

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 common at all. The Baking Club will combine the enjoyment of baking while teaching cooking skills and nutrition. In this club, participants will prepare one or two baked goods together.

*Participants must have access to a computer to join this activity. Links/invitations will be sent out by the animator, on a weekly basis, and by a specific day before the scheduled activity.

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 have the opportunity to participate in decision making in terms of menu planning.
- To provide participants with skills they can use on their own.
- To have fun doing all of 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.

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.

SCHEDULE:

- The Baking Club will begin on Saturday, February 6, 2021, for 20 weeks, to Saturday, June 19, 2021.
- The group will run from 12-2 pm.
- The group will need a minimum of 4 participants and a maximum of 6.
- There will be no groups on the following days:
 - March 27 and 28 – Passover
 - April 2, 3, 4 and 5 – Easter
 - May 22, 23, and 24 – Victoria Day

POLICIES:

- Registration forms, completed in full, must be submitted before the deadline or participants will not be allowed to join. The deadline is January 20, 2021.
- Groups may be cancelled due to insufficient registrants.
- SVP, prenez note que les programmes de loisirs pour adultes sont offerts en anglais.

INFORMATION AND REGISTRATION:

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