

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 (Centre Gold) en novembre 2011 et sont rendus possibles grâce à la Fondation Miriam et au soutien généreux et continu de la Fondation Azrieli.

**LA SESSION D'HIVER-PRINTEMPS 2022 SERA DÉTERMINÉ PROCHAINEMENT.**

Un formulaire d’inscription (incluant une photo récente) est requis pour participer. Tous les formulaires seront compilés en fonction de leur date de réception. Les formulaires remplis peuvent être envoyés par la poste au 5703 Ferrier, Mont-Royal, QC H4P 1N3, au plus tard le vendredi 7 janvier 2022. Les places sont limitées, mais nous ferons de notre mieux pour répondre aux demandes de chacun!

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 (Gold Centre) in November 2011 and are made possible by the Miriam Foundation through the generous and ongoing support of the Azrieli Foundation.

**THE 2022 WINTER-SPRING SESSION START DATE WILL BE DETERMINED SOON.**

Please note that a registration form is required, including a current photo, medication list, and payment, in order to participate. All forms will be compiled based on the date they are received. Completed forms can be sent in by mail to 5703 Ferrier, Mont-Royal, QC H4P 1N3, no later than Friday, January 7, 2022. Space is limited, but we will do our best to accommodate everyone’s choices!

# HORAIRE | SCHEDULE

## SESSION HIVER-PRINTEMPS 2022 WINTER-SPRING SESSION

### PROGRAMMES DE LOISIRS POUR ADULTES AZRIELI

### AZRIELI ADULT LEISURE PROGRAMS



#### POLICIES:

- **2022 Winter-Spring Session start still date TO BE DETERMINED.**
- Registration forms, completed in full, must be submitted before the deadline or participants will not be allowed to join. The deadline is January 7, 2022.
- Payment must be made either in cash or with a cheque; credit card payments are no longer accepted.
- Groups may be cancelled due to insufficient registrants.
- Participants must carry photo ID with them at all times.
- SVP, prenez note que les programmes de loisirs pour adultes sont offerts en anglais.

#### SCHEDULE:

MIRIAM INTERVENTION  
ADULT LEISURE PROGRAMS  
2022 WINTER-SPRING SESSION SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					COFFEE CLUB 9 - 11 AM @ VARIOUS LOCATIONS	COFFEE CLUB 9 - 11 AM @ VARIOUS LOCATIONS
					COFFEE CLUB 1 - 3 PM @ VARIOUS LOCATIONS	BREAKFAST CLUB 10 AM - 12 PM @ VARIOUS LOCATIONS
					BAKING CLUB 1 - 4 PM @ MIRIAM FOUNDATION	CINEMA OUTING 1 - 4 PM @ VARIOUS LOCATIONS
						COOKING CLUB 1 - 5 PM @ MIRIAM FOUNDATION
			SWIMMING 5 - 6 PM @ YM-YWHA			
MOVIE CLUB 6 - 9 PM @ MIRIAM FOUNDATION	YOGA 6 - 7 PM @ MIRIAM FOUNDATION	BOWLING CLUB 6 - 8 PM @ ROSE BOWL	NEXT CHAPTER BOOK CLUB 6 - 7:30 PM @ CONCORDIA			
			BOARD GAMES 6 - 8 PM @ MIRIAM FOUNDATION			

La marque déposée Miriam Intervention est une propriété de la Fondation Miriam et est employée en vertu d'une licence par le Centre de formation et de recherche Abe Gold. The Miriam Intervention trademark is owned by the Miriam Foundation and used under license by the Abe Gold Learning and Research Centre.

Miriam Intervention - Leisure Program  
5703, rue Ferrier, Mont-Royal, H4P 1N3 | 514.345.8330 x 203 | ninac@goldlearningcentre.com

#### INFORMATION & REGISTRATION:

Nina Chepurniy: Tel. 514.345.8330 ext. 203 | ninac@goldlearningcentre.com

La marque déposée Miriam Intervention est une propriété de la Fondation Miriam et est employée en vertu d'une licence par le Centre de formation et de recherche Abe Gold. The Miriam Intervention trademark is owned by the Miriam Foundation and used under license by the Abe Gold Learning and Research Centre.

Les programmes de loisirs pour adultes sont rendus possibles grâce à la Fondation Miriam et au soutien généreux et continu de la Fondation Azrieli. Leisure Program activities are made possible by the Miriam Foundation through the generous support of the Azrieli Foundation.



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. For many adults with special needs, baking is not common at all. 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. Travel to and from the Miriam Foundation (5703 Ferrier, Mont-Royal, H4P 1N3) is organized by the home or case manager, or by the participants themselves.

### THE OBJECTIVES OF THE BAKING CLUB:

- To provide participants with the opportunity to learn basic cooking skills.
- 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, and develop inter-dependent 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 have fun doing all of the above.

### THE CRITERIA FOR PARTICIPATING IN THE BAKING CLUB:

- Participants must 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.
- 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 animator 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 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 Baking Club begins on Saturday, January 29, for 20 weeks, until Saturday, June 18, 2022. (There are no groups on April 15, 16, 17, 18 or May 21, 22, 23.)
- The group runs from 1-4 pm and takes place at Miriam Foundation (5703 Ferrier, Mont-Royal, H4P 1N3).
- The group needs a minimum of 4 participants and a maximum of 6.
- Cost is \$20.

### POLICIES:

- Registration forms, completed in full, must be submitted before the deadline or participants will not be allowed to join. The deadline is January 7, 2022.
- Payment must be made either in cash or with a cheque; credit card payments are no longer accepted.
- Groups may be cancelled due to insufficient registrants.
- Participants must carry photo ID with them at all times.
- SVP, prenez note que les programmes de loisirs pour adultes sont offerts en anglais.

**INFORMATION AND REGISTRATION:** Nina Chepurniy: Tel. 514.345.8330 ext. 203 | [ninac@goldlearningcentre.com](mailto:ninac@goldlearningcentre.com)

Playing board games is a very popular pastime and seems to be more popular than ever. The participants in this group will be introduced to a wide-variety of popular as well as traditional board games. The group will spend time learning about a new board game and then playing it. A light snack and refreshment will be served. This activity would also provide an opportunity for participants to socialize with their peers in an informal setting—to simply “hang out” on a weeknight and enjoy one another’s company. Travel to and from the Miriam Foundation (5703 Ferrier, Mont-Royal, H4P 1N3) is organized by the home or case manager, or by the participants themselves.

### THE OBJECTIVES OF THE BOARD GAMES GROUP:

- To have the opportunity to learn to play new board games in a supportive group, as well as to play old favourites, in an informal setting.
- To socialize in a supportive peer group and develop inter-dependent friendships with the other members of the group.
- To have the opportunity to participate in decision making in terms of board game choices.
- To have fun doing all of the above.

### THE CRITERIA FOR PARTICIPATING IN THE BOARD GAMES GROUP:

- Participants must 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 (1) animator to eight (8) 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 & FEES:

- The Board Games group begins on Thursday, January 27, for 20 weeks, until Thursday, June 23, 2022. (There are no groups on April 15, 16, 17, 18 or May 21, 22, 23.)
- The group runs from 6-8 pm at the Miriam Foundation (5703 Ferrier, Mont-Royal, H4P 1N3).
- The group needs a minimum of 6 participants and a maximum of 8.
- Cost is \$20.

### POLICIES:

- Registration forms, completed in full, must be submitted before the deadline or participants will not be allowed to join. The deadline is January 7, 2022.
- Payment must be made either in cash or with a cheque; credit card payments are no longer accepted.
- Groups may be cancelled due to insufficient registrants.
- Participants must carry photo ID with them at all times.
- SVP, prenez note que les programmes de loisirs pour adultes sont offerts en anglais.

INFORMATION AND REGISTRATION: Nina Chepurniy: Tel. 514.345.8330 ext. 203 | [ninac@goldlearningcentre.com](mailto:ninac@goldlearningcentre.com)

Bowling is a great and fun activity, enjoyed by all ages and abilities. Bowling provides the opportunity to be physically active as well as to socialize with new and old friends. The Bowling Club will run like a real league, with the group enjoying a friendly competition amongst themselves. The group will play three games together, per evening. Travel to and from the bowling alley will be organized by the home or case managers, or by the participant, if possible.

### THE OBJECTIVES OF THE BOWLING CLUB:

- To develop and to practice the skills of cooperation and collaboration with others.
- To interact effectively and supportively with the other members and animators 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 PARTICIPATING IN THE BOWLING CLUB:

- Participants must be 18 years or older.
- Participants must have the verbal and social skills that will enable them to participate in a group 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 direction given to them by the animators.
- Participants must be able to participate in a group with a staff ratio of two (2) animators to twelve (12) 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 animator 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 & FEES:

- The Bowling Club begins on Wednesday, January 26, for 20 weeks, until Wednesday, June 22, 2022. (There are no groups on April 15, 16, 17, 18 or May 21, 22, 23.)
- The group runs from 6 - 8 PM and meets at the Rose Bowl, 6510 rue St. Jacques.
- The group needs a minimum of 5 participants and a maximum of 10.
- Cost is \$40.

### POLICIES:

- Registration forms, completed in full, must be submitted before the deadline or participants will not be allowed to join. The deadline is January 7, 2022.
- Payment must be made either in cash or with a cheque; credit card payments are no longer accepted.
- Groups may be cancelled due to insufficient registrants.
- Participants must carry photo ID with them at all times.
- SVP, prenez note que les programmes de loisirs pour adultes sont offerts en anglais.

INFORMATION AND REGISTRATION: Nina Chepurniy: Tel. 514.345.8330 ext. 203 | [ninac@goldlearningcentre.com](mailto:ninac@goldlearningcentre.com)



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 on Sundays. The groups will try out various breakfast restaurants in the Montreal area. 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-dependent friendships with the other members of the group.
- 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 must 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 (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 must bring with them about \$15-20 to cover the cost of their breakfast.

### 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 & FEES:

- The Sunday Breakfast Club begins on Sunday, January 20, for 20 weeks, until Sunday, June 19, 2022. (There are no groups on April 15, 16, 17, 18 or May 21, 22, 23.)
- The groups will meet from 10 am - 12 pm.
- The groups need a minimum of 3 participants and a maximum of 4.
- Cost is \$10; and participants need to bring about \$15 to \$20 per outing to pay for their own breakfast.

### POLICIES:

- Registration forms, completed in full, must be submitted before the deadline or participants will not be allowed to join. The deadline is January 7, 2022.
- Payment must be made either in cash or with a cheque; credit card payments are no longer accepted.
- Groups may be cancelled due to insufficient registrants.
- Participants must carry photo ID with them at all times.
- SVP, prenez note que les programmes de loisirs pour adultes sont offerts en anglais.

INFORMATION AND REGISTRATION: Nina Chepurniy: Tel. 514.345.8330 ext. 203 | [ninac@goldlearningcentre.com](mailto:ninac@goldlearningcentre.com)

Going out to the movies with friends is a very typical and very enjoyable weekend activity. It is a great way to meet and catch up with friends, to meet new friends, to have a chance to hang out, as well as to see a movie in the theatre. Often, however, our participants do not have a chance to or are not able to coordinate seeing movies in groups. This group will provide the chance for movie-lovers to get together on the weekend to see a matinee. The group will meet on Sunday afternoons at a local cinema. Here they will decide the film they will watch together. Afterward they may decide to hang out and discuss the movie they just watched. Travel to and from the cinema will be organized by the home or case managers, or by the participant, if possible. Movie tickets are provided.

### THE OBJECTIVES OF THE CINEMA OUTING GROUP:

- To provide a weekend activity for participants to do in a group, sharing a common interest.
- To encourage the building of inter-dependent friendships with the other members of the group.
- To develop and practice the skills of cooperation and collaboration with others in deciding on a film.
- To have fun doing all of the above.

### THE CRITERIA FOR PARTICIPATING IN THE CINEMA OUTING GROUP:

- Participants must be 18 or older
- Participants must be able to interact effectively with the other group members and with the animator 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 be able to use a public toilet securely and independently.
- 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 get to the designated cinema on their own, either by Adapted Transport or by public transportation.
- Participants must be able to be in crowds without any behavioural or medical demands.
- Participants must be able to participate in a group with a ratio of two (2) animators to ten (10) participants.
- Participants may bring money for snacks, if they want.

### 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 & FEES:

- The Cinema Outings Group begins Sunday, January 30, for 20 weeks, until Sunday, June 19, 2022. (There are no groups on April 15, 16, 17, 18 or May 21, 22, 23.)
- The group will meet at the Cine Starz entrance at Plaza Cote des Neiges (6700, ch. de la Côte-des-neiges) around 1 pm, depending on the start time of the film.
- The group needs a minimum of 6 and a maximum of 10 participants.
- Cost is \$40.

### POLICIES:

- Registration forms, completed in full, must be submitted before the deadline or participants will not be allowed to join. The deadline is January 7, 2022.
- Payment must be made either in cash or with a cheque; credit card payments are no longer accepted.
- Groups may be cancelled due to insufficient registrants.
- Participants must carry photo ID with them at all times.
- SVP, prenez note que les programmes de loisirs pour adultes sont offerts en anglais.

INFORMATION AND REGISTRATION: Nina Chepurniy: Tel. 514.345.8330 ext. 203 | [ninac@goldlearningcentre.com](mailto:ninac@goldlearningcentre.com)

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, Saturday and Sunday can be a period when no organized or scheduled activities take place. For participants who depend on Adapted Transport and assistance in coordinating and overseeing their activities, weekends can be even more challenging and a frustratingly lonely time. Simply going out for coffee can be a highlight of the weekend for people who are not as active but who still enjoy social outings. Together with the animator, the group will decide whether they will meet at the same coffee shop each week or visit a new café each time. Travel to and from the coffee shop is organized by the home or case manager, or by the participants themselves.

#### THE OBJECTIVES OF THE COFFEE CLUB:

- To provide an opportunity for a weekend outing in an informal and semi-structured way.
- To develop inter-dependent friendships with the other members of the group.
- To develop 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 must 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 (1) animator to four (4) participants.
- Participants must have social skills that allow them to travel safely on public transportation or with Adapted Transport, 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 enough money to purchase a beverage and snack, if so desired.

#### 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 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 & FEES:

- Different Coffee Clubs will meet Saturdays, from 9-11 am or from 1-3 pm., or Sundays, from 9-11 am.
- Beginning the weekend of January 29-30, for 20 weeks, until June 18-19, 2022 each Coffee Club will meet at various cafes.
- Each group needs a minimum of 3 participants and a maximum of 4.
- Cost is 20. In addition, participants must bring money each week to purchase their own beverage and snack, if desired.

#### POLICIES:

- Registration forms, completed in full, must be submitted before the deadline or participants will not be allowed to join. The deadline is January 7, 2021.
- Payment must be made either in cash or with a cheque; credit card payments are no longer accepted.
- Groups may be cancelled due to insufficient registrants.
- Participants must carry photo ID with them at all times.
- SVP, prenez note que les programmes de loisirs pour adultes sont offerts en anglais.

INFORMATION AND REGISTRATION: Nina Chepurniy: Tel. 514.345.8330 ext. 203 | [ninac@goldlearningcentre.com](mailto:ninac@goldlearningcentre.com)



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. Two animators will share the teaching of this group. Travel to and from the Miriam Foundation (5703 Ferrier, Mont-Royal, H4P 1N3) is organized by the home or case manager, or by the participants themselves.

### THE OBJECTIVES OF THE COOKING CLUB:

- To provide participants with the opportunity to learn basic cooking skills and a home-cooked meal they can take home and enjoy.
- 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 and develop inter-dependent 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 have fun doing all of the above.

### THE CRITERIA FOR PARTICIPATING IN THE COOKING CLUB:

- Participants must 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 (1) animator 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 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 & FEES:

- The Cooking Club begins on Sunday, January 30, 2022, for 20 weeks, until Sunday, June 19, 2022. (There are no groups on April 15, 16, 17, 18 or May 21, 22, 23.)
- The group runs from 1-5 pm at Miriam Foundation (5703 Ferrier, Mont-Royal, H4P 1N3).
- The group needs a minimum of 4 participants and a maximum of 6.
- Cost is \$40.

### POLICIES:

- Registration forms, completed in full, must be submitted before the deadline or participants will not be allowed to join. The deadline is January 7, 2022.
- Payment must be made either in cash or with a cheque; credit card payments are no longer accepted.
- Groups may be cancelled due to insufficient registrants.
- Participants must carry photo ID with them at all times.
- SVP, prenez note que les programmes de loisirs pour adultes sont offerts en anglais.

INFORMATION AND REGISTRATION: Nina Chepurniy: Tel. 514.345.8330 ext. 203 | [ninac@goldlearningcentre.com](mailto:ninac@goldlearningcentre.com)

Watching movies is often a very common pastime for adults with special needs. However, exposure to interesting films, which would provide the chance for discussion, is not often incorporated into this activity. This group would encourage participants to become active movie-watchers rather than simply being passive watchers. The group would spend time deciding what movies they would watch, thereby giving their interests a voice. This activity would also provide an opportunity for participants to socialize with their peers in an informal setting—to simply “hang out” on a weeknight and enjoy one another’s company. A light snack and refreshment will be served. Travel to and from the Miriam Foundation (5703 Ferrier, Mont-Royal, H4P 1N3) is organized by the home or case manager, or by the participants themselves.

### THE OBJECTIVES OF THE MOVIE CLUB:

- To have the opportunity to view short films, Canadian movies, and old favourites and have the chance to discuss them.
- To socialize in a supportive, peer group and develop inter-dependent friendships with the other members of the group.
- To have the opportunity to participate in decision making in terms of viewing choices.
- To have fun doing all of the above.

### THE CRITERIA FOR PARTICIPATING IN THE MOVIE CLUB:

- Participants must 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 two (2) animators to ten (10) or more 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 & FEES:

- The Movie Club begins Monday, January 24, for 20 weeks, until Monday, June 20, 2022. (There are no groups on April 15, 16, 17, 18 or May 21, 22, 23.)
- The group runs from 6-9 pm and meets at Miriam Foundation (5703 Ferrier, Mont-Royal, H4P 1N3).
- The group needs a minimum of 10 participants and a maximum of 12.
- Cost is \$20.

### POLICIES:

- Registration forms, completed in full, must be submitted before the deadline or participants will not be allowed to join. The deadline is January 7, 2022.
- Payment must be made either in cash or with a cheque; credit card payments are no longer accepted.
- Groups may be cancelled due to insufficient registrants.
- Participants must carry photo ID with them at all times.
- SVP, prenez note que les programmes de loisirs pour adultes sont offerts en anglais.

INFORMATION AND REGISTRATION: Nina Chepurniy: Tel. 514.345.8330 ext. 203 | [ninac@goldlearningcentre.com](mailto:ninac@goldlearningcentre.com)

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. Refreshment and book provided. Travel to and from Concordia, 1455, de Maisonneuve Blvd. W., is organized by the home or case manager, or by the participants themselves.

### 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 must 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 one (1) animator to five (5) 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.
- 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 & FEES:

- The Next Chapter Book Club begins on Thursday, January 27, for 20 weeks, until Thursday, June 23, 2022. (There are no groups on April 15, 16, 17, 18 or May 21, 22, 23.)
- The group runs from 6-7:30 pm at Concordia, 1455, de Maisonneuve Blvd. W.
- The group needs a minimum of 3 participants and a maximum of 5.
- Cost is \$40.

### POLICIES:

- Registration forms, completed in full, must be submitted before the deadline or participants will not be allowed to join. The deadline is September 10, 2021.
- Payment must be made either in cash or with a cheque; credit card payments are no longer accepted.
- Groups may be cancelled due to insufficient registrants.
- Participants must carry photo ID with them at all times.
- SVP, prenez note que les programmes de loisirs pour adultes sont offerts en anglais.

INFORMATION AND REGISTRATION: Nina Chepurniy: Tel. 514.345.8330 ext. 203 | [ninac@goldlearningcentre.com](mailto:ninac@goldlearningcentre.com)

Swimming is a relaxing yet challenging activity, offering many health benefits as well as being a fun and refreshing exercise. Being comfortable in the water and, most importantly, safe, is of paramount importance to thoroughly enjoying this activity. For people with either physical or intellectual disabilities who know how to swim, being able to regularly go for a swim is not always a possibility, yet the benefits and the obvious enjoyment resulting from this activity are countless. The Swimming group will provide participants with the opportunity to enjoy the water in a safe, supervised environment, while taking part in various, gentle organized activities. The fun of being in the water and the feeling of physical freedom that this allows will be strongly encouraged. Travel to and from the YM-YWHA (5400 Westbury Ave, Montreal, H3W 2W8) swimming pool will be organized by the home or case managers, or by the participant themselves, if possible.

### THE OBJECTIVES OF THE SWIMMING GROUP:

- To develop safety skills in the water and to practice these.
- To develop a level of awareness of the participants' own physical abilities.
- To engage in an enjoyment of being in the water with other members of the group.
- To have fun doing all of the above.

### THE CRITERIA FOR PARTICIPATING IN THE SWIMMING GROUP:

- Participants must be 18 or older.
- Participants will either be able to swim well on their own, or, in the case of someone with a physical disability, be accompanied by a shadow.
- Participants must be able to put on their own swim suits and change out of these at the end of the group with only some supervision from the animators or volunteers.
- Participants must be able to interact effectively with the other group members and with the animators 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 two (2) animators 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.
- 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 & FEES:

- The Swimming group will begin Thursday, January 27, for 20 weeks, until Thursday, June 23, 2022. (There are no groups on April 15, 16, 17, 18 or May 21, 22, 23.)
- The group runs from 5 to 6 pm and meets at the YM-YWHA pool (5400 Westbury, Montreal, H3W 2W8).
- The group needs a minimum of 6 and a maximum of 8 participants.
- Cost is \$40.

### POLICIES:

- Registration forms, completed in full, must be submitted before the deadline or participants will not be allowed to join. The deadline is September 10, 2021.
- Payment must be made either in cash or with a cheque; credit card payments are no longer accepted.
- Groups may be cancelled due to insufficient registrants.
- Participants must carry photo ID with them at all times.
- SVP, prenez note que les programmes de loisirs pour adultes sont offerts en anglais.

INFORMATION AND REGISTRATION: Nina Chepurniy: Tel. 514.345.8330 ext. 203 | [ninac@goldlearningcentre.com](mailto:ninac@goldlearningcentre.com)

The practice of yoga is a long-standing tradition. Yoga is an incredibly accessible activity that can be adapted to anyone's abilities. It involves relaxation techniques, gentle stretches, as well as more intense movements and poses. The practice of yoga can help to control and calm emotions, remove anxieties and can allow a person to feel a greater sense of focus, control, and increase self-esteem. Much joy and satisfaction alone comes from being able to move around in a space, to exert and push yourself to your limits and beyond your expectations. Yoga mat is provided. Travel to and from the Miriam Foundation (5703 Ferrier, Mont-Royal, H4P 1N3) is organized by the home or case manager, or by the participants themselves.

#### THE OBJECTIVES OF THE YOGA GROUP:

- To help participants develop a level of awareness of their physical abilities.
- To develop and practice relaxation techniques and various yoga poses.
- To have fun doing all of the above.

#### THE CRITERIA FOR PARTICIPATING IN THE YOGA GROUP:

- Participants must 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.
- 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 be able to participate in a group with a 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.
- 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 & FEES:

- The Yoga group begins on Tuesday, January 25, for 20 weeks, until Thursday, June 21, 2022. (There are no groups on April 15, 16, 17, 18 or May 21, 22, 23.)
- The group runs from 6-7 pm at Miriam Foundation (5703 Ferrier, Mont-Royal, H4P 1N3).
- The group needs a minimum of 5 participants and a maximum of 6.
- Cost is \$20.

#### POLICIES:

- Registration forms, completed in full, must be submitted before the deadline or participants will not be allowed to join. The deadline is January 7, 2022.
- Payment must be made either in cash or with a cheque; credit card payments are no longer accepted.
- Groups may be cancelled due to insufficient registrants.
- Participants must carry photo ID with them at all times.
- SVP, prenez note que les programmes de loisirs pour adultes sont offerts en anglais.

INFORMATION AND REGISTRATION: Nina Chepurniy: Tel. 514.345.8330 ext. 203 | [ninac@goldlearningcentre.com](mailto:ninac@goldlearningcentre.com)