

Les activités récréatives et de loisirs sont une dimension essentielle de la qualité de vie de tous les gens, y compris ceux ayant une déficience intellectuelle – un segment souvent oublié de la population. Ces activités permettent aux gens de s’amuser, de rencontrer de nouveaux amis et d’acquérir de nouvelles aptitudes et compétences. Les programmes de loisirs pour adultes ont été lancés par Intervention Miriam (auparavant le Centre Gold) en novembre 2011 et sont rendus possibles grâce à la Fondation Miriam et au soutien généreux et continu de la Fondation Azrieli.

Pour la session d'été 2021, certaines de nos activités de loisirs continueront d'être offertes en ligne. Cependant, avec les nouvelles directives du gouvernement, nous offrirons également de petits groupes en personne, tout en respectant les directives de la Santé publique du Québec ; si vous ne vous sentez pas bien, veuillez rester à la maison.

Toutes les activités de loisirs débuteront la semaine du 19 juillet 2021 et se poursuivront pendant 5 semaines, jusqu'à la semaine du 22 août 2021.

Notre période d'inscription se déroulera du lundi 5 juillet au vendredi 9 juillet 2021. Tous les formulaires seront compilés en fonction de la date à laquelle ils ont été reçus. Les places sont limitées, mais nous ferons de notre mieux pour satisfaire les choix de chacun !

Un formulaire d'inscription est requis, ainsi qu'une photo récente, pour pouvoir participer. Les formulaires remplis, ainsi que le(s) paiement(s), peuvent être envoyés par la poste au 5703, rue Ferrier, Mont-Royal, QC H4P 1N3 ou déposés pendant les heures de bureau, du lundi au vendredi entre 9 h et 16 h. Veuillez indiquer sur toutes les enveloppes l'attention de Nina Chepurniy.

[SVP, prenez note que les programmes de loisirs pour adultes sont offerts en anglais.](#)

Recreation and leisure activities are a critical dimension of the quality of life for all people, including people with developmental disabilities – an often-forgotten segment of the population. They are a vehicle through which people have fun, meet new friends, and develop skills and competencies.

Adult Leisure programs were launched by Miriam Intervention (formerly Gold Centre) in November 2011 and are made possible by the Miriam Foundation through the generous and ongoing support of the Azrieli Foundation.

For the Summer 2021 session, some of our Leisure activities will continue to be offered online. However, with the new directives from the Government, we will also be offering small in-person groups, while respecting all Quebec Public Health guidelines; if you are not feeling well, please stay home.

All leisure activities begin the week of July 19, 2021, and run for 5 weeks, until the week of August 22, 2021.

Our registration period will run from Monday, July 5 to Friday, July 9, 2021. All forms will be compiled based on the date they were received. Space is limited, but we will do our best to accommodate everyone's choices!

A registration form is required, including a current photo, in order to participate. Completed forms, along with payment(s), can be either sent in by mail to 5703, rue Ferrier, Mont-Royal, QC H4P 1N3 or dropped off during office hours, Monday - Friday between 9:00 a.m. and 4:00 p.m. Please mark all envelopes to the attention of Nina Chepurniy.

HORAIRE | SCHEDULE

SESSION ÉTÉ 2021 SUMMER SESSION

PROGRAMMES DE LOISIRS POUR ADULTES
AZRIELI ADULT LEISURE PROGRAMS



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REGISTRATION:

- For the 2021 Summer session, we will be offering small in-person groups, while respecting all Quebec Public Health guidelines, and some online activities.
- For online activities, participants must have access to a computer to join some of these activity. Links/invitations will be sent out by the animator, on a weekly basis, and by a specific day before the scheduled activity.
- Registration Period: Monday July 5 - Friday, July 9.
- Registration forms, completed in full, including all medical information and payment(s) must be submitted before the deadline or participants will not be allowed to join. The deadline is July 9, 2021.
- Registration is on a first-come first-served basis and groups may be cancelled due to insufficient registrants.
- Forms can be mailed or dropped off to: 5703, rue Ferrier, Mont-Royal, H4P 1N3. Please note business hours are from Monday - Friday from 9:00 a.m. - 4:00 p.m.
- SVP, prenez note que les programmes de loisirs pour adultes sont offerts en anglais.

SUMMER 2021 SCHEDULE:

| MIRIAM INTERVENTION ADULT LEISURE PROGRAMS 2021 SUMMER SESSION SCHEDULE | | | | | | |
|---|--------------------------------|--|--|--|---------------------------------|---------------------------------|
| | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| 10:00 AM | | | | | | |
| 11:00 AM | | | | | BREAKFAST CLUB 10 AM - 12 PM | |
| 12:00 PM | | | | | | |
| 1:00 PM | | | LOW-IMPACT RESISTANCE CLASS 1 - 2 PM | COFFEE CLUB 1 - 3 PM | BAKING CLUB 1 - 3 PM | PICNIC IN THE PARK 12 - 2 PM |
| 2:00 PM | | | | LOW-IMPACT RESISTANCE CLASS 2 - 3 PM | COFFEE CLUB 1 - 3 PM | COFFEE CHECK-IN 2 - 3 PM |
| 3:00 PM | | | | WALKING CLUB 3 - 4 PM | | |
| 4:00 PM | | | | | | |
| 5:00 PM | COFFEE CHECK-IN 5 - 6 PM | | | | | |
| 6:00 PM | | NEXT CHAPTER BOOK CLUB 6 - 7:30 PM | | | | |

INFORMATION & QUESTIONS:

For any questions or additional information, please contact:

Nina Chepurniy, Program Coordinator, at 514.345.8330 ext. 203 or by email at ninac@goldlearningcentre.com



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.

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 and how to prepare nutritious alternatives to traditional baked goods.
- To have the opportunity to participate in decision making in terms of menu planning and 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 be offered on Saturdays from 1-3 pm, beginning Saturday, July 24, 2021, for 5 weeks, to Saturday, August 21, 2021.
- The group will need a minimum of four (4) participants and a maximum of six (6).

COST:

- The cost for this activity is \$5.

POLICIES:

- Registration forms, completed in full, including all medical information, photo and payment must be submitted before the deadline or participants will not be allowed to join. The deadline is July 9, 2021.
- Groups may be cancelled due to insufficient registrants.
- [SVP, prenez note que les programmes de loisirs pour adultes sont offerts en anglais.](#)

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BREAKFAST CLUB

AZRIELI ADULT LEISURE PROGRAMS 2021 SUMMER SESSION



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For most people, the weekends are a time when we socialize with friends and do things at a more relaxed pace than during the week. The Breakfast Club is an opportunity for participants to socialize with their peers and learn about various parts of Montreal, while enjoying a typical weekend activity - brunch.

The Breakfast Club will meet once a week, on Sundays. The groups will try out various breakfast restaurants in the Montreal area. One (1) animator will accompany four (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 fun weekend outing in an informal and semi-structured way with opportunities for positive social integration.
- To develop inter-dependent friendships with the other members of the group and to practice appropriate social behaviours in the community.
- 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 and must be able to participate in a group with a staff ratio of one (1) animator to four (4) 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 \$15.00 to cover the cost of breakfast, including tip, for themselves.

THE RESPONSIBILITIES OF THE HOUSE OR CASE MANAGER OF THE PARTICIPANTS:

- To ensure that the participant is carrying a mask with them, to be used as needed and ensure that no participant comes when sick, ill, or feverish.
- 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, and 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 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:

- The Breakfast Club will meet on Sundays from 10 am - 12 pm, beginning Sunday, July 25, 2021, for 5 weeks, to Sunday, August 22, 2021.
- The group will need a minimum of three (3) participants and a maximum of four (4).

COST:

- The cost for this activity is \$5. Participants should also bring about \$10 to \$15 per outing to pay for their own breakfast.

POLICIES:

- Registration forms, completed in full, including all medical information, photo and payment must be submitted before the deadline or participants will not be allowed to join. The deadline is July 9, 2021.
- Groups may be cancelled due to insufficient registrants.
- SVP, prenez note que les programmes de loisirs pour adultes sont offerts en anglais.

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During these tricky COVID times, connecting with others, especially with friends, can be incredibly comforting, as well as just plain necessary!

The coffee check-in group will be a chance for participants to connect on-line, to catch up and chat together and see how everyone is doing. Coffee not required!

*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 COFFEE CHECK-IN:

- To provide an opportunity for a weekly connection in an informal way.
- To develop inter-dependent friendships with the other members of the group.
- To have fun doing all of the above!

THE CRITERIA FOR PARTICIPATING IN THE COFFEE CHECK-IN:

- 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 (1) animator to six (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.

SCHEDULE:

- Wednesday Coffee Check-in, from 5-6 pm, beginning on July 21, 2021 and ending on August 18, 2021.
- Sunday Coffee Check-in, from 2-3 pm, beginning on July 25, 2021 and ending on August 22, 2021.
- Each group will need a minimum of three (3) participants and a maximum of six (6).

COST:

- The cost for this activity is \$5.

POLICIES:

- Registration forms, completed in full, including all medical information, photo and payment must be submitted before the deadline or participants will not be allowed to join. The deadline is July 9, 2021.
- Groups may be cancelled due to insufficient registrants.
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COFFEE CLUB

AZRIELI ADULT LEISURE PROGRAMS 2021 SUMMER SESSION



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Often in the lives of our participants, weekends can be very long periods of time without much activity, particularly for participants who are not very physically active, and when there are not many organized or scheduled activities that take place. For participants who depend on Adapted Transport and assistance in coordinating and overseeing their activities, weekends can be challenging and a frustrating lonely time. Simply going out for coffee can be a highlight of the weekend for people who are not as active, but still enjoy social outings.

Participants will meet at a specific, pre-determined, coffee shop, and one (1) animator will accompany four (4) participants. Together with the animator, the group will decide whether they will meet at the same coffee shop each week or visit a new one from week to week. Travel to and from the coffee shop will be organized by the home or case managers, or by the participant.

THE OBJECTIVES OF THE COFFEE CLUB:

- To provide an opportunity for a fun weekend activity in an informal and semi-structured way with opportunities for positive social integration.
- To develop inter-dependent friendships with the other members of the group and to practice appropriate social behaviours in the community.
- To have fun doing all of the above!

THE CRITERIA FOR PARTICIPATING IN THE COFFEE 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 and 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 must bring enough money to purchase a beverage and/or snack, if so desired.

THE RESPONSIBILITIES OF THE HOUSE OR CASE MANAGER OF THE PARTICIPANTS:

- To ensure that the participant is carrying a mask with them, to be used as needed and ensure that no participant comes when sick, ill, or feverish.
- 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, and 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 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:

- The Coffee Club will meet either on Saturdays or Sundays, from 1:00 pm to 3:00 pm., beginning the weekend of July 24/25, 2021, for 5 weeks, until the weekend of August 21/22, 2021.
- Each group will need a minimum of three (3) participants and a maximum of four (4).

COST:

- The cost for this activity is \$5 and participants must bring enough money to purchase a beverage and/or snack, if so desired.

POLICIES:

- Registration forms, completed in full, including all medical information, photo and payment must be submitted before the deadline or participants will not be allowed to join. The deadline is July 9, 2021.
- Groups may be cancelled due to insufficient registrants.
- [SVP, prenez note que les programmes de loisirs pour adultes sont offerts en anglais.](#)

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PICNIC IN THE PARK

AZRIELI ADULT LEISURE PROGRAMS 2021 SUMMER SESSION



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What is more fun to do in the summer than have a picnic in a park? The participants will bring their own bagged lunches and the group will meet at one of the many public parks in our city to enjoy a picnic lunch together.

Travel to and from the meeting spot will be organized by the home or case managers, or by the participant, if possible.

THE OBJECTIVES OF PICNIC IN THE PARK:

- To provide the opportunity to enjoy a fun activity in one of our beautiful public parks in and around Montreal.
- To have the opportunity to participate in decision making in terms of location planning.
- To socialize in a supportive, peer group and develop inter-dependent friendships with the other members of the group and a sense of community.
- To have fun doing all of the above!

THE CRITERIA FOR PARTICIPATING IN THE PICNIC GROUP:

- 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 and must be able to participate in a group with an animator ratio of two (2) animators to ten (10) 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.

THE RESPONSIBILITIES OF THE HOUSE OR CASE MANAGER OF THE PARTICIPANTS:

- To ensure that the participant is carrying a mask with them, to be used as needed and ensure that no participant comes when sick, ill, or feverish.
- 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, and 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 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:

- Picnic in the Park will meet on Sundays, from 12:00 to 2:00 pm., beginning Sunday July 25, 2021, for 5 weeks, until August 22, 2021.
- Each group will need a minimum of four (4) participants and a maximum of six (6).

COST:

- The cost for this activity is \$5.

POLICIES:

- Registration forms, completed in full, including all medical information, photo and payment must be submitted before the deadline or participants will not be allowed to join. The deadline is July 9, 2021.
- Groups may be cancelled due to insufficient registrants.
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WALKING CLUB

AZRIELI ADULT LEISURE PROGRAMS 2021 SUMMER SESSION



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Walking has long been considered a very healthy form of exercise. It is an underrated physical activity with many surprising benefits: a low-impact pursuit with minimal strain on feet and joints, can help reduce the risk of heart disease, can help lower blood pressure, reduce high cholesterol, increase bone density, help control body weight, and increase flexibility and co-ordination, among other valuable points (<http://walkbc.ca/benefits-walking>). In addition, and probably the best thing about walking, it is free and can be done anywhere, is accessible to almost everyone's physical abilities, and is a realistic pursuit in terms of exercise. For people with special needs, the need to exercise is often an important concern. It is, however, often difficult to maintain an active regime or to follow a prescribed exercise routine.

The Walking Group aims to combine gentle walks around various public parks in and around the island of Montreal in order to help establish a love of walking and help contribute to a healthy life style. In addition, walking with friends makes the activity less like exercise and more fun! Meeting spots will be determined by the animator on a weekly basis and will be contingent on cooperation from the weather!

Travel to and from the meeting spot will be organized by the home or case managers, or by the participant, if possible.

THE OBJECTIVES OF THE WALKING CLUB:

- To provide the opportunity to enjoy a fun, accessible form of exercise, while discovering the great public parks in and around Montreal.
- To provide the opportunity for participants to enjoy walking in a group environment where their confidence and autonomy are encouraged.
- To have the opportunity to participate in decision making in terms of location planning and provide participants with confidence and skills they can use on their own.
- To socialize in a supportive, peer group and develop inter-dependent friendships with the other members of the group and a sense of community.

THE CRITERIA FOR PARTICIPATING IN THE WALKING 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 and must be able to participate in a group with two (2) animators to six (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 the participant is carrying a mask with them, to be used as needed and ensure that no participant comes when sick, ill, or feverish.
- 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, and 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 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:

- The Walking Club will meet on Saturdays, from 3:00 to 4:00 pm., beginning Saturday, July 24, 2021, for 5 weeks, until August 21, 2021.
- Each group will need a minimum of four (4) participants and a maximum of six (6).

COST:

- The cost for this activity is \$5.

POLICIES:

- Registration forms, completed in full, including all medical information, photo and payment must be submitted before the deadline or participants will not be allowed to join. The deadline is July 9, 2021.
- Groups may be cancelled due to insufficient registrants.
- SVP, prenez note que les programmes de loisirs pour adultes sont offerts en anglais.

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Book clubs are a very popular pastime for many people, as is simply reading for pleasure. The interest in and ability to read of our participants is often over-looked. This Montreal branch of the Next Chapter Book Club, which originated from Ohio State University (<http://chaptersahead.org/what-we-do/next-chapter-book-club/>), is a book club set up for adults with special needs, regardless of their reading abilities. The book club will read popular novels based on the interests of the participants and spend each weekly meeting reading and discussing the various novels.

*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 NEXT CHAPTER BOOK CLUB:

- To read popular novels with assistance and to do so in the company of other people who enjoy reading and listening to stories.
- To support each other and the group as a whole by listening to the opinions of each other.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATING IN THE NEXT CHAPTER BOOK CLUB:

- Participants will be 18 or older.
- Participants must have the verbal and social skills that will enable them to participate without interfering with the enjoyment of others and to 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 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.

SCHEDULE:

- The Next Chapter Book Club will begin on Thursday, July 22, 2021, for 5 weeks, until Thursday, August 19, 2021. The group will run from 6-7:30 pm.
- This group will need a minimum of 3 participants and a maximum of 5.

COST:

- The cost for this activity is \$5 and includes the books.

POLICIES:

- Registration forms, completed in full, including all medical information, photo and payment must be submitted before the deadline or participants will not be allowed to join. The deadline is July 9, 2021.
- Groups may be cancelled due to insufficient registrants.
- SVP, prenez note que les programmes de loisirs pour adultes sont offerts en anglais.

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LOW IMPACT RESISTANCE TRAINING



AZRIELI ADULT LEISURE PROGRAMS 2021 SUMMER SESSION

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Intervention

Exercise is essential to maintaining a healthy body, particularly during these tricky COVID times. Karina Milech, a Canfit Pro Certified personal trainer and group fitness trainer, will be offering a 60 minute slow paced workout that mirrors movements that we all do in our everyday lives, such as, pushing, pulling, squatting, lunging, lifting, and twisting. This class is a beginner- intermediate level. It includes a dynamic warm up, a static cool down stretch, and great music! A lot of variations and movement modifications are offered as well. No equipment is needed, other than a chair and a mat/towel. Just bring you - and a lot of water! www.karinaem.com/services

*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 LOW IMPACT RESISTANCE TRAINING:

- To help participants develop a level of awareness of their physical abilities.
- To have an opportunity to be physically active from the comfort of their own homes.
- To have fun doing all of the above!

THE CRITERIA FOR PARTICIPATING IN LOW IMPACT RESISTANCE TRAINING:

- Participants will be 18 or older.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and directions 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:

- FRIDAYS: The Low Impact training group will be offered on Fridays from 1-2 pm, beginning July 23, 2021, for 5 weeks, until Friday, June 18, 2021.
- SATURDAYS: The Low Impact training group will also have a class on Saturdays from 2-3 pm, beginning on Saturday, July 24, 2021, for 5 weeks until Saturday, August 21, 2021.
- This group will need a minimum of 5 participants and a maximum of 10.

COST:

- The cost for this activity is \$5.

POLICIES:

- Registration forms, completed in full, including all medical information, photo and payment must be submitted before the deadline or participants will not be allowed to join. The deadline is July 9, 2021.
- Groups may be cancelled due to insufficient registrants.
- SVP, prenez note que les programmes de loisirs pour adultes sont offerts en anglais.

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