

## **NEW** Myths and Monsters

**Monday September 11 - October 23, 2023**

10:00 AM - 12:00 PM

\$195.00 6-week course

**Location:** LEG Up! Classroom 109 Ottawa St. Unit D

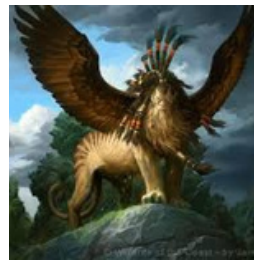
What is the truth behind famous creatures and legendary monsters?

In this class students will learn about new mythological creatures or monsters each week. We will discuss the stories and fables surrounding the creature, possible scientific explanations and decide if they are science fiction or science fact.

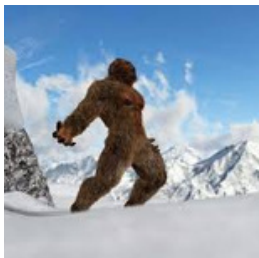
## **No Class: September 4 , October 9**



September 11, 2023  
**Sprites, Faeries and Pixies**



September 18, 2023  
**Mythological  
Creatures of Ancient  
Greece and Rome**



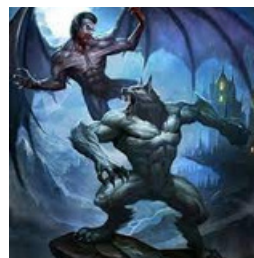
September 25, 2023  
**Abominable  
Snowman and Bigfoot**



October 2, 2023  
**Unicorns, Pegasi  
and Gryphons**



October 16, 2023  
**Gnomes, Goblins  
and Elves**



October 23, 2023  
**Werewolves,  
Vampires, and  
Zombies**

## Fall Harvest Baking

**Monday September 11 - October 23, 2023**

1:00 PM - 3:00 PM

\$195.00 6-week course

**No Class September 4, October 9**

**Location:** LEG Up! Classroom 109 Ottawa St. Unit D

Join your friends at LEG Up! and bake with fruits and vegetables from the fall harvest..... carrots, apples, pumpkins and more.



September 11, 2023  
**Pear Galette with  
Flaky Crust**



September 18, 2023  
**Chocolate  
Zucchini Brownies**



September 25, 2023  
**Easy Apple  
Turnovers**



October 2, 2023  
**Carrot Cake Muffins**



October 16, 2023  
**Cranberry  
Cream Cheese  
Braid**



October 23, 2023  
**Pumpkin Roll**



## Cooking Around the World 3 Course Times

**Monday September 11 - October 23, 2023**

4:00 PM - 6:00 PM

\$195.00 6-week course

**No Class September 4, October 9**

**Location:** LEG Up! Classroom 109 Ottawa St. Unit D

**\*\*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 hangout! Choose the day that works for you, there are three course dates to choose from. Dessert is included!



September 11, 2023  
**Travel to Mexico**  
Enchilada Casserole  
and Guacamole



September 18, 2023  
**Travel to Lebanon**  
Falafel Pitas and  
Tabouleh Salad



September 25, 2023  
**Travel to India**  
Butter Chicken and  
Basmati Rice



October 2, 2023  
**Travel to France**  
Quiche Lorraine  
and Garden Salad



October 16, 2023  
**Travel to the Thailand**  
Pad Thai



October 23, 2023  
**Travel to Italy**  
Stuffed Shells and  
Caesar Salad







## **NEW!** Creative Writing

**Tuesday September 5 - October 24, 2023**

10:00 AM - 12:00 PM

\$255.00 8-week course

**Location:** LEG Up! Classroom 109 Ottawa St.  
Unit D

Build your writing skills in this practical writing class. We will learn how to write letters and emails. We will practice personal journaling, create a gratitude journal and have fun with poetry.



## **NEW!** Music for Mindfulness and Meditation

**Wednesday September 6 - October 25, 2023**

1:00 PM - 3:00 PM

\$255.00 8-week course

**Location:** LEG Up! Classroom 109 Ottawa St.  
Unit D

Learn mindfulness and meditation techniques to music to relieve stress and relax. Evidence suggest music can help calm your nervous system and lower cortisol levels, both of which can help reduce stress and anxiety.



## Cooking Around the World **3 Course Times**

**Tuesday September 5 - October 24, 2023**

4:00 PM - 6:00 PM

\$255.00 8-week course

**Location:** LEG Up! Classroom 109 Ottawa St. Unit D

**\*\*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 hangout! Choose the day that works for you, there are three course dates to choose from. Dessert is included!



September 5, 2023  
**Travel to Greece**  
Chicken Souvlaki  
and Greek Salad



September 12, 2023  
**Travel to Mexico**  
Enchilada Casserole  
and Guacamole



September 19, 2023  
**Travel to Lebanon**  
Falafel Pitas and  
Tabouleh Salad



September 26, 2023  
**Travel to India**  
Butter Chicken and  
Basmati Rice



October 3, 2023  
**Travel to France**  
Quiche Lorraine  
and Garden Salad



October 10, 2023  
**Travel to Germany**  
Octoberfest Sausage  
and Coleslaw



October 17, 2023  
**Travel to the Thailand**  
Pad Thai



October 24, 2023  
**Travel to Italy**  
Stuffed Shells and  
Caesar Salad



## S.A.F.E.

**Wednesday September 6 - October 25, 2023**

10:00 AM - 12:00 PM

\$255.00 8-week course

**Location:** LEG Up! Classroom 109 Ottawa St  
Unit D.

### **Safety Awareness For Everyone (S.A.F.E.)**

will build your learning about all the parts of being safe in your personal life and community. By the end of this course, participants will have a better understanding of the following topics:

September 6, 2023

#### **What is Safety?**

Discuss all the parts of safety and assess how to be safe in your life.

September 13, 2023

#### **Who are my Safe People?**

List and label the roles people have in your personal life.

September 20, 2023

#### **Safety Rights and Privacy**

Discover your rights and learn about how your privacy matters.

September 27, 2023

#### **Abuse Awareness**

Understand the different kinds of abuse as well as learn how to seek help if you need it.

October 4, 2023

#### **Personal Safety and Consent**

Learn safety techniques for your personal life and discuss the importance of consent.

October 11, 2023

#### **Kitchen Safety**

Build skills for safe food handling, knife skills and using your appliances.

October 18, 2023

#### **First Aid and Emergency Safety**

Create a basic first aid kit as well as discuss who to call in an emergency.

October 25, 2023

#### **Workplace Safety**

Discover what you need to know to be safe in your work environment.



## Abuse Prevention Education Wednesday September 6 - November 1, 2023

10:00 AM - 12:00 PM

\$255.00 8-week course

**Location:** Creation Station 3rd floor  
KW Habilitation 99 Ottawa St. S

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

**No Class September 27**

September 6, 2023

### Understand Yes and No Feelings

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

September 13, 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.

September 20, 2023

### Boundaries

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

October 4, 2023

### How to be Assertive

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

October 11, 2023

### My Rights and Responsibilities

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

October 18, 2023

### Decision-Making

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

October 25, 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.

November 1, 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.



## Cooking Around the World **3 Course Times**

**Wednesday September 6 - October 25, 2023**

4:00 PM - 6:00 PM

\$255.00 8-week course

**Location:** LEG Up! Classroom 109 Ottawa St. Unit D

**\*\*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 hangout! Choose the day that works for you, there are three course dates to choose from. Dessert is included!



September 6, 2023  
**Travel to Greece**  
Chicken Souvlaki  
and Greek Salad



September 13, 2023  
**Travel to Mexico**  
Enchilada Casserole  
and Guacamole



September 20, 2023  
**Travel to Lebanon**  
Falafel Pitas and  
Tabouleh Salad



September 27, 2023  
**Travel to India**  
Butter Chicken and  
Basmati Rice



October 4, 2023  
**Travel to France**  
Quiche Lorraine  
and Garden Salad



October 11, 2023  
**Travel to Germany**  
Octoberfest Sausage  
and Coleslaw



October 18, 2023  
**Travel to the Thailand**  
Pad Thai

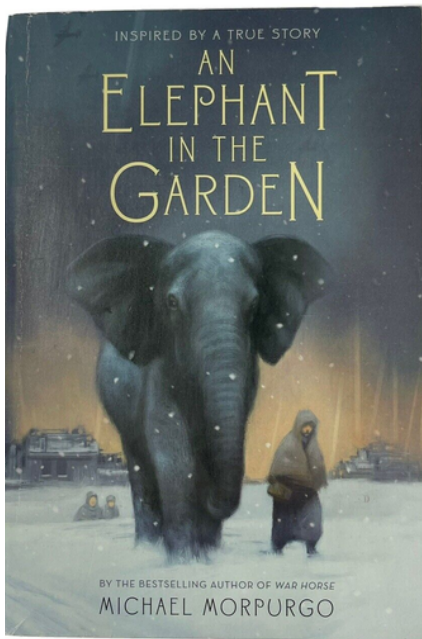


October 25, 2023  
**Travel to Italy**  
Stuffed Shells and  
Caesar Salad

# LEG Up!

Learning Experience Goals

Course Offering Thursday AM  
September 7 - October 26, 2023  
LEG Up! Book Club



## Book Club with LEG Up!

**Thursday September 7 - October 26, 2023**

10:00 AM - 12:00 PM

\$272.00 8-week course

(includes book and journal)

**Location:** Grant's Café KWH 99 Ottawa St. S

Be a part of Book Club at LEG Up! and read **An Elephant in the Garden** by **Michael Morpurgo**.

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](mailto:aboer@kwhab.ca)

September 7, 2023

### Introduction to Book Club

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

September 14, 2023

### Book Club Journal

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

September 21, 2023

### Characters

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

September 28, 2023

### Setting

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

October 5, 2023

### Historical Time Period

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

October 12, 2023

### Meaningful Quotes

Explore quotes in this book that really spoke to you.

October 19, 2023

### Summary

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

October 26, 2023

### Book Review

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

## Fall Harvest Baking

**Thursday September 7 - October 26, 2023**

10:00 AM - 12:00 PM

\$255.00 8-week course

**Location:** LEG Up! Classroom 109 Ottawa St. Unit D

Join your friends at LEG Up! and bake with fruits and vegetables from the fall harvest..... carrots, apples, pumpkins and more.



September 7, 2023  
**Baked Pumpkin Doughnuts**



September 14, 2023  
**Pear Galette with Flaky Crust**



September 21, 2023  
**Chocolate Zucchini Brownies**



September 28, 2023  
**Easy Apple Turnovers**



October 5, 2023  
**Carrot Cake Muffins**



October 12, 2023  
**Lemon Blueberry Bread**



October 19, 2023  
**Cranberry Cream Cheese Braid**



October 26, 2023  
**Pumpkin Roll**



# LEG Up!

Learning Experience Goals

Course Offerings Th, F, AM/ PM  
September 7 - October 27, 2023  
Sketching Thursday PM  
Healthy Habits Friday AM



## Drawing and Sketching with Marc Thursday September 7 - October 26, 2023

1:00 PM - 3:00 PM

\$255.00 8-week course

**Location:** LEG Up! Classroom 109 Ottawa St.  
Unit D

This class will cover different drawing subjects and techniques each week. We will learn about the tools such as types of pencils and paper. We will investigate how to use your hand to draw different shapes. We will learn different line weights and strokes used in drawing. The class will cover lighting, shadows, perspective, foreshortening and more.



## Healthy Habits

### Friday September 8 - October 27, 2023

10:00 AM - 12:00 PM

\$255.00 8-week course

**Location:** LEG Up! Classroom 109 Ottawa St.  
Unit D

This group will explore different ways to enjoy a healthy lifestyle. Each week we will walk on the Iron Horse Trail and practice chair yoga. Together we will decide what topics and recipes the group would like to learn about. This could include:

- learning to make nutritious snacks
- discover relaxation techniques to improve mental health

## 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.



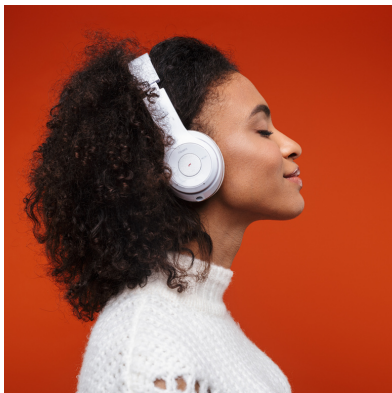
Photography: Flowers \$32.00

**Tuesday September 12, 2023**

1:00 PM - 3:00 PM

**Location:** LEG Up! Classroom 109 Ottawa St, Unit D

Let's take a walk over to Rockway Gardens and take some pictures with our cameras of the flowers in the gardens.



Mindful Music with Brad \$32.00

**Thursday September 14, 2023**

6:00 PM - 8:00 PM

**Location:** LEG Up! Classroom 109 Ottawa St. Unit D

Let's listen to great music and explore mindful practices for a peaceful mind.



Crewneck Sweater with JJ Woven \$50.00

**Saturday September 16, 2023**

1:00 PM - 3:00 PM

**Location:** LEG Up! Classroom 109 Ottawa St. Unit D

Come out and create your own crewneck sweater. These sweaters are perfect for the fall. Choose your sweater colour -- light grey or light pink and size on the Shop.



Movie Nite \$40.00

**Thursday September 21, 2023**

4:30 PM - 7:00 PM

**Location:** LEG Up! Classroom 109 Ottawa St. Unit D

Let's watch and discuss a movie with pizza and popcorn.





Learning Experience Goals

# Up!

Special Interest Classes  
September - October, 2023  
Evening and Weekends



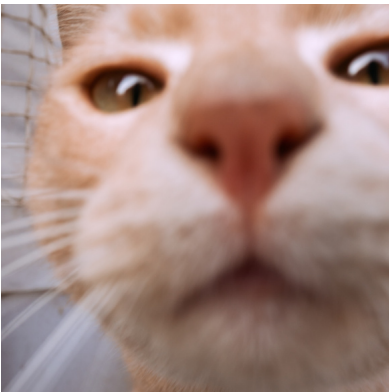
Photography: Fall Trees \$32.00

**Tuesday September 26, 2023**

1:00 - 3:00 PM

**Location:** LEG Up! Classroom 109 Ottawa St.,  
Unit D

Trees are different every season, let's look  
at a tree in fall.



Felines and Friends \$32.00

**Thursday October 19, 2023**

5:00 PM - 7:00 PM

**Location:** LEG Up! classroom 109 Ottawa St. Unit D  
Calling all cat lovers! Let's explore all about domestic  
cats. Learn the science of taking care of our feline  
friends. Come prepared to share your cat's picture  
and stories.



Halloween Cream Cheese Swirl Brownies \$ 32.00

**Thursday October 26, 2023**

6:00 PM - 8:00 PM

**Location:** LEG Up! classroom 109 Ottawa St. Unit D  
Make brownies with a layer of rich, dark chocolate topped  
with a layer of orange cheesecake swirled together for a  
spooky Halloween treat.



Fall Spinners with JJ Woven \$40.00

**Saturday October 28, 2023**

1:00 PM - 3:00 PM

**Location:** LEG Up! Classroom 109 Ottawa St. Unit D  
Come out and create a wind spinner. Indoor and  
outdoor art decoration, This beautiful outdoor wind  
spinner provides a sparkling decorative display.



Snow Globe Tumblers JJ Woven \$50.00

**Saturday November 18, 2023**

1:00 PM - 3:00 PM

**Location:** LEG Up! Classroom 109 Ottawa St. Unit D  
Back by popular demand!! Make your own snow globe  
tumbler in this class.