

# LEG Up!

Learning Experience Goals

ONLINE!

Spring

May 10 - June 18, 2021

**LEG Up!** provides online skill enhancement and learning experiences.

Learning for you in the comfort of your home.

You will need a computer, tablet or phone with a webcam, audio and internet connection.

**Classes This Session:**

Let's Learn: Independent Skills

Cooking: LEG Up! Favs

Wellness Wednesday

Interactive Thursdays

Arts and Crafts

Baking: LEG Up! Favs

\*Tutoring

**\*NEW\*** Register today right from the [KW Hab website](#).

Once you have completed your registration, a LEG Up! Instructor will contact you with the class link, supplies/supply lists, detailed recipes and other important information for each class.

\*Contact [legup@kwhab.ca](mailto:legup@kwhab.ca) if you are interested in tutoring.

\*\*Some classes will be offered as a hybrid (virtual as well as an opportunity to attend in class). If you are interested in the live class please contact LEG Up! We will issue invitations based on available spaces. Masks, sign in, physical distancing and hand sanitizing protocols will be practiced.



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## LEG Up! ONLINE! Musical Mondays

Fee per class: \$15.00



Let's start the week on a musical note!

**May 10, 11 am-12 pm**

**Let's Talk Music - Americana**

Listen and learn about music from this genre.

**May 17, 11 am-12 pm**

**Iconic Songs**

Which songs have shaped our history?

Let's check out the songs that did!

**May 31, 11 am-12 pm**

**LEG Up! Karaoke**

Back by popular demand!!

Send your requests to [legup@kwhab.ca](mailto:legup@kwhab.ca)

**June 7, 11 am-12 pm**

**Summer Tunes**

"Let's go surfin' now. Everybody's learning how. Come on and safari with me"

Let's enjoy some summer tunes together!

**June 14, 11 am-12 pm**

**Let's Talk Music- Classic Rock**

Listen and learn about music from this genre.



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**LEG Up! ONLINE!**

**Monday**

**Let's Learn**

**Fee per class: \$15.00**



Grab a pen and paper to jot some notes on your learning!

**May 10, 1-2 pm**

**Let's Do Laundry**

Can't get that stain out of your favourite T-shirt?  
Learn some great strategies to keep your clothes clean.

**May 17, 1-2 pm**

**Let's Clean**

Take a tour around your home and learn some  
simple cleaning tips to keep your home clean.

**May 31, 1-2 pm**

**Let's Shop**

Shop in an organized and economical manner to save time and money.

**June 7, 1-2 pm**

**Let's Meet the Neighbours**

Let's talk about how to meet people and be a good neighbour  
wherever you live.

**June 14, 1-2 pm**

**Let's Work Safely in the Kitchen**

Let's learn some safety skills in the kitchen.



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## LEG Up! ONLINE!

Tuesday

### Let's Cook: LEG Up! Favs

Fee per class: \$20.00

Learn to cook some LEG Up! favourite recipes along with your LEG Up! Instructor!

We encourage you to try this cooking experience on your own.

(Note: support people are welcome to assist where needed.)

We will provide you with a detailed recipe and a list of kitchen equipment to support your cooking experience.

May 11, 11 am - 12 pm

Pizza Subs  
and Cucumber Slices



May 18, 11 am - 12 pm

Easy Taco Soup  
and Cheddar Biscuits



May 25, 11 am - 12 pm

BLT Sandwich



June 1, 11 am - 12 pm

Skillet Pasta with Ham and Peas



June 8, 11 am - 12 pm

Chicken Apple Salad Sandwich



June 15, 11 am - 12 pm

Beef Tacos with Guacamole



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## LEG Up! Online Wellness Wednesdays

Fee per class: \$15.00

Learn some techniques to keep you healthy and well.

**May 12, 1-2 pm**

**Self-Care Tips**

Learn some self-care tips to keep yourself well.

**May 19, 1-2 pm**

**Mellow Moves**

Everyone is welcome to join in for some relaxing and motivating stretches.  
This is for all fitness levels and abilities.

**May 26, 1-2 pm**

**Meditation and Your Mental Health**

Discover the benefits of meditation and how it can help you relax when you are stressed.

**June 2, 1-2 pm**

**Mindfulness Activities**

Learn what "mindfulness" is all about. Learn some simple activities to help you practice being more positive and living in the moment.

**June 9, 1-2 pm**

**Mellow Moves**

Everyone is welcome to join in for some relaxing and motivating stretches.  
This is for all fitness levels and abilities.

**June 16, 1-2 pm**

**Coping Strategies for Anxiety**

Let's talk about anxiety. Learn some coping strategies for when you feel anxious.



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## LEG Up! ONLINE! Interactive Thursdays

Fee per class: \$15.00

Want to add some fun to your week? This is the place to be!

**May 13, 11 am - 12 pm**

**Disney Trivia**

Challenge yourself to answer the fun trivia questions from your favourite Disney movies.

**May 20, 11 am - 12 pm**

**Let's Talk: Outer Space**

In this interactive session, we will learn and discuss Outer Space.

**May 27, 11 am - 12 pm**

**Bookmarked**

Let's read together and share our ideas.

**June 3, 11 am - 12 pm**

**Drama**

We will review some skits/short plays and discuss their themes.

**June 10, 11 am - 12 pm**

**Let's Make a Splash**

This water themed interactive activity will take you to the depths of the sea.

**June 17, 11 am - 12 pm**

**Summer Scavenger Hunt**

Enjoy this fun and interactive game with your friends, as you search for "mystery" items around your house!



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**Thursday**

**Arts and Crafts**

**Fee per class: \$15.00**

Let's draw together!

We will be offering drawing lessons for LEG Up! Spring Arts and Crafts. Instructions will be included with your Zoom link.

You will need a pencil, eraser, paper, ruler, and markers or pencil crayons to participate in each virtual art class.



**May 13, 2-3 pm**

**Cactus**



**May 20, 2-3 pm**

**Alpaca**



**May 27, 2-3 pm**

**Lakeside Landscape**



**June 3, 2-3 pm**

**Sunflowers**



**June 10, 2-3 pm**

**Rainbow Landscape**

**June 17, 2-3 pm**

**Colourful Owl**



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## LEG Up! ONLINE! Friday Baking LEG Up! Fav's

Fee per class: \$20.00

Learn to bake some LEG Up! Favourite recipes along with your LEG Up! Instructor!  
We encourage you to try this baking experience on your own.  
(Note: support people are welcome to assist where needed.)  
We will provide you with a detailed recipe and a list of kitchen equipment  
to support your baking experience.



May 14, 11 am - 12 pm  
**No-bake Chocolate Oat Bars**



May 21, 11 am - 12 pm  
**Pineapple Upside-down Cupcakes**



May 28, 11 am - 12 pm  
**Blueberry Buckle**



June 4, 11 am - 12 pm  
**Chocolate Chip Squares**



June 11, 11 am - 12 pm  
**Chocolate Marshmallow Yummies**



June 18, 11 am - 12 pm  
**Butter Tarts**

