



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

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

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## 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. The group will also put together a cookbook of simple and tasty meals they can refer to on their own. Two animators will share the teaching of this group, each alternating with the other every other weekend. 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 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 one animator to 6 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 animators 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 Cooking Club will begin on Sunday, January 27, 2019 and run for 20 weeks until Sunday, June 16, 2019 (EXCEPT AS NOTED BELOW).
- The group will meet at the Lori Black Community Centre, 8160 Royden, Door A, and will run from 1:00 pm to 5:00 pm.
- The cost of participation is \$90.00
- The group will need a minimum of 4 participants and a maximum of 8.

#### **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 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