

Leisure Program

DANCE

FALL 2018



CentreGold^{MC}TM

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DANCE GROUP

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

Dancing and physical 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 dancing and the self-expression it encourages, while listening to great music. Travel to and from the Gold Centre will be organized by the home or case manager, or by the participant, if possible.

THE OBJECTIVES OF THE DANCE 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 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 6 participants

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 promptly
- To ensure that each participant comes dressed in clothing appropriate for the activity and the weather

- 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 group will begin on Monday, October 1st, 2018 and run for 12 weeks until Monday, December 17th, 2018 (EXCEPT AS NOTED BELOW).
- The group will meet at the Gold Centre, 5331 Ferrier
- The group will run from 6:00 to 7:30 pm.
- The cost of participation is \$20.00
- The group will need a minimum of 4 participants and a maximum of 6.

INFORMATION AND REGISTRATION:

Nina Chepurniy / Louise Valin
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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**