



Leisure Program  
**Breakfast  
Club**  
WINTER-SPRING  
2019

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

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## **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 Breakfast Club will meet once a week: one group on Saturdays and another group on Sundays, for a three-hour period each time. The groups will try out various breakfast restaurants in the Montreal area. One animator will accompany 4 clients to a restaurant. 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 animators.
- Participants must be able to participate in a group with a staff ratio of one animator to four participants.
- 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 \$10.00 to cover the cost of breakfast for themselves.

### 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 Saturday Breakfast Club will begin on Saturday, January 26<sup>th</sup>, 2019; the Sunday Breakfast Club will begin on Sunday, January 27, 2019. Both groups will run for 20 weeks until the weekend of June 15/16, 2019 (EXCEPT AS NOTED BELOW).
- The groups will meet from 10:00 am to 12:00 pm.
- The cost to participate is \$20.00; participants should also bring about \$10 to \$15 per outing to pay for their own breakfast.
- These groups will need a minimum of 3 participants and a maximum of 4.

### INFORMATION AND REGISTRATION:

Nina Chepurniy / Louise Valin  
514 345 8330 ext. 319  
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### POLICIES:

Registration forms and payment in full must be submitted before the deadline or participants will not be allowed to join. **The deadline is January 16, 2019.** 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:**

Easter-Passover—April 19, 20, 21, and 22

Victoria Day/National Patriots Day – May 18, 19, and 20