by the participant, if possible.

The Objectives of GOOD ROCKIN' TONIGHT:

- For the participants to practice their social skills in a social setting.
- To interact effectively with the other group members and with the animators of the group.
- To develop and to reinforce inter-dependant friendships with the other members of the group.
- To have fun doing all of the above.

The criteria for participation in GOOD ROCKIN' TONIGHT:

- Participants must be 18 or older.
- Participants must be physically able to get from place to place with only minimal assistance from the animators.
- Participants must have social skills that allow them to integrate into the group without interfering with the enjoyment of others and interact cooperatively with the group animators.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must not have behaviours that consistently will prevent them or the group from participating in planned activities or that demand one to one attention from the animators.
- Participants must be able to participate in a loosely structured group in a secure setting with a staff ratio of three animators to thirty-five or more participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.
- Participants must be independent in their eating and drinking.
- To participate in the activities or to sit them out without disruption.
- To respond to the suggestions and direction of the animators and to comply with the safety and security rules and to stay within the allotted area of the Miriam Foundation building in all situations.

- If the participant is not a fit for this group, in terms of their behavioural and/or support needs, we reserve the right to discontinue services.

THE RESPONSIBILITIES OF THE HOUSE OR CASE MANAGER OF THE PARTICIPANTS:

- To ensure that all information forms are properly filled out before the start date of the program and that animators are made aware of any changes promptly.
- To ensure that any new medication regimes or changes to them are conveyed orally and in writing to the animators of the group.
- To ensure that each participant comes dressed in clothing appropriate for the weather and the activity.
- To ensure that no participant comes when sick, ill, or feverish.
- To ensure that each participant is carrying complete and up-to-date identification.
- To ensure that each participant comes to the activity with bus tickets, pass or taxi tickets, needed to safely return home.
- **In cases where Adapted Transport is being organized, to ensure that a participant does not arrive more than 15 minutes before the group begins and does not leave more than 15 minutes after the activity has ended.**
- To provide the animators of the group with replacement emergency telephone numbers when needed.

SCHEDULE AND FEES:

- Good Rockin' Tonight will begin on Saturday, September 28, 2024, and run for 12 weeks until Saturday, December 21, 2024.
- The group will meet at the Miriam Foundation, 5703 Ferrier, from 7:00-9:00 pm.
- The cost of participation is \$40.00.
- This group will need a minimum of 20 participants and a maximum of 45.

LES BRICOLEURS

This program is made possible by the Miriam Foundation

through the generous support of the Azrieli Foundation

Art is a powerful force in our world, capturing depth of emotion and speaking to people across cultures and time. It not only allows us to experience what an artist thinks and feels but also allows us to convey our own feelings and emotions. The incredible power of art is that it is accessible to anyone. Everyone's expression is unique and tells their story. A **Bricoleur** is someone who creates using whatever materials are available. Our Bricoleurs will make art as they see and feel it, working on a variety of arts and craft projects, and exploring a wide array of art materials and methods through the wonderful process of art-making. Travel to and from the Miriam Foundation will be organized by the home or case manager, or by the participants themselves.

THE OBJECTIVES OF LES BRICOLEURS GROUP:

- To provide participants with the opportunity to learn a variety of art methods and techniques.
- To provide the opportunity for participants to use various art techniques to express themselves.
- To socialize in a supportive, peer group.
- To develop inter-dependant friendships with the other members of the group and a sense of community.
- To provide participants with skills they can use on their own.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATING IN LES BRICOLEURS GROUP:

- Participants will be 18 years or older.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animator.
- Participants must be able to participate in a group with a staff ratio of 2 animator to 10 participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.
- Participants must have social skills that allow them to travel safely on public transportation or with TA, to integrate into activities in the group without interfering with the enjoyment of others and to interact with the animator of the group.
- If the participant is not a fit for this group, in terms of their behavioural and/or support needs, we reserve the right to discontinue services.

THE RESPONSIBILITIES OF THE HOUSE OR CASE MANAGER OF THE PARTICIPANTS:

- To ensure that all information forms are properly filled out before the start date of the program and that animators are made aware of any changes promptly.
- To ensure that any new medication regimes or changes to them are conveyed orally and in writing to the animators of the group.
- To ensure that each participant comes dressed in clothing appropriate for the weather and activity.
- To ensure that no participant comes when sick, ill, or feverish.
- To ensure that each participant is carrying complete and up-to-date identification.
- To ensure that each participant comes to the activity with bus tickets, pass or taxi tickets, needed to safely return home.
- **In cases where Adapted Transport is being organized, to ensure that a participant does not arrive more than 15 minutes before the group begins and does and does not leave more than 15 minutes after the activity has ended.**
- To provide the animators of the group with replacement emergency telephone numbers if and when needed.

SCHEDULE AND FEES:

- Les Bricoleurs group will begin on Tuesday, October 1, 2024 and run for 12 weeks until Tuesday, December 17, 2024.
- The group will run from 6 to 8 pm at the Miriam Foundation **CREATIVE ARTS PROGRAM** at **8092 Mount View**.
- This group will need a minimum of 6 participants and a maximum of 10.
- This group will cost \$40.00

MUSEUM VISITS GROUP

This program is made possible by the Miriam Foundation
through the generous support of the Azrieli Foundation

Montreal is definitely a museum town, with over 50 museums! From the fine arts to glass-blowing, and from science to animals, the variety is incredible. Additionally, most museums offer an educational component, from recreating a painting, to hands-on science experiments, which only helps to round-out a visit. Spending time exploring art work or various artifacts in the company of friends is a classic weekend activity.

THE OBJECTIVES OF THE MUSEUM VISITS GROUP:

- To provide participants with the opportunity to explore the various museum, galleries, and centres of the city of Montreal.
- To provide the opportunity for participants to experience all that these museums and centres have to offer
- To socialize in a supportive, peer group.
- To develop inter-dependant friendships with the other members of the group and a sense of community
- To have fun doing all of the above

THE CRITERIA FOR PARTICIPATING IN THE MUSEUM VISITS GROUP:

- Participants will be 18 years or older.
- Participants must have the receptive verbal and social skills that will enable them to participate without interfering with the enjoyment of others and to be able to comprehend and respond to information and direction given to them by the animator.
- Participants must be able to participate in a group with a staff ratio of 2 animators to 6 participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.
- Participants must have social skills that allow them to travel safely on public transportation or with TA, to integrate into activities in the group without interfering with the enjoyment of others and to interact with the animators of the group.
- If the participant is not a fit for this group, in terms of their behavioural and/or support needs, we reserve the right to discontinue services.

THE RESPONSIBILITIES OF THE HOUSE OR CASE MANAGER OF THE PARTICIPANTS:

- To ensure that all information forms are completely filled out before the start date of the program and that animators are made aware of any changes promptly.
- To ensure that any new medication regimes or changes to them are conveyed orally and in writing to the animators of the group.
- To ensure that each participant comes dressed in clothing appropriate for the weather and activity.
- To ensure that no participant comes when sick, ill, or feverish.
- To ensure that each participant is carrying complete and up-to-date identification.
- To ensure that each participant comes to the activity with bus tickets, pass or taxi tickets, needed to safely return home.
- **In cases where Adapted Transport is being organized, to ensure that a participant does not arrive more than 15 minutes before the group begins and does not leave more than 15 minutes after the activity has ended.**
- To provide the animators of the group with replacement emergency telephone numbers if and when needed.

SCHEDULE AND FEES:

- The Museum Visits Group will begin on Saturday, September 28, 2024, and run for 12 weeks until Saturday, December 21, 2024.
- The group will run from 2 - 4 pm, meeting at various museums
- This group will need a minimum of 4 participants and a maximum of 6.
- The group will cost \$40.00

THE NEXT CHAPTER BOOK CLUB

**This program is made possible by the Miriam Foundation
through the generous support of the Azrieli Foundation**

Book clubs are a very popular pastime for many people, as is simply reading for pleasure. The interest in and ability to read of our participants is often over-looked. This Montreal branch of the Next Chapter Book Club, which originated from Ohio State University (<http://chaptersahead.org/what-we-do/next-chapter-book-club/>), is a book club set up for adults with special needs, regardless of their reading abilities. The book club will read popular novels based on the interests of the participants and spend each weekly meeting reading and discussing the various novels.

THE OBJECTIVES OF THE NEXT CHAPTER BOOK CLUB:

- To read popular novels with assistance and to do so in the company of other people who enjoy reading and listening to stories
- To develop and to practice the skills of cooperation and collaboration with others.
- To express opinions and ideas about a novel in a facilitated and supportive environment
- To support each other and the group as a whole by listening to the opinions of each other
- To interact effectively with the other group members.
- To interact effectively with the animator of the group.
- To develop inter-dependant friendships with the other members of the group.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATION IN THE NEXT CHAPTER BOOK CLUB:

- Participants will be 18 or older.
- Participants must have the verbal and social skills that will enable them to participate without interfering with the enjoyment of others in the group.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must be able to participate in a group with a ratio of 1 animator to 6 participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.
- If the participant is not a fit for this group, in terms of their behavioural and/or support needs, we reserve the right to discontinue services

THE RESPONSIBILITIES OF THE HOUSE OR CASE MANAGER OF THE PARTICIPANTS:

- To ensure that all information forms are properly filled out before the start date of the program and that animators are made aware of any changes promptly.
- To ensure that any new medication regimes or changes to them are conveyed orally and in writing to the animators of the group.
- To ensure that each participant comes dressed in clothing appropriate for the weather and the activity.
- To ensure that no participant comes when sick, ill, or feverish.
- To ensure that each participant is carrying complete and up-to-date identification.
- To ensure that each participant comes to the activity with bus tickets, pass or taxi tickets, needed to safely return home.
- **In cases where Adapted Transport is being organized, to ensure that a participant does not arrive more than 15 minutes before the group begins and does not leave more than 15 minutes after the activity has ended.**
- To provide the animators of the group with replacement emergency telephone numbers when needed.

SCHEDULE AND FEES:

- The Next Chapter Book Club will begin on Thursday, October 10, 2024, and run for 12 weeks until Thursday, December 19, 2024.
- The group will meet at the **Grande Bibliotheque**: 475, boulevard De Maisonneuve Est, Montréal, QC, H2L 5C4
- The cost of participation is \$40.00 and includes the cost of books and a drink.
- This group will need a minimum of 3 participants and a maximum of 5.

PUZZLE GROUP

This program is made possible by the Miriam Foundation

through the generous support of the Azrieli Foundation

Working on a puzzle is a very popular pass-time. It is a challenge for one person or a group working on a puzzle together. This group will either work on one puzzle together or participants can also put together a puzzle on their own. A light snack and refreshment will be served. This activity would also provide an opportunity for participants to socialize with their peers in an informal setting—to simply “hang out” on a weeknight and enjoy one another’s company. Travel to and from the Miriam Foundation will be organized by the home or case manager, or by the participants themselves.

THE OBJECTIVES OF THE PUZZLE GROUP:

- To have the opportunity to challenge oneself in working on a puzzle in a supportive group of peers.
- To socialize in a supportive peer group.
- To develop inter-dependant friendships with the other members of the group.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATING IN THE PUZZLE GROUP:

- Participants will be 18 years or older.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must be able to participate in a group with a staff ratio of one animator to six participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.
- Participants must have social skills that allow them to travel safely on public transportation or with TA, to integrate into activities in the group without interfering with the enjoyment of others and to interact with the animator of the group.
- If the participant is not a fit for this group, in terms of their behavioural and/or support needs, we reserve the right to discontinue services.

THE RESPONSIBILITIES OF THE HOUSE OR CASE MANAGER OF THE PARTICIPANTS:

- To ensure that all information forms are properly filled out before the start date of the program and that animators are made aware of any changes promptly.

- To ensure that any new medication regimes or changes to them are conveyed orally and in writing to the animators of the group.
- To ensure that each participant comes dressed in clothing appropriate for the weather and activity.
- To ensure that no participant comes when sick, ill, or feverish.
- To ensure that each participant is carrying complete and up-to-date identification.
- To ensure that each participant comes to the activity with bus tickets, pass or taxi tickets, needed to safely return home.
- **In cases where Adapted Transport is being organized, to ensure that a participant does not arrive more than 15 minutes before the group begins and does not leave more than 15 minutes after the activity has ended.**
- To provide the animators of the group with replacement emergency telephone numbers if and when needed.

SCHEDULE AND FEES:

- The Puzzle group will begin on Sunday, September 29, 2024 and run for 12 weeks until Sunday, December 22, 2024.
- The group will run from 1 to 3 pm at the Miriam Foundation (5703 Ferrier).
- This group will need a minimum of 5 participants and a maximum of 8.
- This group will cost \$20.00

SPECTATOR SPORTS

**This program is made possible by the Miriam Foundation
through the generous support of the Azrieli Foundation**

The Spectator Sports group will provide an activity for a small group of people whose common interest is watching live sports games. The participants will attend various local and community-based sports games, and will discuss or relish or lament the score and outcome of these matches. This group of four participants with one animator will go to watch amateur sports matches throughout the city of Montreal.

THE OBJECTIVES OF THE SPECTATOR SPORTS CLUB:

- To integrate into and to participate in community events.
- To develop and to practice the skills of cooperation and collaboration with others.
- To develop inter-dependant friendships with the other members of the group.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATION IN THE SPECTATOR SPORTS CLUB:

- Participants will be 18 years or older.
- Participants must be able to interact effectively with the other group members and with the animators of the group.
- Participants must be able to travel safely by public transportation, to walk from place to place with minimal assistance from the animators and have social skills to integrate into activities in the community without interfering with the enjoyment of others.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must be able to participate with a ratio of one animator to 4 participants, and be autonomous in their self-care needs or accompanied by someone who can facilitate this.
- Participants must be able to use a public toilet securely and independently
- Participants must be able to be in crowds without any behavioural or medical demands.
- If the participant is not a fit for this group, in terms of their behavioural and/or support needs, we reserve the right to discontinue services.

THE RESPONSIBILITIES OF THE HOUSE OR CASE MANAGER OF THE

PARTICIPANTS:

- To ensure that all information forms are completely filled out before the start date of the program and that animators are made aware of any changes promptly.
- To ensure that any new medication regimes or changes to them are conveyed orally and in writing to the animators of the group.
- To ensure that each participant comes dressed in clothing appropriate for the weather and the activity.
- To ensure that no participant comes when sick, ill, or feverish.
- To ensure that each participant is carrying complete and up-to-date identification.
- To ensure that each participant comes to the activity with bus tickets, pass or taxi tickets, needed to safely return home.
- **In cases where Adapted Transport is being organized, to ensure that a participant does not arrive more than 15 minutes before the group begins and does not leave more than 15 minutes after the activity has ended.**
- To provide the animators of the group with replacement emergency telephone numbers when needed.

SCHEDULE AND FEES:

- The Spectator Sports group will begin on Sunday, September 29, 2024 and run for 12 weeks until Sunday, December 22, 2024.
- The groups will meet at a pre-arranged location from 1 to 3:00 pm.
- Cost of participation is \$20.00 and includes tickets to games and events.
- The groups will need a minimum of 3 participants to a maximum of 4.

SWIMMING GROUP

**This program is made possible by the Miriam Foundation
through the generous support of the Azrieli Foundation**

Swimming is a relaxing yet challenging activity, offering many health benefits as well as being a fun and refreshing exercise. Being comfortable in the water and, most importantly, safe is of paramount importance to thoroughly enjoying this activity. For people with either physical or intellectual disabilities who know how to swim, being able to regularly go for a swim is not always a possibility, yet the benefits and the obvious enjoyment resulting from this activity are countless. This group will provide participants with the opportunity to enjoy the water in a safe, supervised environment, while taking part in various, gentle organized activities. The fun of being in the water and the feeling of physical freedom that this allows will be strongly encouraged. Travel to and from the pool will be organized by the home or case managers, or by the participant themselves, if possible.

THE OBJECTIVES OF THE SWIMMING GROUP:

- To develop safety skills in the water and to practice these.
- To develop a level of awareness of the participants' own physical abilities.
- To engage in an enjoyment of being in the water with other members of the group.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATION IN THE SWIMMING GROUP:

- Participants will be 18 or older
- Participants will either be able to swim well on their own, or, in the case of someone with a physical disability, be accompanied by a shadow
- Participants must be able to put on their own swimsuits and change out of these at the end of the group with only minimal supervision from the animators
- Participants must be able to interact effectively with the other group members and with the animators of the group
- Participants must have the verbal and social skills that will enable them to participate without interfering with the enjoyment of others in the group
- Participants must have receptive verbal skills; be able to comprehend and respond to information and directions given to them by the animator
- Participants must be able to participate in a group with a ratio of 2 animator to 8 participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.
- If the participant is not a fit for this group, in terms of their behavioural and/or support needs, we reserve the right to discontinue services.



THE RESPONSIBILITIES OF THE HOUSE OR CASE MANAGER OF THE PARTICIPANTS:

- To ensure that all information forms are properly filled out before the start date of the program and that animators are made aware of any changes promptly.
- To ensure that any new medication regimes or changes to them are conveyed orally and in writing to the animators of the group.
- To ensure that each participant comes dressed in clothing appropriate for the weather and the activity.
- To ensure that no participant comes when sick, ill, or feverish.
- To ensure that each participant is carrying complete and up-to-date identification.
- To ensure that each participant comes to the activity with bus tickets, pass or taxi tickets, needed to safely return home.
- **In cases where Adapted Transport is being organized, to ensure that a participant does not arrive more than 15 minutes before the group begins and does not leave more than 15 minutes after the activity has ended.**
- To provide the animators of the group with replacement emergency telephone numbers when needed.

SCHEDULE AND FEES:

- The Swimming group will begin Thursday, October 10, 2024, and run for 12 weeks until Thursday, December 19, 2024.
- The group will meet at the YM-YWHA pool, 5400 Westbury (H3W 2W8) from 5 to 6 pm.
- The cost of participation is \$40.00.
- This group will need a minimum of 6 and a maximum of 8 participants.

YOGA GROUP

**This program is made possible by the Miriam Foundation
through the generous support of the Azrieli Foundation**

The practice of yoga is a long-standing tradition. Yoga is an incredibly accessible activity that can be adapted to anyone's abilities. It involves relaxation techniques, gentle stretches, and more intense movements and poses. The practice of yoga can help to control and calm emotions, remove anxieties and, when it becomes a regular part of a routine, can allow a person to feel a greater sense of focus, control, and can even increase self-esteem. Much joy and satisfaction alone come from being able to move around in a space, to exert and push yourself to your limits and beyond your expectations. This group will offer a chance for participants to try out a variety of yoga poses, relaxation techniques, and various breathing exercises. The purpose is to encourage participants in their physical expression as well as to help them learn relaxation techniques and develop a range of yoga poses. Travel to and from the centre will be organized by the home or case managers, or by the participant, if possible.

THE OBJECTIVES OF THE YOGA GROUP:

- To help participants develop a level of awareness of their physical abilities
- To develop and practice relaxation techniques and various yoga poses
- To practice the skills of cooperation and collaboration with other group members
- To develop inter-dependent friendships with the other members of the group
- To have fun doing all of the above

THE CRITERIA FOR PARTICIPATION IN THE YOGA GROUP:

- Participants will be 18 or older
- Participants must be able to interact effectively with the other group members and with the animator and volunteers of the group
- Participants must have the verbal and social skills that will enable them to participate without interfering with the enjoyment of others in the group
- Participants must have receptive verbal skills; be able to comprehend and respond to information and directions given to them by the animator
- Participants must be able to participate in a group with a ratio of 1 animator to 8 participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.



- If the participant is not a fit for this group, in terms of their behavioural and/or support needs, we reserve the right to discontinue services.

THE RESPONSIBILITIES OF THE HOUSE OR CASE MANAGER OF THE PARTICIPANTS:

- To ensure that all information forms are properly filled out before the start date of the program and that animators are made aware of any changes promptly.
- To ensure that any new medication regimes or changes to them are conveyed orally and in writing to the animators of the group.
- To ensure that each participant comes dressed in clothing appropriate for the weather and the activity.
- To ensure that no participant comes when sick, ill, or feverish.
- To ensure that each participant is carrying complete and up-to-date identification.
- To ensure that each participant comes to the activity with bus tickets, pass or taxi tickets, needed to safely return home.
- **In cases where Adapted Transport is being organized, to ensure that a participant does not arrive more than 15 minutes before the group begins and does not leave more than 15 minutes after the activity has ended.**
- To provide the animators of the group with replacement emergency telephone numbers when needed.

SCHEDULE AND FEES:

- The Yoga group will begin on Tuesday, October 1, 2024, and run for 12 weeks until Tuesday, December 17, 2024.
- The group will meet at the Miriam Foundation, 5703 Ferrier, from 6:00 to 7:00 pm.
- The cost of participation is \$20.00.
- This group will need a minimum of 5 participants and a maximum of 8.