LEG Up!

Learning Experience Goals

Course Offering Monday AM
Sept.13, 2021 - Oct.25, 2021
Virtual/Hybrid

Motivational Mondays

Mondays September 13 - October 25, 2021
11:00 am - 12:00 pm
Cost: $90.00 (6 weeks) No Class Oct 11,2021
Start your week off on a positive note! Learn ways to take care of yourself as we motivate each other, one step at a time.

September 13, 2021
Mellow Moves
Join us for some relaxing and motivating stretches. This is for all fitness levels and abilities.

September 20, 2021
Healthy Eating Habits
Let's learn to identify what makes a healthy meal and what changes you can make to your diet.

September 27, 2021
Building Resilience
Learn to believe in yourself and all that you can do during times of struggle and change.

October 4, 2021
Personal Wellness
In this class we will discuss personal hygiene, weight, exercise, and health goals to keep you well.

October 18, 2021
Mellow Moves
Join us for some relaxing and motivating stretches. This is for all fitness levels and abilities.

October 25, 2021
Healthy Sleep Habits
Let's talk about ways you get a better night's sleep so you wake up feeling refreshed and ready to start your day!

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Learning Experience Goals

Course Offering Monday PM
Sept.13, 2021 - Oct.25, 2021
Virtual/Hybrid

Speaking Up for You

Mondays September 13 - October 25, 2021
1:00 pm - 2:00 pm
Cost: $90.00 (6 weeks) No Class Oct 11,2021

Learn to use your voice to speak up for yourself.
This session is for all skill levels. We will discuss:

- self-advocacy
- learn when to use these skills
- practice ways to use our voice.

September 13, 2021
Self-Advocacy
Discover the meaning of self-advocacy.

September 20, 2021
How to be a Self-Advocate
Learn what you need to know so you can use your voice.

September 27, 2021
Understanding My Skills
Let's check out your skills and how to use them to be heard.

October 4, 2021
Self-Determination
Learn ways to make choices and manage your life.

October 18, 2021
My Rights and Responsibilities
This is a big topic! Let's break it down into a way that we can understand.

October 25, 2021
Self-Advocacy Strategies
Discover how to use your Self- Advocacy skills in your everyday life.

LEG Up!

Learning Experience Goals

Course Offering Tuesday AM
Sept.7, 2021 - Oct.26, 2021
Virtual

September 7, 2021 11:00 am-12:00 pm

Get Crackin' in the Kitchen Cost: $20.00

Let's make Asian Chicken Wraps. These are great to pack up and take for lunch hot or cold.

September 14, 2021 11:00 am-12:00 pm

Get Crackin' in the Kitchen Cost: $20.00

Join us in making a healthy Veggie Burger that your whole family will be sure to love!

September 21, 2021 11:00 am-12:00 pm

Get Crackin' in the Kitchen Cost: $20.00

Enjoy these tasty Oven Baked Spring Rolls!

September 28, 2021 11:00 am-12:00 pm

Get Crackin' in the Kitchen Cost: $20.00

Let's make an Easy Ham Casserole from a LEG Up! participant's family cookbook.

October 5, 2021 11:00 am-12:00 pm

Get Crackin' in the Kitchen Cost: $20.00

Let's make Baked Pretzels for an Octoberfest treat in the LEG Up! kitchen.

October 12, 2021 11:00 am-12:00 pm

Get Crackin' in the Kitchen Cost: $20.00

Did someone say Poutine?! It can't get more Canadian than this!

October 19, 2021 11:00 am-12:00 pm

Get Crackin' in the Kitchen Cost: $20.00

It's a wrap! Let's make a Chipotle BLT Wraps.

October 26, 2021 11:00 am-12:00 pm

Get Crackin' in the Kitchen Cost: $20.00

Join us to make Crescent Roll Mummy Dogs for a spooktacular surprise in the kitchen!

kwhab.ca 519-208-2225 legup@kwhab.ca

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Learning Experience Goals

Course Offering Tuesday PM
Sept.7, 2021 - Oct.26, 2021
Virtual/Hybrid

Financial Fitness - Exercise Your Money Skills

Tuesdays September 7 - October 26, 2021
1:00 pm - 2:00 pm
Cost: $120.00
Exercise your money skills in this 8-week course.
Learn and review:

- counting money
- managing credit and debit cards
- reading receipts
- budgeting
- savings
- and more.

September 7, 2021
Money Skills
Let's discuss and practice strategies for counting money.

September 14, 2021
Credit and Debit
Understanding your bank account is an important part of financial fitness.

September 21, 2021
Credit Cards, Debit Cards and Other Ways to Pay
Let's check out some other ways to pay your bills.

September 28, 2021
How to Read Receipts
Practice your receipt reading skills.

October 5, 2021
Needs and Wants
Do you need it or want it? What's the difference?

October 12, 2021
Personal Budgets
Let's break down your monthly spending.

October 20, 2021
Shopping Smarts
Learn how to avoid scams and keep money safe.

October 26, 2021
Saving for the Future
Tips and tricks to save your money.

LEG Up!

Learning Experience Goals

Course Offering Wednesday AM
Sept.7, 2021 - Oct.27, 2021
Virtual/Hybrid

Discover Your World

Wednesdays September 8 - October 27, 2021
11:00 am - 12:00 pm
Cost: $120.00 (8 weeks)
Let's discover and learn together! Explore various topics and leave each class with new perspective and knowledge.

September 8, 2021
Birds of Prey
Let's learn about some of the most powerful birds on our planet.

September 15, 2021
Where Do You Live?
Discover new things about the world around us, as we talk about the city we live in, our province and our great country.

September 22, 2021
History of Pop Music
Learn about various Pop Icons and listen to some #1 hits.

September 29, 2021
Back to the Future
What does our future look like? Let's talk and learn about ways our world is changing at a very fast pace.

October 6, 2021
The Royal Family
Come have a cup of tea with us, as we chat about the Royals and the latest gossip.

October 13, 2021
Aliens and Outer Space
Do you believe in aliens? Let's talk about it and expand our knowledge from the great beyond.

October 20, 2021
Sports and Rec.
From baseball to hockey, swimming to skating, let's talk about sports!

October 27, 2021
Plant Life
Join us in learning about different types of plants you may find in your house, backyard, and around you.

LEG Up!

Learning Experience Goals

Course Offering Wednesday PM
Sept.7, 2021 - Oct.27, 2021
In-Person Outdoor

Photography - Outdoor In-person
Wednesdays September 8 - September 29, 2021
2:30 pm - 4:00 pm
Cost: $60.00 (4 weeks)
Let's head outside with our phones/cameras! We will explore the LEG Up! neighbourhood in search of the perfect photo.

September 8, 2021
Flowers and Plants
Let's head to Rockway Gardens to take pictures of the flowers and plants.

September 15,2021
Buildings and Structures
Discover the interesting buildings in the LEG Up! neighbourhood.

September 22,2021
Unique Perspective
Let's look at things from different angles and perspectives.

September 29, 2021
Trees
Trees have many different parts. Let's photograph all parts of a tree.

LEG Up!

Learning Experience Goals

Course Offering Wednesday PM
Sept.8, 2021 - Oct.27, 2021
Virtual/Hybrid

World Of Science

Wednesdays September 8 to October 27, 2021
1:00 pm-2:00 pm
Cost: $120.00
Explore the World of Science in this 8-week course. We will explore the various disciplines we know as science with experiments, discussion and interactive activities.

September 8, 2021
Dinosaurs
Explore the world of dinosaurs, where did they come from and where did they go?

September 15, 2021
Weather
When you stare at clouds do you ever wonder where they come from? Learn with us about the weather.

September 22, 2021
Objects and Energy
Let's learn some basics of physics and how it's all around us.

September 29, 2021
Famous Inventions
Ever wonder how the ideas for everyday objects came about?

October 6, 2021
Fun with Chemistry
Learn basic chemistry with these fun experiments.

October 13, 2021
Our Magical Earth
Learn about our wondrous planet and how it works.

October 20, 2021
Rocks and Minerals
Let's explore the world of Geology and learn how rocks and soil make up our world.

October 27,2021
Plant Magic
Join us and learn about the magic of Botany. Botany is the study of plants.

LEG Up!

Learning Experience Goals

Course Offering Thursday AM
Sept.9, 2021 - Oct.29, 2021
Virtual

September 9, 2021 10:30 am-11:30 am

Fall Baking Cost: $20.00

It's apple season! Join us to make this delicious Skor Apple Dip.

September 16, 2021 10:30 am-11:30 am

Fall Baking Cost: $20.00

Let's bake nutritious Morning Glory Muffins. A perfect mid-morning snack.

September 23, 2021 10:30 am-11:30 am

Fall Baking Cost: $20.00

Let's make one of our LEG Up! Fall favourites- Apple Crisp!

September 30, 2021 11:00 am-12:00 pm

Fall Baking Cost: $20.00

There is going to be double trouble in your kitchen! Join us in making this healthier twist on Double Chocolate Chip Cookies.

October 7, 2021 10:30 am-11:30 am

Fall Baking Cost: $20.00

Make these Pumpkin Swirl Cheesecake Minis for Thanksgiving and amaze your guests.

October 14, 2021 10:30 am-11:30 am

Fall Baking Cost: $20.00

Try these delicious No Bake Pumpkin Bites with a coffee or tea.

October 21, 2021 10:30 am-11:30 am

Fall Baking Cost: $20.00

Let's make these tasty and easy Apple Tarts for dessert tonight.

October 28, 2021 10:30 am-11:30 am

Fall Baking Cost: $20.00

Bake these Halloween Cupcakes with your friends at LEG Up!!

LEG Up!

Learning Experience Goals

Course Offering Thursday AM
Sept.9, 2021 - Oct.28, 2021
Virtual/Hybrid

Interactive Thursdays

Thursdays September 9 to October 28, 2021
1:00 pm-2:00 pm
Cost: $120.00 (8 weeks)
Join us for a variety activities that are fun, interactive and that will build your learning.

September 9, 2021
Bookmarked
Let's read together and share our ideas!

September 16, 2021
Seven Wonders
Explore the seven wonders of the world and more.

September 23, 2021
Sing-a-long
Join us for a sing-a-long of all your favourites.

September 30, 2021
Karaoke
Grab the mike and sing some of your favourite songs.

October 7, 2021
Bingo
Let's see who can call out Bingo first!

October 14, 2021
Monster Jam Karaoke
Enjoy some spooky songs.

October 21, 2021
Let's Travel
Learn about the culture of Spain.

October 28, 2021
Bookmarked
Let's read together and share our ideas.

LEG Up!

Learning Experience Goals

Course Offering Friday AM
Sept.10, 2021 - Oct.29, 2021
Virtual/Hybrid

September 10, 2021 10:30-11:30 am

Arts and Crafts Cost: $20.00

Create an Owl Pencil Holder for your desk.

September 17, 2021 10:30-11:30 am

Arts and Crafts Cost: $20.00

Express your creative side by making a Folded Paper Sunflower.

September 24, 2021 10:30 pm-11:30 am

Arts and Crafts Cost: $20.00

Use tissue paper and Modge Podge to make a Fall Leaf Lantern complete with mini candle.

October 1, 2021 10:30 pm-11:30 am

Arts and Crafts Cost: $20.00

Create a beautiful Fall Painting of a Pumpkin Truck.

October 8, 2021 10:30 pm-11:30 pm

Arts and Crafts Cost: $20.00

Create an I Am Collage by using words that describe yourself and make you unique.

October 15, 2021 10:30 am-11:30 am

Arts and Crafts Cost: $20.00

Create a colourful Fall Tree along with your LEG Up! friends.

October 22, 2021 10:30 am-11:30 am

Arts and Crafts Cost: $20.00

Join your LEG Up! Instructor to draw your own Pumpkin Snowman.

October 29, 2021 10:30 am-11:30 am

Arts and Crafts Cost: $20.00

Create a spooky Haunted House that will make your Halloween complete!

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