



Leisure Program

**Baking**

**FALL 2018**

**CentreGold<sup>MC  
TM</sup>**

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## **BAKING CLUB**

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Baking is often thought of as being a very skilled talent. As well, baked goods are usually thought of as being rich, high-calorie treats that we should only indulge in once in a while. However, with proper instruction, the joy of baking can be very accessible and by incorporating healthy ingredients and offering various alternatives to traditional baked goods, healthy treats can be easily prepared. Baking is a very relaxing and enjoyable activity, particularly when done with friends. For many adults with special needs, baking is not common at all yet many people indulge in non-healthy sweets. 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 and then sit down to enjoy the fruits of their labour. They will also have prepared enough treats to take some home. One animator will teach this group. Travel to and from the Lori Black Community 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 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.
- Participants must be able to participate in a group with a staff ratio of one animator to 5 participants.
- 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.

### **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 if and when needed.

#### **SCHEDULE AND FEES:**

- The Baking Club will begin on Saturday, September 29th, 2018 and run for 12 weeks until Saturday, December 22nd, 2018 (EXCEPT AS NOTED BELOW).
- The group will meet at the Lori Black Community Centre, 8160 Royden, Door A.
- The group will run from 1:00 pm to 4:00 pm.
- The cost of participation is \$40.00
- The group will need a minimum of 4 participants and a maximum of 6.

#### **INFORMATION AND REGISTRATION:**

Nina Chepurniy / Louise Valin  
514 345 8330 ext. 319  
info@goldlearningcentre.com

#### **POLICIES:**

Registration forms and payment in full must be submitted before the **deadline of SEPTEMBER 19, 2018** or participants will not be allowed to join.

Payment must be made either in cash or with a cheque; credit card payments will no longer be accepted.

Groups may be cancelled due to insufficient registrants.

Participants must carry photo ID with them at all times.

**There will be no groups on the following days:**

**October 6, 7, 8 – Thanksgiving**