



Leisure Program

**URBAN
OUTINGS**

WINTER-SPRING
2019

CentreGold<sup>MC
TM</sup>

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URBAN OUTINGS

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

The Urban Outings group will meet on Sunday afternoons from 1 to 4 pm. This group is geared toward people who are keen to explore what the city of Montreal has to offer—museums, events, galleries, concerts—outings for exciting afternoons! The Urban Outings group will meet at the days planned location, explore this and then round out their afternoon with having coffee at a local café.

The activities will reflect the interests and be planned with reference to the needs and abilities of the participants. Travel to and from the days planned outing will be organized by the home or case managers, or by the participant themselves, if possible.

THE OBJECTIVES OF URBAN OUTINGS:

- To experience and to use the leisure and recreation resources in the community.
- To develop and to practice appropriate social behaviours in the community.
- To develop and to practice the skills to interact safely and effectively with others in the community.
- To interact effectively with the other group members.
- To interact effectively with the animator of the group.
- To develop inter-dependant friendships with the other members of the group.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATION IN URBAN OUTINGS:

- Participants must be between the ages of 35 and 60.
- Participants must have social skills that allow them to travel safely with adapted transportation, 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 have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- To participate in the activities.
- To carry personal identification.
- To respond to the direction of the animators and to comply with safety and security rules.
- Participants must not have behaviours that will prevent them and the group from integrating into and participating in usual activities or that will demand one to one attention from the animators, nor may they have medical or physical conditions that may endanger themselves, other members of the group or members of the public.
- Participants must be able to participate in a group with a staff ratio of one animator to five participants.
- Participants may be required to come with an accompanier to enable them to meet all of the above criteria.

THE RESPONSIBILITIES OF THE PARENTS OR CASE MANAGERS OF THE PARTICIPANTS:

- To ensure that all information forms are completely filled out annually and are kept up to date.
- 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 to the day's activities 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 day's activities with the agreed upon amount of money (to purchase coffee or hot chocolate)
- To provide the animators of the group with replacement emergency telephone numbers if and when necessary.

SCHEDULE AND FEES:

- The Urban Outings group 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 days planned location; the animator will contact each participant during the week to coordinate this.
- The group will run from 1:00 pm to 4:00 pm.
- The cost of participation is \$80.00
- The group will need a minimum of 4 participants and a maximum of 5.

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 January 16, 2019** 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:

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

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