

Nature Hikes

Monday July 10 - August 14, 2023

10:00 AM - 12:00 PM

Join Michelle to explore some of the great trails around KW. We will **meet at various locations** around the city to enjoy nature and exercise. Walks range from 2.5 km to 5 km. You must be comfortable walking long distances and on uneven ground to enjoy these classes. Wear comfortable running shoes, dress for the weather, bring a water bottle and sunscreen. **Note:** If it is raining we will meet at Activa Sportsplex (135 Lennox Lewis Way) to complete our walk on the track. Michelle will contact you by Sunday at 6 PM if we need to meet at Activa Sportplex.



July 10, 2023

Huron Trail and Forest Trail \$32.00

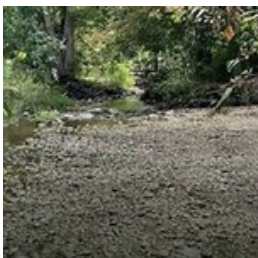
Check out this **2.9-km** loop trail. Generally considered an easy walk. If we are lucky we might spot some turtles.



July 17, 2023

Pioneer Tower Natural Area Trail \$32.00

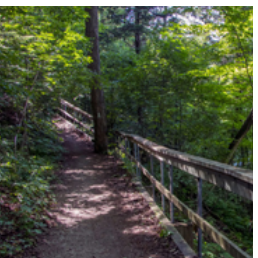
Get to know this **3.2-km** out-and-back trail. Considered an easy walk. On this route we will see the Waterloo Pioneer Memorial Tower which is designated as a Federal Heritage Building.



July 24, 2023

Forwell Trail to Hillside Reserve \$32.00

Experience a **3.2-km** walk along Forwell Creek. Considered an easy walk, this is a paved trail. Despite being in the middle of a busy area, the sound of the flowing creek is easily heard. Popular with ducks.



July 31, 2023

Homer Watson Park Trails \$32.00

Enjoy this **4.5-km** out-and-back trail. Considered an easy route. These trails are famous among artists and photographers for river and forest scenery.



August 14, 2023

Marguerite Ormston Trailway \$32.00

Discover this **4.7-km** loop trail. This easy route is part of the Grand River Trail system. This is a popular trail for birding and hiking.

LEG Up!

Learning Experience Goals

Course Offering
July 4 - August 30, 2023
Mon/Tues/Wed PM
Songs of Summer
Painting with Marc
Passport to England



Summer Songs

Monday July 10- August 21, 2023

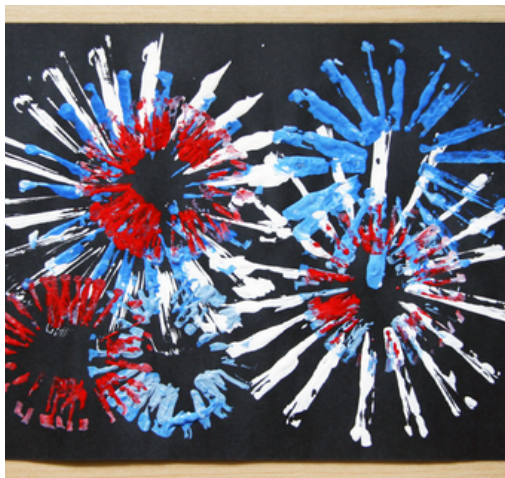
1:00 PM - 3:00 PM

195.00 6 - week course

Location: LEG Up! Classroom 109 Ottawa St.

Learn the basics of singing and vocal technique and gain confidence in YOUR voice in this class singing our summer favorites!

[No class August 7, 2023](#)



Painting with Marc

Tuesday July 4 - August 22, 2023

2:00 PM - 4:00 PM

\$255.00 8-week course

Location: LEG Up! Classroom 109 Ottawa St.

Create a new painting each week! Receive step-by-step direction to create a unique painting. Learn tips, tricks and improve fine motor skills. Be creative while sharpening techniques of color mixing, blending and brush control.



Passport to England

Wednesday August 9 - 30, 2023

4:00 PM - 6:00 PM

\$130.00 4-week course

Location: OAA Classroom KWH 99 Ottawa St.

Join our guest instructor Elizabeth to imagine travelling to England in this 4 week interactive class. We will check out England's famous landmarks, learn about the Royal family as well, as, make and enjoy High Tea. There will also be a Harry Potter theme day to add to the fun!

Summer Salads

Tuesday July 4 - August 22, 2023

11:00 AM - 1:00 PM

\$255.00 8-week course

Location: LEG Up! Classroom 109 Ottawa St.

****NOTE:** This course is also offered Wednesday and Thursday. Please only choose one.

Join your LEG Up! friends to make a delicious summer salads for lunch.

Dessert is included!



July 4, 2023
**Spanish Tuna
Salad**



July 11, 2023
**Greek Pasta
Salad**



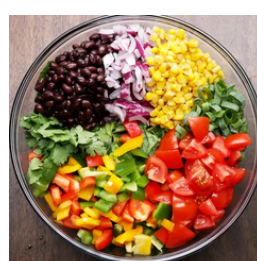
July 18, 2023
**Curried Chicken
Salad**



July 25, 2023
**Thai Noodle
Salad**



August 1, 2023
**BLT Chicken
Pasta Salad**



August 8, 2023
Southwest Salad



August 15, 2023
**Antipasto
Chickpea Salad**



August 22, 2023
**Crunchy Mandarin
Orange Salad**

Green Thumbs Arts and Crafts Wednesday July 5 - August 23, 2023

2:00 PM - 4:00 PM

\$255.00 8-week Course

Location: LEG Up! Classroom 109 Ottawa St.

Spend some time at LEG Up! creating garden and nature themed crafts.
Discover ways to add nature's beauty to your home.



July 5, 2023
Terrarium



July 12, 2023
Herbal Bath
Sachets



July 19, 2023
Weaving with
Plants



July 26, 2023
Bird House
Decorating



August 2, 2023
Pressed Flower
Lanterns



August 9, 2023
Sea Shell Art



August 16, 2023
Flower Arranging
with Our Farm
Flowers



August 23, 2023
Herb Wreath

Summer Salads

Wednesday July 5 - August 23, 2023

11:00 AM - 1:00 PM

\$255.00 8-week course

Location: LEG Up! Classroom 109 Ottawa St.

****NOTE:** This class is also offered on Tuesday and Thursday. Please only choose one.

Join your LEG Up! friends to make a delicious summer salads for lunch.

Dessert is included!



July 5, 2023
**Spanish Tuna
Salad**



July 12, 2023
**Greek Pasta
Salad**



July 19, 2023
**Curried Chicken
Salad**



July 26, 2023
**Thai Noodle
Salad**



August 2, 2023
**BLT Chicken
Pasta Salad**



August 9, 2023
Southwest Salad



August 16, 2023
**Antipasto
Chickpea Salad**



August 23, 2023
**Crunchy Mandarin
Orange Salad**

Summer Salads

Thursday July 6 - August 24, 2023

11:00 AM - 1:00 PM

\$255.00 8-week course

Location: LEG Up! Classroom 109 Ottawa St.

****NOTE:** This class is also offered on Tuesday and Wednesday. Please only choose one.

Join your LEG Up! friends to make a delicious summer lunch.
Dessert is included!



July 6, 2023
Spanish Tuna Salad



July 13, 2023
Greek Pasta Salad



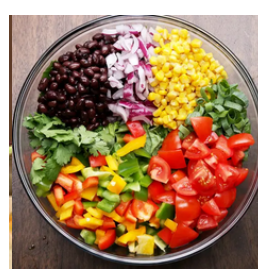
July 20, 2023
Curried Chicken Salad



July 27, 2023
Thai Noodle Salad



August 3, 2023
Tuna Salad Sandwiches with Fresh Veggies



August 10, 2023
Southwest Salad



August 17, 2023
Antipasto Chickpea Salad



August 24, 2023
Crunchy Mandarin Orange Salad

LEG Up!

Learning Experience Goals

Class Offering Thursday PM

July 6 - August 17, 2023

Virtual Baking

Welcome to virtual baking classes. You will need a laptop, tablet or phone to participate in these classes. A Zoom link and the recipes will be shared with you a week prior to each class.



July 6, 2023 2:00 PM - 3:00 PM

Chocolate Peanut Butter Stained-Glass Bars \$32.00

This retro no-bake treat makes multicoloured marshmallows the star.



July 13, 2023 2:00 PM - 3:00 PM

Shortbread Cookie Truffles \$32.00

Get your sprinkles ready....this no bake treat only needs 3 ingredients.



July 20, 2023 2:00 PM - 3:00 PM

No Bake Cherry Cheesecake \$32.00

No bake cherry cheesecake is a classic summer dessert.



July 27, 2023 2:00 PM - 3:00 PM

Chocolate Peanut Butter Crunch Bars \$32.00

A new twist on a Rice Krispie Squares featuring crushed pretzels.



August 3, 2023 2:00 PM - 3:00 PM

Nanaimo Bars \$32.00

Nanaimo Bars..... a no bake classic Canadian dessert.



August 10, 2023 2:00 PM - 3:00 PM

Pineapple Dream Dessert \$32.00

Cream cheese, pineapple, whipped cream and graham crackers...YUM!



August 17, 2023 2:00 PM - 3:00 PM

No Bake Death By Chocolate \$32.00

For serious chocoholics because they're rich, creamy and decadent.

LEG Up!

Learning Experience Goals

Class Offering Friday AM

July 7 - August 25, 2023

Summer Coffee Club



July 7, 2023 10:00 AM - 12:00 PM

World Chocolate Day \$32.00

Yum yum... let's taste, talk and learn about chocolate.



July 14, 2023 10:00 AM - 12:00 PM

Uno and Ice Cream \$32.00

Play Uno and enjoy some ice cream.



July 21, 2023 10:00 AM - 12:00 PM

Bingo and Popsicles \$32.00

Nothing better than Bingo and some cool treats on a summer day!



July 28, 2023 10:00 AM - 12:00 PM

International Friendship Day \$32.00

Let's celebrate our friendships and create a special gift to celebrate them!



August 4, 2023 10:00 AM - 12:00 PM

Uno and Ice Cream \$32.00

Play Uno and enjoy some ice cream!



August 11, 2023 10:00 AM - 12:00 PM

Sand Castles \$32.00

Can't get to the beach? Want to make some sandcastles? then join this class!



August 18, 2023 10:00 AM - 12:00 PM

Bingo and Freezies \$32.00

Nothing better than Bingo and some cool treats on a summer day!



August 25, 2023 10:00 AM - 12:00 PM

What's in Season - Our Farm \$32.00

Check out the veggies that are in season at Our Farm. We will sample the veggies and learn ways to add them to the menu.

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.



Christmas Colouring Shirt with JJ Woven **Saturday July 22, 2023**

1:00 PM - 3:00 PM

\$50.00

Location: LEG Up! Classroom 109 Ottawa St. S Unit D
Celebrate Christmas in July and colour a t-shirt in this weekend activity.



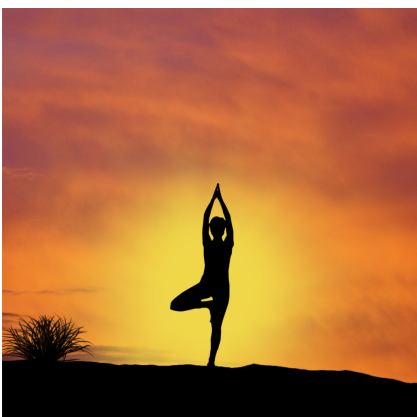
Music in the Park with Brad

July 13, 2023

6:00 PM - 8:00 PM

\$32.00

Location: LEG Up! Classroom 109 Ottawa St.
Join Brad for this outdoor music event. Meet at LEG Up! and walk over together to Rockway gardens. Snacks and drinks provided.



Yoga

Thursday July 13, 2023

2:00 PM - 4:00 PM

\$35.00

Location: Training Room KWH 99 Ottawa St.
Join Kim in this workshop to learn yoga basics: breathing, poses and mindfulness. We will sample a healthy snack.



Music in the Park with Brad

August 16, 2023

6:00 PM - 8:00 PM

\$32.00

Location: LEG Up! class room 109 Ottawa St
Join Brad for this outdoor music event. Meet at LEG Up! and we'll walk together to Rockway Gardens. Snacks and drinks provided.



Resin Key Chain with JJ Woven

Saturday August 19, 2023

1:00 PM - 3:00 PM

\$40.00

Location: LEG Up! Classroom 109 Ottawa St. S Unit D
Make this fun and very cute key chain in this weekend activity.

