



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.

Session Dates: Beginning Monday, March 30, 2020 and ending Friday, June 5, 2020. Additional rates may apply based on individual support needs.

Registration: Friday, March 6, 2020 at 9:00 am. Classes fill up fast, so don't wait!

Visit: mycommunityhub.ca to register and reserve a spot in your preferred LEG Up! class. (course numbers are in **blue**)
Registration forms are also available on our website.

** Note: Once you have submitted your registration form through My Community Hub, a LEG Up! instructor will contact you for more details and to confirm your registration.

Additional rates may apply based on individual support needs.

COURSES

- Get Crackin' in the Kitchen
- Healthy You
- S.A.F.E
- Linked & Synced
- Discover Yourself
- Back to Basics in the Kitchen
- Art-Let's Paint!
- Soup Club
- Mid Week Social
- Active Souls- Let's Get Fit!
- Independent Living Skills
- Tutoring

Tutoring available on request



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MONDAY

Healthy You!: 11428

Join us in a weekly fitness class at Fuzion Studio. After class, learn to make a nutritious meal and explore a variety of wellness related topics such as healthy food choices, personal hygiene and activities promoting well being. (Lunch included. Please bring appropriate gym wear, water bottle, and a change of shoes.)

March 30, 2020 9:00 am-12:00 pm Cost: \$320.00 per 10 week session

S.A.F.E - Safety Awareness For Everyone: 11431

Everyone has the right to be safe and each of us needs to feel confident when it comes to our safety. In this 10 week session, we will cover aspects of your safety from home, work, and community. Learn about hot topics, like First Aid, work safety and personal safety.

March 30, 2020 1:00-3:00 pm Cost: \$280.00 per 10 week session

Get Crackin' in the Kitchen: 11426

Bring your cooking skills, appetite and enthusiasm. You will be introduced to basic kitchen and food handling skills. Help menu plan during of the first session and then enjoy sampling the your creations each week!

March 30, 2020 4:00-6:30 pm Cost: \$280.00 per 10 week session

No classes April 13 and May 18, 2020 (Make up dates- June 8 and June 15, 2020)

Linked and Synced: 11433

This class is all about communication – on the phone and online. Also, we will get online and use the Internet to set up an email and/or social media account. We will also be talking about online safety, privacy and online etiquette so that we can use these accounts safely!

March 31, 2020 9:30-11:30 am Cost: \$280.00 per 10 week session

Soup Club: 11434

Do you love soup? Then this is the class for you! In this make and take class you will cook delicious soup to take home and enjoy! Be prepared to chop, dice and learn interesting facts about soup. Bring a container or two to take home your creation.

March 31, 2020 9:30-11:30 am Cost: \$280.00 per 10 week session

Discover Yourself: 11435

This class focuses on lessons and personality quizzes to learn more about who you are. Become more self-aware, what type of learner you are, and grow in the journey of self discovery. Get ready to plan your personal goals important to your future in your career, volunteerism, and life.

March 31, 2020 1:00-3:00 pm Cost: \$280.00 per 10 week session

TUESDAY

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Back to Basics in the Kitchen:[11427](#)

Bring your appetite and enthusiasm to our LEG Up! kitchen. You will be introduced to some kitchen and food handling skills. Help menu plan and prepare simple and easy recipes that you can make at home.

April 1, 2020 10:00 am-12:30 pm Cost: \$280.00 per 10 week session

Mid-Week Social:[11429](#)

Drop by Leg Up! for a fun and different activity every week! There will be games, baking, activities, or holiday themed events to keep you entertained. A great place to meet and make new friends.

April 1, 2020 1:00-3:00 pm Cost: \$280.00 per 10 week session

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Let's Get Fit! Active Souls Project: [11437](#)

Get ready to get fit and have lots of fun! In this class, we will be attending Active Souls Project for a personal exercise class. Become more comfortable using exercise machines and weights. This class is for all fitness levels and abilities.

April 2, 2020 10:00 am -12:00 pm Cost: \$290.00 per 10 week session

Independent Living Skills: [11436](#)

Want to have more control in your life? Join your peers at LEG Up! to build skills to help make your life better. Learn how to be safe on your own, manage your personal health and hygiene, do your own laundry, and master the many cleaning aspects of your home. You will also create a budget, menu plan for yourself, and discuss how to be a good roommate/neighbour.

April 2, 2020 9:30-11:30 am Cost: \$280.00 per 10 week session



FRIDAY

Get Crackin' in the Kitchen: 11425

Bring your cooking skills, appetite and enthusiasm. You will be introduced to basic kitchen and food handling skills. Help menu plan during the first session and then enjoy sampling your creations each week!

April 3, 2020 10:00 am-12:30 pm Cost: \$280.00 per 10 week session

Art-Let's Paint It!: 11430

In this class we will work with acrylic/water colour paints, textiles, and other materials to create beautiful paintings. Come to this class and learn different painting techniques!

April 3, 2020 9:30-11:30 am Cost: \$280.00 per 10 week session

No class April 10, 2020. (Make up date- June 12)

Tutoring available upon request: Cost 35.00 per hour