



NEW! Let It Snow

Monday January 9 - February 6, 2023

10:00 AM - 12:00 PM

\$160.00 5-week course

Let's have fun with snow! We will create some snow-themed crafts, and work on snow-themed experiments. We will talk about the science behind the wonderful, white, fluffy stuff we call snow.



NEW! Earth Sciences

Monday February 13 - March 13, 2023

10:00 AM - 12:00 PM

\$130.00 4-week course

Explore with your instructor the fascinating world of Earth Sciences. Geology, Meteorology, Oceanography, and Astronomy. We will discuss what makes our earth go round and "mysteries of our solar system and beyond!"

No Class: February 20



Abuse Prevention Education (APE)
Monday January 9 - March 6, 2023
\$255.00 8-week course
1:00 PM - 3:00 PM

This course is intended for those who live in the community and do not qualify for APE training provided by KW Habilitation. Please connect with LEG Up! to clarify.

No Class:
February 20

Learn how to stay safe in your community.
By the end of this course, participants will have a better understanding of the following topics:

January 9, 2023

Understand Yes and No Feelings

Learn language to identify yes/no feelings and the actions that correspond with these feelings.

January 16, 2023

Types of Abuse

Identify types of abuse and examples of what different types of abuse might look like so they can be identified in real life situations.

January 23, 2023

Boundaries

Discuss and practice skills needed to identify places and objects that are private/public to create understanding about the right to privacy.

January 30, 2023

How to be Assertive

Understand what it means to be assertive and when to use this skill to respond in real life situations.

February 6, 2023

My Rights and Responsibilities

Explore your rights and responsibilities to build understanding that leads to respect for others and yourself.

February 13, 2023

Decision-Making

Discuss the process of reporting abuse and learn how to identify a trusted person to help you navigate this process.

February 27, 2023

Safety Plan

Develop a personal safety plan that takes into consideration personal situations and that will create a personal safe zone in response to abuse.

March 6, 2023

What is Not Abuse?

Recognize what is not abuse and review types of abuse to build an understanding of the difference between difficult situations and abuse.

LEG Up!

Learning Experience Goals

Course Offering Monday PM
January 9 - March 13, 2023
Get Crackin' in the Kitchen

Get Crackin' in the Kitchen **3 Course Times**

Monday January 9 - March 13, 2023

4:00 PM - 6:00 PM

\$290.00 9-week course **No Class: February 20**

****NOTE:** This is the same course offered on Tuesday and Wednesday. Please only choose one course - Monday OR Tuesday OR Wednesday.

Join your LEG Up! friends to cook dinner and hang out! Choose the day that works for you, there are three course dates to choose from. Dessert is included!



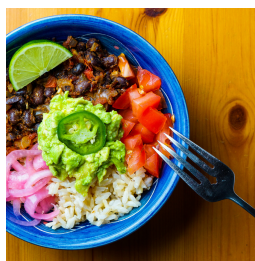
January 9, 2023
**Chicken Chili
Mac and Cheese
with Veggies**



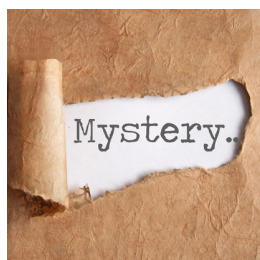
January 16, 2023
**Shepherd's Pie
Baked Potatoes**



January 23, 2023
**Squash Soup
and Cheddar
Biscuits**



January 30, 2023
Burrito Bowls



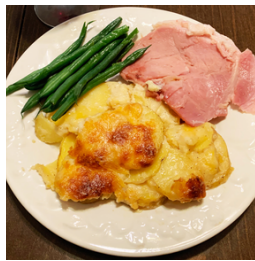
February 6, 2023
Mystery Meal



February 13, 2023
**Veggie Lasagna
with Caesar
Salad**



February 27, 2023
**Beef Tacos and
Guacamole**



March 6, 2023
**Ham and Scallop
Potatoes with
Green Beans**



March 13, 2023
Group Choice

Coffee Club

Tuesday January 10 - March 14, 2023

10:00 AM - 12:00 PM

\$32.00 per class

Each week join your friends at LEG Up! friends for fun and interactive activities.

Sign up for one or more of the classes.



January 10, 2023
Uno Tournament
Snacks, prizes and more!!



January 17, 2023
Bingo Fun!
Snacks, Prizes and more!



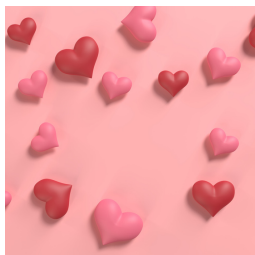
January 24, 2023
National Peanut Butter Day
Let's bake Peanut Butter cookies.



January 31, 2023
National Hot Chocolate Day
Share a cup with friends!



February 7, 2023
National Send a Card to a Friend Day.
Let's do it!



February 14, 2023
Valentines Day
Crafts, treats and lots of love quotes!



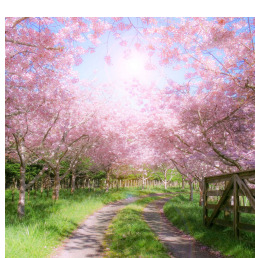
February 21, 2023
Pink Shirt Day
Let's talk about a world that includes everyone.



February 28, 2023
Bingo Fun!
Snacks Prizes and more!



March 7, 2023
Uno Tournament
Snacks, prizes and more!!



March 14, 2023
Celebrate Spring
Welcome spring with some crafting.



NEW! Super Heroes 101

Tuesday January 10 - March 14, 2023

1:00 PM - 3:00 PM

\$320.00 10-week course

This course will explore the Hero figure in books, graphic novels and various forms of media such as movies and shows. In the class we critically examine various selections and discuss the relationship between the individual and society in the genre.



NEW! Sketching and Watercolour

Thursday January 12 - March 16, 2023

1:00 PM - 3:00 PM

\$337.00 10-week course (includes paint kit)

This class will combine drawing and painting skills to create 5 projects. Drawing and water colour painting techniques will be explored. Previous experience with drawing and painting classes would be an asset but not required.

Get Crackin' in the Kitchen **3 Course Times**

Tuesday January 10 - March 14, 2023

4:00 PM - 6:00 PM

\$320.00 10-week course

****NOTE:** This is the same course offered on Monday and Wednesday. Please only choose one course - Monday OR Tuesday OR Wednesday.

Join your LEG Up! friends to cook dinner and hang out! Choose the day that works for you, there are three course dates to choose from. Dessert is included!



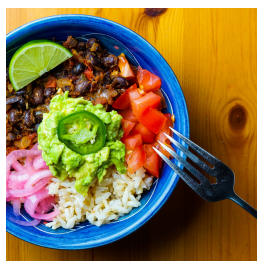
January 10, 2023
**Chicken Chili
Mac and Cheese
with Veggies**



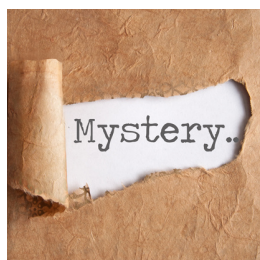
January 17, 2023
**Shepherd's Pie
Baked Potatoes**



January 24, 2023
**Squash Soup
and Cheddar
Biscuits**



January 31, 2023
Burrito Bowls



February 7, 2023
Mystery Meal



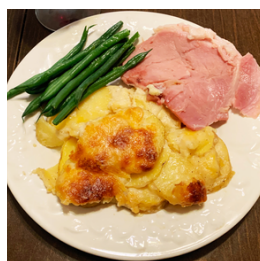
February 14, 2023
**Veggie Lasagna
with Caesar
Salad**



February 21, 2023
**Chicken and
Grilled
Vegetable
Fajitas**



February 28, 2023
**Beef Tacos and
Guacamole**



March 7, 2023
**Ham and Scallop
Potatoes with
Green Beans**



March 14, 2023
Group Choice



Relationships 101

Wednesday January 11 - March 15, 2023

10:00 AM - 12:00 PM

\$320.00 10-week course

Covid continues to be hard on all of us. Let's review how to make new friends and connections so you can embrace all that your community has to offer.

January 11, 2023

Understanding Relationships

Learn what relationships are all about and what types of relationships you have in your life.

January 25, 2023

Respect

In this class, learn why respect is important in any relationship.

February 8, 2023

Conflict

Come to this class ready to learn some conflict resolution skills and how it can help you in your relationships with others.

February 22, 2023

Making Connections

Let's talk about ways to meet people in your community and how to make lasting connections.

March 8, 2023

Boundaries

Let's learn about setting healthy boundaries with others.

January 18, 2023

Building Relationships

Learn to make lasting friendships and what it takes to be a good friend.

February 1, 2023

Active Listening

Practice ways to improve your listening skills and how to be a good listener.

February 15, 2023

Self-Presentation/First Impressions

Discover why a good first impression is so valuable in any situation.

March 1, 2023

Feeling Safe

Learn the importance of feeling safe and secure in the relationships you have.

March 15, 2023

Review

In this last class, you will review Relationships 101 topics and ask/answer any questions.

NEW! Canadian Cuisine

Wednesday January 11 - March 15, 2023

1:00 PM - 3:00 PM

\$320.00 10-week course

****NOTE:** This is the same course offered on Thursday PM. Please only choose one course - Wednesday OR Thursday.

Join your friends at LEG Up! to bake treats that are uniquely Canadian.



January 11, 2023
Pouding Chomeur



January 18, 2023
Nanaimo Bars



January 25, 2023
Butter Tarts



February 1, 2023
Flapper Pie



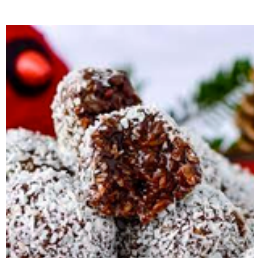
February 8, 2023
Sucre à la Crème



February 15, 2023
Date Squares



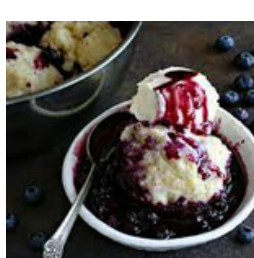
February 22, 2023
Beavertails



March 1, 2023
Newfoundland Snowballs



March 8, 2023
Sugar Pie



March 15, 2023
Blueberry Grunt

Get Crackin' in the Kitchen 3 Course Times

Wednesday January 11 - March 15, 2023

4:00 PM - 6:00 PM

\$320.00 10-week course

****NOTE:** This is the same course offered on Monday and Tuesday. Please only choose one course - Monday OR Tuesday OR Wednesday.

Join your LEG Up! friends to cook dinner and hang out! Choose the day that works for you, there are three course dates to choose from. Dessert is included!



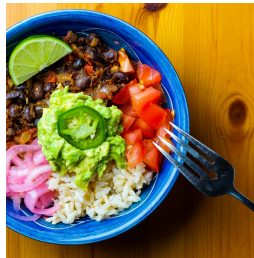
January 11, 2023
**Chicken Chili
Mac and Cheese
with Veggies**



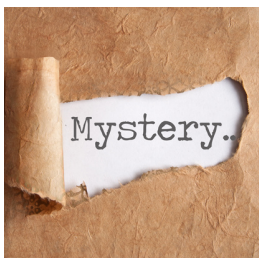
January 18, 2023
**Shepherd's Pie
Baked Potatoes**



January 25, 2023
**Squash Soup
and Cheddar
Biscuits**



February 1, 2023
Burrito Bowls



February 8, 2023
Mystery Meal



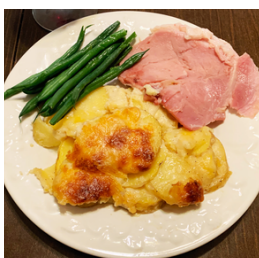
February 15, 2023
**Veggie Lasagna
with Caesar
Salad**



February 22, 2023
**Chicken and
Grilled
Vegetable
Fajitas**



March 1, 2023
**Beef Tacos and
Guacamole**



March 8, 2023
**Ham and Scallop
potatoes with
Green Beans**



March 15, 2023
Group Choice



Mindful Music

Wednesday January 11 - March 15, 2023

6:00 PM - 8:00 PM

\$320.00 10-week course

Students will learn the basics of mindfulness meditation while developing vocabulary for expressing emotions and discovering positive environments that can be created with music. Explore the many moods of music with Brad!

Location: Bullas Hall KWH 99 Ottawa St. S

January 11, 2023

Introduction

Learn a mindfulness exercise, share your favourite music and explore new tunes.

January 18, 2023

World Music

Let's travel the world to explore traditional and chart-topping hits from around the world!

January 25, 2023

Nature's Music

Expand your definition of music as we listen to the sounds of waves, rain, wind and animals.

February 1, 2023

Music and Stress/Anxiety

Develop the 'stop and look both ways' mindful technique and explore the ways music can help create a peaceful you.

February 8, 2023

Playlists

Finding the right music is an art in itself. Learn how to make and find the right song for each moment.

February 15, 2023

Love and Unity Songs

This week we share our favourite love and unity songs while also practicing gratitude.

February 22, 2023

Drum Circle

Learn the mindful technique of body awareness and enjoy the therapeutic rhythms of a drum circle.

March 1, 2023

Team Music

Wear your favourite team colours and get ready to listen to your favourite pump-up songs.

March 8, 2023

Music Videos

In this modern world, music is rarely enjoyed on its own. Let's share our favourite music video!

March 15, 2023

Movie and Game

Soundtracks

Let's discover how music builds emotion in movies and games

NEW! Canadian Cuisine

Thursday January 12 - March 16, 2023

10:00 AM - 12:00 PM

\$320.00 10-week course

****NOTE:** This is the same course offered on Wednesday PM. Please only choose one course - Wednesday OR Thursday.

Join your friends at LEG Up! to bake treats that are uniquely Canadian.



January 12, 2023
Pouding Chomeur



January 19, 2023
Nanaimo Bars



January 26, 2023
Butter Tarts



February 2, 2023
Flapper Pie



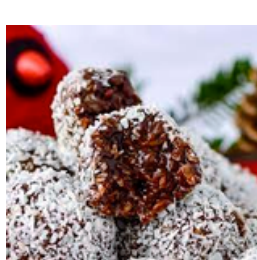
February 9, 2023
Sucre à la Crème



February 16, 2023
Date Squares



February 23, 2023
Beavertails



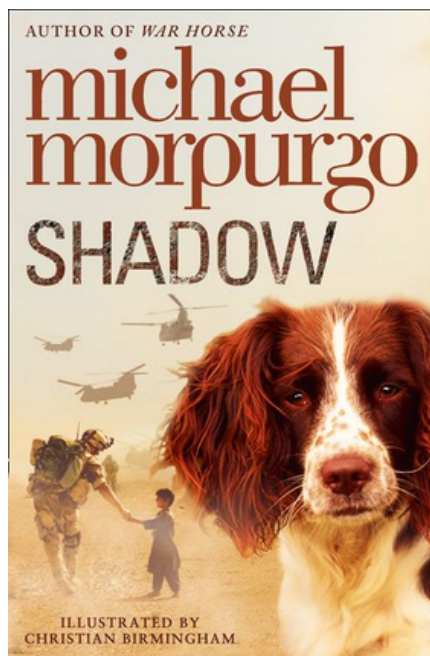
March 2, 2023
Newfoundland Snowballs



March 9, 2023
Sugar Pie



March 16, 2023
Blueberry Grunt



Book Club at LEG Up!

Thursday January 12 - March 16, 2023

10:00 AM - 12:00 PM

\$335.00 10 - week course (includes book and journal)

Be a part of Book Club at LEG Up! and read Shadow by Michael Morpugo.

This guided book club is for experienced readers and non readers alike. You will read the book together, create a book club journal using your creativity and have lots of discussions. If you have questions about Book Club at LEG Up! please email Annita at aboer@kwhab.ca

Read a sample of the book [click here](#).

Location: Cafe KWH 99 Ottawa St. S

January 12, 2023

Introduction to Book Club

Create goals for the LEG Up! book club this session.

January 19, 2023

Book Cub Journal

Use your creativity to create a journal to record your book club experience.

January 26, 2023

Characters

Discuss the characters in the book and learn about their key traits.

February 2, 2023

Setting

Where does this book take place?
Discover the setting of this book.

February 9, 2023

Historical Time Period

Learn what was happening in the world during the time period of this book.

February 16, 2023

Meaningful Quotes

Explore quotes in this book that really spoke to you.

February 23, 2023

Words and Vocabulary

Build a word bank of interesting words in your journal.

March 2, 2023

About the Author

Who wrote this book? Why did he write this story?

March 9, 2023

Summary

Learn how to create a book summary to share with others.

March 16, 2023

Book Review

Eight questions to help you explore your final thoughts about this book.



Arts and Crafts

Friday January 13 - March 17, 2023

10:00 AM - 12:00 PM

\$290.00 9-week course

Join your friends at LEG Up! and let your inner artist shine. We will work with paint, paper, ceramic tiles, markers, canvas and items from nature.

No Class: February 3

First Aid Prep

Friday February 24 - March 17, 2023

10:00 AM - 12:00 PM

\$130.00 4-week course

Thinking of taking a first aid/CPR course to build your resume or skills before beginning a job or volunteer opportunity? For many taking the course can cause anxiety. This prep course will help ease that anxiety, preparing you to know what to expect and how to succeed in becoming certified.

Location: Cafe KWH 99 Ottawa St. S

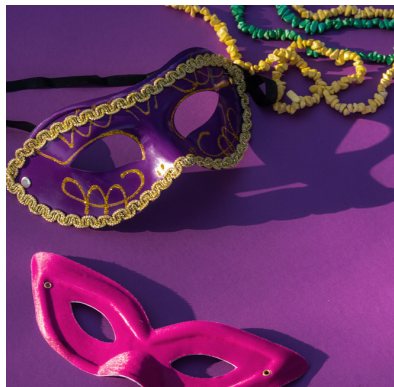
(Please Note: this course will NOT certify you in First Aid/CPR)



Growing In The Arts

with LEG Up! and Out and About Waterloo Region

Location: 109 Ottawa Street South Studio B (right next to LEG Up!)



Theatre 101 Part 2

Wednesday February 8 - March 29, 2023

4:00 PM - 5:30 PM

\$210.00 7 - week course

Build confidence, cooperate, and collaborate in this interactive drama course. Perform in the year end show April 4/5 at the Registry Theater.



Disney Dreams

Monday January 9 - February 6, 2023

2:30 PM - 4:00 PM

\$175.00 5 - week course

In this creative Art Expressive course, you will create Disney themed creations.



Oh the Places You Will Go!

Monday Jan 9 - Feb. 6, 2022

12:30 PM - 2:00 PM

\$175.00 5-week course

In this Dr. Seuss Creative Arts program you will build creative interesting themed creations.



Puppet Making & Puppetry

Monday February 13 - March 27, 2023

12:30 PM - 2:00 PM

\$175.00 5 - week course

Build your own puppet and learn the basics of the art of puppetry in this fun course.

No class Feb 20



Fab 50's

Monday February 13 - March 27, 2023

2:30 PM - 4:00 PM

\$175.00 5 - week course

In this expressive arts experience learn, build and use props, costumes and sets for the performance. You will make items to take home.

No class Feb 20

JJ Woven Thread Co

A local business whose purpose is to provide an opportunity to foster creativity, instill a sense of achievement, and boost confidence while learning a new skill.



Popcorn and a Movie at LEG Up!

Thursday January 19, 2023

5:00 PM - 7:00 PM

\$32.00

Enjoy a movie, popcorn and pizza with your LEG Up! friends.



Colour a T-shirt with JJ Woven Co.

Saturday January 21, 2023

1:00PM - 3:00PM

\$50.00

Colour a T-shirt of your very own! select your t-shirt picture and size when you register on the KWH Shop..



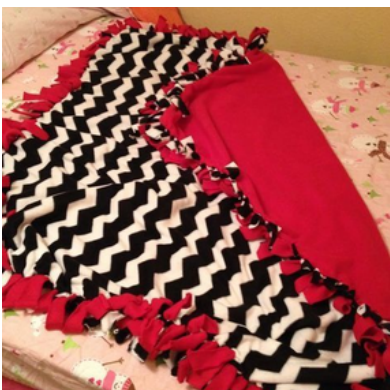
Valentine Cards and Cupcakes

Thursday February 9, 2023

6:00 PM - 8:00 PM

\$32.00

Bake and decorate cupcakes to share with someone special. We'll make cards too!



Tie a Blanket with JJ Woven Co.

Saturday February 11, 2023

1:00 PM - 3:00 PM

\$50.00

join Jess to create a beautiful tied blanket to keep you cozy this winter.



Cooking Italian Cuisine with Jeremy **Saturday February 18, 2023**

10:00 AM - 12:00 PM

\$32.00

Join our guest chef to make handmade pasta and homemade sauce in the LEG Up! Kitchen. Experience cooking is an asset.



Baking Greek Treats with Jeremy **Saturday February 25, 2023**

10:00 AM - 12:00 PM

\$32.00

Join our guest chef to bake authentic Baklava in and learn how to create a small plate appetizer. Experience cooking is an asset.



Laughter Yoga with Laurie **Monday February 27, 2023**

4:00 PM - 6:00 PM

\$32.00

Join in this laughing yoga class to learn breathing exercises, chanting, improv, and aspects of yoga to help you relax and laugh.

Location: Bullas Hall KWH 99Ottawa St. S.



St. Patrick's Day **Friday March 17, 2023**

1:00 PM - 3:00 PM

\$32.00

Come make a loaf of Irish Soda Bread, paint a clay pot Leprechaun hat, and listen to traditional Irish music with your friends.



Design a Mug and Button with JJ Woven Threads Co.

Saturday March 25, 2023

1:00 PM - 3:00 PM

\$30.00

Create a personalized mug and button with Jess.