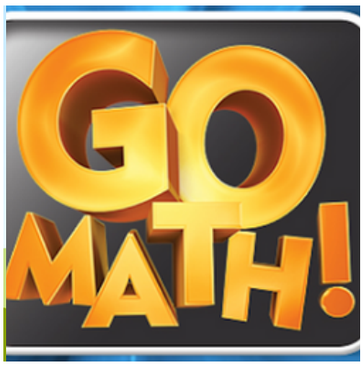
LEG Up!

Learning Experience Goals

Course Offering Monday AM
January 10- March 14, 2022
In-Person



Everyday Math FUNdamentals

Monday January 10- March 14, 2022

10:30 am -12:00 pm

$290.00 9-week course

Statistics show 4 out of 3 people struggle with math. If you're new to math or just want to brush up and sharpen your skills to prepare for future endeavours, then join us at LEG Up! for this fun no pressure 9-week course.

January 10, 2022
Addition
Understand and review basic addition strategies and how we use them in our life daily.

January 17, 2022
Subtraction
Develop and review basic subtraction concepts.

January 24, 2022
Multiplication and Division
A quick overview of different methods and their relevance in our life.

January 31, 2022
Decimals
What are decimals and their practical everyday applications.

February 7, 2022
Fractions
Let's learn how pizza and fractions are related.

February 14, 2022
Percentages
Learn what percentages are all about and how to calculate them.

February 28, 2022
Measurements
Learn how measurements are used everyday and the best way to use them.

March 7, 2022
Budgets and Math
A quick review of budgetting skills and the important role math plays in making a budget**.**

March 14, 2022
Math in the Kitchen
Let's look at all the ways we use math in the kitchen.

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

LEG Up!

Learning Experience Goals

Course Offering Monday PM
January 10- March 14, 2022
New! Virtual 1:30 PM - 2:30 PM
New! In-Person 1:00 PM - 3:00 PM

Kitchen Smarts

Monday January 10 - March 14, 2022
1:00 pm- 3:00 pm In-Person New!
1:30 pm - 2:30 pm Virtual New!
Cost: $290.00 In-Person 9-week course
Cost: $180.00 Virtual 9-week course
Let's head into the kitchen and learn everything to be safe and successful in your own kitchen.
Choose In-person or Virtual for this academic learning experience.

January 10, 2022
Food Safety 1
Understand the role of viruses, bacteria and germs in your kitchen and learn strategies to keep them out.

January 17, 2022
Food Safety 2
Is this still good to eat? Learn some tips and tricks to know if the food in your fridge and cupboards are still fresh.

January 24, 2022
Working Safely with Knives
Chopped, diced or sliced. Learn what these terms mean while understanding how to work safely with knives.

January 31, 2022
Working Safely with Your Appliances
Review how to use and keep your kitchen appliances in working condition.

February 7, 2022
First Aid In the Kitchen
Learn how to use your first aid kit for minor injuries in the kitchen.

February 14, 2022
Cleaning in the Kitchen
Let's learn how to clean your kitchen surfaces and more.

February 28, 2022
Understanding Canada's Food Guide
Investigate healthy eating guidelines for your life with the food guide.

March 7, 2022
Reading and Understanding Labels
Labels provide information on serving sizes and what is in your food- both are important to eating helathy.

March 14, 2022
Recycling and More
Does this go in the recycling or garbage? Let's find out together.

LEG Up!

Learning Experience Goals

Course Offerings Monday PM
January 10- March 14, 2022
Virtual

Let's Make Supper

Mondays January 10- March 14, 2022

5:00 pm - 6:00 pm

$ 180.00 9-week course

This course is for people who are confident in the kitchen. Cook a meal, talk about healthy eating, learn about serving sizes and how to package the food for the freezer to eat another day or in an other recipe. The recipes are hearty and healthy choices that will freeze well and use everyday items from your kitchen. The course allows people to purchase larger packs of food staples to use across the course.
For example: potatoes, frozen veggies, hamburger and chicken.

January 10, 2021
BBQ Chicken Pizza and a Garden Salad

January 17, 2022
Chicken Green Bean Stirfry with Rice

January 24, 2022
Broccoli, Chicken and Rice Casserole

January 31, 2022
Chicken Pot Pie Chowder

February 7, 2022
Beef Tacos with Healthy Toppings

February 14, 022
Mexican Lasagna and Veggies with Dip

February 28, 2022
Meatloaf, Mixed Veggies and Mashed Potatoes

March 7, 2022
Shepherd's Pie Baked Potatoes

March 14, 2022
Vegetarian Lasagna Rollups

LEG Up!

Learning Experience Goals

Class Offering Tuesday AM
January 11- March 15, 2022
Cooking Comfort Food
Virtual

January 11, 2022 11:00 am - 12:00 pm

Ham and Potato Soup $20.00

The perfect soup for a cold January day! Loaded with carrots, celery and onions.

January 18, 2022 11:00 am - 12:00 pm

Tuna Melts $20.00

Learn to make something simple but delicious.

January 25, 2022 11:00 am - 12:00 pm

Chili $20.00

This is the ultimate winter comfort food!

February 1, 2022 11:00 am - 12:00 pm

Easy Shepherd's Pie $20.00

Create and enjoy this comfort dish on a cold winter day.

February 8, 2022 11:00 am - 12:00 pm

Ham and Cheese Rollups $20.00

Enjoy these quick and easy to make rollups for lunch.

February 15, 2022 11:00 am - 12:00 pm

Chicken Pesto Pasta $20.00

Learn how to make this home cooked meal for yourself or to share with your family.

February 22, 2022 11:00 am - 12:00 pm

Cheeseburger Casserole $20.00

A delicious one pot meal that will keep you warm on a cold day.

March 1, 2022 11:00 am - 12:00 pm

Sloppy Joe's $20.00

Come to this class ready to make a tasty meal with only a few simple ingredients.

March 8, 2022 11:00 am - 12:00 pm

Chicken Enchilada Casserole $20.00

A delicious dish that will bring family and friends asking for more!

March 15, 2022 11:00 am - 12:00 pm

Mediterean Turkey Burgers $20.00

Whip up these yummy burgers made with spinach and feta cheese to eat now or put in the freezer to enjoy later.

LEG Up!

Learning Experience Goals

Course Offering Tuesday PM
January 11- March 15, 2022
In-Person

On My Own

Tuesday January 11- March 15, 2022
1:00 pm- 3:00 pm
$320.00 10-week course
In this course, we will build skills that will help you feel more comfortable when you are ready to live on your own and be more independent.

January 11, 2022
Personal Plan
In this introduction class, we will discuss your goals and personal plan to live on your own.

January 18, 2022
Living Options
In this lesson, you will learn about being a tenant, your rights as a tenant, and different living arrangements.

January 25, 2022
Time Management
Time to be on time! This class will help you with your time management skills to increase your independence.

February 1, 2022
Paying the Bills
Learn what bills you will be require to pay when you are renting and how to pay them.

February 8, 2022
On a Budget
In this lesson, you will learn ways to save your money and tips for budgeting.

February 15, 2022
Transportation
Get familiar with **G**rand **R**iver **T**ransit. Learn EasyGo, how to access the bus routes, and the LRT.

February 22, 2022
Let's Shop!
Learn how to be a smart shopper and how to get the most out of your money.

March 1, 2022
Let's Clean!
In this class, you will learn how to clean your home and how to make a cleaning checklist.

March 8, 2022
Safety/Emergency Skills
Learn to be safe living on your own and know what to do in case of an emergency.

March 15, 2022
On My Own Review
In this last class, we will review the course material and do a home skills questionnaire.

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LEG Up!

Learning Experience Goals

Course Offering Tuesday PM
January 11- February 8, 2022
February 15-March 15 2022
In-Person

Learn To Draw - Beginner & Intermediate

NEW! Two 5-week Courses

Tuesday January 11- February 8, 2022- **Beginner**
Tuesday February 15- March 15, 2022- **Intermediate**
4:00 pm- 6:00 pm
$160.00 for each 5-week course
Join your LEG Up! Instructor and build your drawing skills with these two courses.

Beginner

January 11, 2022
Drawing Fundamentals
Learn the basics for a successful emerging artist.

January 18, 2022
Outlines and Edges
Learn and practice the importance of lines and edges in creating a great drawing.

January 25, 2022
Objects and Form
Practice putting together a composition for a balanced drawing.

February 1, 2022
Shading
Learn to add shading for a more realistic sketch.

February 8, 2022
Sketching
Discover the best way to capture an image from nature.

Intermediate

February 15, 2022
Perspective
Create realistic sketches by learning and applying perspectives.

February 22, 2022
Etching
Add depth and realism to your drawings by etching.

March 1, 2022
Landscapes
Learn how to compose and draw a balanced landscape.

March 8, 2022
Flowers and Nature
Learn techniques to create a realistic nature scene with flowers**.**

March 15, 2022
Final Project
Wrap up the course with a final project.

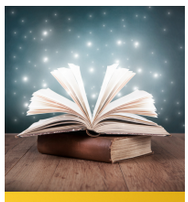
LEG Up!

Learning Experience Goals

Class Offerings Wed. AM
January 12- March 16, 2022
Mid-Week Social
Virtual

January 12, 2022 10:00 - 11:00 am
Cute But Weird Animals Part 1 $20.00
Discover the cutest but strangest little-known animals in our world!

January 19, 2022 10:00 - 11:00 am
Top 15 Karaoke Songs $20.00
Join us to countdown and sing the top 15 Karaoke songs of all time.



January 26, 2022 10:00 - 11:00 am
Book Marked- Fairy Tales $20.00
Let's read some fairy tales together.

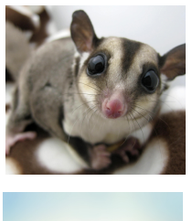
February 2, 2022 10:00 - 11:00 am
20 Questions $20.00
Let's get to know each other in this fun and interactive game!

February 9, 2022 10:00 - 11:00 am
Would You Rather $20.00
Would you rather play this game or would you rather take a math class?!

February 16, 2022 10:00 - 11:00 am
Beijing Winter Olympics $20.00
Let's explore the city of Beijing and the winter sports it is hosting.

February 23, 2022 10:00 - 11:00 am
Drama $20.00
Discover your hidden talents in this interactive drama class.

March 2, 2022 10:00 - 11:00 am
Laugh Out Loud $20.00
They say "Laughter is the best medicine". Join in by sharing some jokes and a lot of laughs.



March 9, 2022 10:00 - 11:00 am
Cute But Weird Animals Part: 2 $20.00
A continuation of our earlier class of cute but strange animals.

March 16, 2022 10:00 - 11:00 am
BookMarked - Spring Stories $20.00
Winter has dragged on long enough. Let's read stories about spring.

LEG Up!

Learning Experience Goals

Course Offering Wed. PM
January 12- March 16, 2022
In-Person

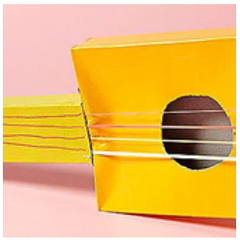
Musical Exploration

Wednesday January 12- March 16, 2022

2:00 PM-4:00 pm

$320.00 10-week Course

In this music exploration course we will build different types of instruments, learn about the sounds they make and explore the various genres of music that the instruments create.



January 12, 2022
Build a cardboard guitar while listening to string instruments

January 19, 2022
Play your new instrument and explore music genres.

January 26, 2022
Make a PVC flute while learning about wind instruments.

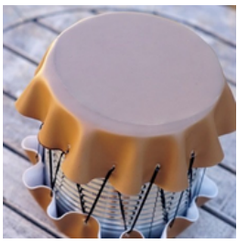
February 2, 2022
Play your new flute while discovering wind instrument genres.

February 9, 2022
Make a Didgeridoo and learn about exotic sounds.

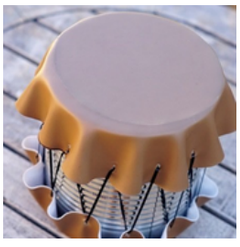
February 16, 2022
Play your Didgeridoo and explore music from different cultures.

February 23, 2022
Make a Harmonica and learn about folk music.

March 2, 2022
Learn how to play the harmonica and discover more about folk music.



March 9, 2022
Make a drum and learn about percussion instuments.



March 16, 2022
Create a beat in a drumming circle with your drum.

LEG Up!

Learning Experience Goals

Class Offering Thursday AM
January 13 - March 17, 2022
Interactive Learning
In-Person

January 13, 2022 10:00 am - 12:00 pm

Dreams for the Future and New Year $32.00

What are your hopes and dreams? Let's dream BIG!

January 20, 2022 10:00 am - 12:00 pm

S.M.A.R.T. Goals $32.00

Learn to achieve your goals on your path to success. Learn what S.M.A.R.T. goals are and how you can apply them to your life.

January 27, 2022 10:00 am - 12:00 pm

Making Connections $32.00

Let's talk about how to make connections with the people around you, the city you live in, and even around the world.

February 3, 2022 10:00 am - 12:00 pm

Mood Busting Foods $32.00

Let's discuss foods that can affect your mood in a positive way and keep you feeling healthy.

February 10, 2022 10:00 am - 12:00 pm

Communication Part 1: $32.00

In this class, we will discuss successful ways to communicate with each other and learn some helpful tips.

February 17, 2022 10:00 am - 12:00 pm

Communication Part 2: $32.00

Let's have some fun and put our communication skills to work in this interactive lesson.

February 24, 2022 10:00 am - 12:00 pm

Understanding Relationships $32.00

Come to this class ready to learn about the different kinds of relationships you have in your life.

March 3, 2022 10:00 am - 12:00 pm

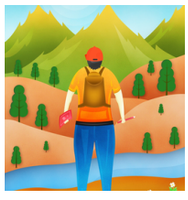
Building Relationships $32.00

Learn how make meaningful relationships and lasting friendships in this class.

March 10, 2022 10:00 am - 12:00 pm

Exploring Your Emotions $32.00

In this lesson, we will talk about our emotions and why we feel the way we do.



March 17, 2022 10:00 am - 12:00 pm

How to be a Nature Explorer $32.00

Come to this class to discover the benefits of being in nature and how you can easily connect with the world around you.

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Learning Experience Goals

Class Offering Thursday PM
January 13 - March 17, 2022
Arts and Crafts
New! Virtual 1:30 PM - 2:30 PM
New! In-Person 1:00 PM - 3:00 PM

Janurary 13, 2022 IP 1-3 pm OR V 1:30- 2:30 pm
Winter Americana Drawing IP $32.00 OR V $20.00
Draw and colour this classic winter scene.

January 20, 2022 IP 1-3 pm OR V 1:30- 2:30 pm
Rainbow Tape Painting IP $32.00 OR V $20.00
Brighten up your place with this colourful art!

January 27, 2022 IP 1-3 pm OR V 1:30- 2:30 pm
Winter Landscape IP $32.00 OR V $20.00
Let's create a wintery scenery with recycled materials.

February 3, 2022 IP 1-3 pm OR V 1:30- 2:30 pm
Polar Bear Collage IP $32.00 OR V $20.00
Create this polar bear using newspaper and paint.

February 10, 2022 IP 1-3 pm OR V 1:30 - 2:30 pm
Valentine Gnome Painting IP $32.00 OR V $20.00
Paint a Valentine Day gnome sure to charm friends and family.

February 17, 2022 IP 1-3 pm OR V 1:30- 2:30 pm
Cherry Blossom Tree IP $32.00 OR V $20.00
Learn to make a beautiful piece of art with just a few simple items.

February 24, 2022 IP 1-3 pm OR V 1:30- 2:30 pm
Zentangle Art 1 IP $32.00 OR V $20.00
Learn about Zentangle art and how it can be relaxing then practice it in the class.

March 3, 2022 IP 1-3 pm OR V 1:30- 2:30 pm
Zentangle Art 2 IP $32.00 OR V $20.00
Create a Zentangle masterpiece to deocrate your home. You can choose a dog or a cat for your project or do both!

March 10, 2022 IP 1-3 pm OR V 1:30- 2:30 pm
Yarn Birds IP $32.00 OR V $20.00
Create a sweet bird to welcome spring.

March 17, 2022 IP 1-3 pm OR V 1:30- 2:30 pm
St. Patrick's Day Gnome IP $32.00 OR V $20.00
Paint a cute and clever gnome for St. Patrick's day.

LEG Up!

Learning Experience Goals

Class Offering Friday AM
January 14 - March 18, 2022
Baking
Virtual

January 14, 2022 10:30 - 11:30 am

Banana Muffins $20.00

Join us in making everyone's favourite kind of muffin!

January 21, 2022 10:30 - 11:30 am

Chocolate Chip Cookies $20.00

Bake and enjoy an age old favourite on a cold winter day.

January 28, 2022 10:30 - 11:30 am

Dessert Croissants 3 ways $20.00

Create 3 delicious dessert croissants to share with friends and family.

February 4, 2022 10:30 - 11:30 am

M&M Cookies $20.00

Let's make a colourful and delicious treat.

February 11, 2022 10:30 - 11:30 am

Peanut Butter Cookies $20.00

Who does not enjoy a warm cookie right out of the oven?

February 18, 2022 10:30 - 11:30 am

Chocolate Chip Squares $20.00

These layered squares are yummy and easy to make. They freeze great too.

February 25, 2022 10:30 - 11:30 am

Blondie Squares $20.00

Try something new! Join your LEG Up! Instructor and friends to bake this easy recipe.

March 4, 2022 10:30 - 11:30 am

Apple Streusel Muffins $20.00

Delicious with a hot drink on a cold day.

March 11, 2022 10:30 -11:30 am

Oatmeal Cookies $20.00

Chewy, gooey and oh so yummy oatmeal cookies.

March 18, 2022 10:30 - 11:30 am

Pear Crisp $20.00

Bake up something warm and wonderful!

LEG Up!

Learning Experience Goals

Class Offering Saturday AM
January 8 - January 29, 2022
Mellow Moves
Virtual

Mellow Moves - Saturday

January 8, 2022
January 15, 2022
January 22, 2022
January 29, 2022
9:30 - 10:30 am
$20.00 per class
Start your weekend off right and join us for some relaxing and motivating stretches. Choose to come to one class or all four! This is for all fitness levels and abilities.

Quick Overview of Winter 2022 Offerings

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30am-12pm In-Person Course Math	11am-12pm Virtual Class Cooking	10-11am Virtual Class Mid-week Social	10am-12pm In-Person Class Interactive Learning	10:30-11:30am Virtual Class Baking	9:30-10:30am Virtual Class Mellow Moves
1-3pm Hybrid Course Kitchen Smarts	1-3pm In-Person Course On My Own	2-4pm In-Person Course Music Exploration	2-4pm Hybrid Class Arts & Crafts		
5-6pm Virtual Course Let's Make Supper	4-6pm In-Person Course Drawing				

KEY:

IP = In-Person
V = Virtual/Zoom
Class = Individual-choose the only the ones you want
Course = a group of classes that are related by topic.