

LEG Up! Summer 2019 Session

LEG Up! Learning. Experience. Goals.

LEG Up! is a learning and skill enhancement program for adults. LEG Up! provides education and training which will ultimately open doors to obtaining valuable opportunities and experiences, including employment, community inclusion, volunteerism and independent living.

Registration starts on Thursday, June 6, 2019 at 9:00 am

Summer 1 Session: Starts **Tuesday July 2, 2019** and ends **Friday July 26, 2019**

Summer 2 Session: Starts **Monday July 29, 2019** and ends **Friday August 23, 2019**

Cost varies by course

Ongoing: Tutoring

Courses offered this Summer:

4 Week - Special Interest Sessions

- Digital Photography
- Nature Hikes
- Canada's Food Guide
- Summer Arts and Crafts
- Cooking Around The World
- On the Road to Work Success
- Sweet Melodies

One Week Sessions "Try Us Out"

- How May I Help You
- It's Your Future
- Health and Wellness
- Time Management
- Linked and Synced
- Check It Out

Fun Fridays

Interactive classes

- Yoga In The Park
- Summer Salads
- Healthy You
- Shake and Bake

Registration

- Visit mycommunityhub.ca to register and reserve a spot in your preferred LEG Up! class. **Note:** course numbers are in **blue**
- Registration forms are also available on our website. Contact LEG Up! either by phone, email, or in person.

**** Note: An instructor will contact you for more details and to confirm your registration.**

For More Information contact KW Habilitation by:

Phone: 519-208-2225

Email: legup@kwhab.ca



LEG Up! Class Information and Schedule

“Try Us Out” LEG Up! Sessions (Sample Class)

Come spend the afternoon at LEG Up! and try out a sample class to see what you might learn in one of our academic learning courses. Choose from the list of sample classes offered below and try one that interests you to see if it might be a good fit for future learning.

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Summer Session 1

How May I Help You: *First Impressions* 9483

Learn how first impressions affect customer service and how to make a great first impression in the work place.

July 8, 2019 from 1:00-3:00 pm Cost: \$30.00

It’s Your Future, Let’s Plan It: *Let’s Dream* 9481

Wondering how to link your passions, interests and abilities into an exciting future? In this class you can explore your ideas for the future.

July 15, 2019 from 1:00-3:00 pm Cost: \$30.00

Health and Wellness: *Mindfulness and Meditation* 9482

Explore techniques that can assist you with managing you stress and anxiety. Try out some practical strategies in the class and use them in your every day adventures!

July 22, 2019 from 1:00-3:00 pm Cost: \$30.00

Summer Session 2

Time Management: *Using Easy Go and Bus Schedule* 9486

In this sample class you will be introduced to the GRT’s Easy Go computer app and bus schedule. Learn how to get around KW!

July 29, 2019 from 1:00-3:00 pm Cost: \$30.00

Linked and Synced: *Computer Basics* 9484

This introductory computer class will teach the basics of computer use. Learn the parts of the computer and keyboard as well as learn how to surf the internet.

August 12, 2019 from 1:00-3:00 pm Cost: \$30.00

Check It Out: *Learning to use the POS (cash register)* 9485

Try out working at the LEG Up! market for an afternoon! Be prepared to role play and practice customer service skills!

August 19,2019 from 1:00-3:00 pm Cost: \$30.00



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4 Week Special Interest Classes:

Digital Photography:

Learn the basics of digital photography using your cell phone camera, while exploring new environments and photography styles. What to bring: Cell phone, hat, sunscreen, water bottle and comfortable shoes for walking. No cellphone? You are welcome to join the class bringing your digital camera too!

Summer Session 1: 9475

July 2-23, 2019 from 9:30-11:30 am Cost: \$90.00

Cooking Around the World:

Travel around the world in this 4 week course, learning about a new culture and prepare/sample some new and exciting foods. Come with an appetite!

Summer Session 1: 9478 July 2-23, 2019 from 1:00-3:00 pm Cost: \$110.00

Summer Session 2: 9477 July 30-August 20, 2019 from 9:30-11:30 am Cost: \$110.00

On the Road to Work Success:

Learn how to manage your personal information, write a resume, completing a job application and practice interview skills. An overview of the skills you will need to start your job search!

Summer Session 2: 9489 July 30– August 20, 2019 from 1:00-3:00 pm Cost: \$90.00

Nature Hikes:

Explore the nature trails in our community on an hour long hike. Discover trees, plants, flowers, and animals along the way. Wear comfortable shoes and bring a water bottle/sunscreen/hat.

Summer Session 1: 9452 July 3-24, 2019 from 9:30-11:30 am Cost: \$90.00

Summer Session 2: 9474 July 31-August 21, 2019 from 9:30-11:30 am Cost: \$90.00

Summer Arts and Crafts:

Create some unique summer themed crafts that you can take home. Be prepared to work with your hands!

Summer Session 1: 9452 July 3-24, 2019 from 1:00-3:00 pm Cost: \$90.00

Summer Session 2: 9474 July 31– August 21, 2019 from 1:00-3:00 pm Cost: \$90.00



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4 Week - Special Interest Classes:

Cooking Around the World: 9476

Travel around the world in this 4 week course, learning about other cultures and prepare/sample some new and exciting foods. Come with an appetite!

Summer Session 1: July 4-25, 2019 from 9:30-11:30 am Cost: \$110.00

Sweet Melodies: 9496

Join the LEG Up! staff for a session of music appreciation. We will explore and listen to different artists, genres, and instruments each session, while enjoying a sweet treat we bake together.

Summer Session 2: August 1-22, 2019 from 1:00-3:00 pm Cost: \$110.00

Canada's Food Guide—Let's Learn It!: 9492

Expand your knowledge about healthy eating and healthy alternatives from Canada's revised food guide. We will wrap up the final class by making a nutritious meal from their recipes.

Summer Session 2: August 1-22, 2019 from 1:00-3:00 pm Cost: \$110.00

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Fun Fridays: Join in on a one day fun and interactive class to finish your week!

Shake and Bake: Meet new people, bake some goodies, play some games and enjoy a cup of coffee while making new friends during this social activity.

Summer Session 1: 9493 July 5, 2019 from 9:30-11:30 am Cost: \$35 - Sweet Marie Bars

Summer Session 2: 9495 August 2, 2019 from 9:30-11:30 am Cost: \$35 - Peanut Butte Cookies

Yoga In The Park: Come to this class ready to relieve some stress, relax and stretch in the beautiful outdoors. Wear comfortable clothing and bring a water bottle/sunscreen.

Summer Session 1: 9495 July 12, 2019 from 9:30-11:30 am Cost: \$35.00

Summer Session 2: 9496 August 16, 2019 from 9:30-11:30 am Cost: \$35.00

Summer Salads: Join this tasty group and make a delicious salad to take home. Bring a container.

Summer Session 1: 9497 Pasta Salad -July 19, 2019 from 9:30-11:30 am Cost: \$35.00

Summer Session 2: 9498 Quinoa Salad - August 23, 2019 from 9:30-11:30 am Cost: \$35.00

Healthy You: Join us for a Zumba class tailored to your personal fitness at Fuzion Studio. After Zumba, learn how to make a healthy lunch and enjoy it together. Bring a change of shoes and a water bottle.

Summer Session 1: 9500 July 26, 2019 from 9:00 am -12:00 pm Cost: \$35.00

Summer Session 2: 9400 August 9, 2019 from 9:00 am -12:00 pm Cost: \$35.00