

This program is made possible by the Miriam Foundation through the generous support of the Azrieli Foundation.

Recreation and leisure activities are a critical dimension of the quality of life for all people, including people with developmental disabilities – an often-forgotten segment of the population. They are a vehicle through which people have fun, meet new friends, and develop skills and competencies. Adult Leisure programs were launched by Miriam Intervention (Gold Centre) in November 2011 and are made possible by the Miriam Foundation through the generous and ongoing support of the Azrieli Foundation.

RESPONSIBILITIES OF HOME OR CASE MANAGER OF THE PARTICIPANTS:

- To ensure that all information forms are completely filled out before the start date of the program and that animators are made aware of any changes promptly.
- To ensure that any new medication regimes or changes to them are conveyed orally and in writing to the animators of the group.
- To ensure that each participant comes dressed in clothing appropriate for the weather and activity.
- To ensure that no participant comes when sick, ill, or feverish.
- To ensure that each participant is carrying complete and up-to-date identification.
- To arrange all transportation to and from the program location
- To ensure that each participant comes to the activity with bus tickets, pass or taxi tickets, needed to safely return home.
- In cases where Adapted Transport is being organized, to ensure that a participant does not arrive more than 15 minutes before the group begins and does and does not leave more than 15 minutes after the activity has ended.
- To provide the animators of the group with replacement emergency telephone numbers, if needed.

AZRIELI ADULT LEISURE PROGRAM

2024 WINTER-SPRING SESSION

POLICIES:

The registration period runs from January 8 to 12 and the **deadline to submit forms is January 12, 2024.**

Registration forms and payment must be submitted in full before the deadline or participants will not be allowed to join.

Payment can be made either by cheque, credit card, or e-transfer; cash payments will no longer be accepted (please speak to Nina if this is an issue).

Payment will NOT be accepted before January 8, 2024 and when handed in, **must** be sent with the registration form to secure a place. *Only hard copies of the registration form will be accepted; please do not e-mail or scan.*

Groups may be cancelled due to insufficient registrants.

Participants must always carry photo ID with them.

There will be no groups on the following days:

March 29, 30, 31 and April 1 – Easter

April 22 and 23 – Passover

May 18, 19 and 20 – National Patriots' Day / Victoria Day weekend

INFORMATION AND REGISTRATION:

Nina Chepurniy


514 345 8330 ext. 203

ninac@goldlearningcentre.com

AZRIELI ADULT LEISURE PROGRAM

2024 WINTER-SPRING SESSION

SCHEDULE

<div>  <div>Winter-Spring 2024 LEISURE SCHEDULE</div> </div>						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					COFFEE CLUB 9-11 AM	COFFEE CLUB 9-11 AM
					BAKING CLUB 9:30-12:30 MF	BREAKFAST CLUB 10-12
						COOKING CLUB 9:30-12:30 MF
						MUSEUM VISITS 1-4 PM
					COFFEE CLUB 1-3 PM	COFFEE CLUB 1-3 PM
	YOGA CLUB 6-7 PM MF	RECORDING SOUND CLUB 6-8 PM MF	SWIMMING 5-6 PM YM-YWHA		CINEMA OUTINGS 1-4 PM CDN PLAZA	PUZZLE CLUB 1-3 PM MF
BINGO CLUB 6-8 PM MF	LES BRICOLEURS 6-8 PM MF	FRENCH LANGUAGE 6-8 PM MF	BOARD GAMES 6-8 PM MF		BAKING CLUB 1-4 PM MF	COOKING CLUB 1:30-4:30 PM MF
MOVIE CLUB 6-9 PM MF	BOWLING 6-8 PM ROSE BOWL	BOWLING 6-8 PM ROSEBOWL	NCBC 6-8 PM CONCORDIA		GOOD ROCKIN' TONIGHT 7-9 PM MF	CINEMA OUTINGS 1-4 PM CDN PLAZA
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AZRIELI ADULT LEISURE PROGRAM

2024 WINTER-SPRING SESSION

PROGRAMMING

BAKING CLUB – SATURDAYS, FEBRUARY 3 TO JUNE 22, 2024

Baking is often thought of as being a very skilled talent. However, with proper instruction, the joy of baking can be very accessible. Baking is also a very relaxing and enjoyable activity, particularly when done with friends. For many adults with special needs, baking is not easily accessible. The baking club will combine the enjoyment of baking with teaching cooking skills and nutrition. In this club, participants will prepare one or two baked goods together.

THE OBJECTIVES OF THE BAKING CLUB:

- To provide participants with the opportunity to learn basic cooking skills.
- To provide the opportunity to learn about how to prepare nutritious alternatives to traditional baked goods.
- To provide the opportunity for participants to cook in a safe and supported environment where their confidence and autonomy are encouraged.
- To have the opportunity to participate in decision making in terms of menu planning.
- To socialize in a supportive, peer group.
- To develop inter-dependant friendships with the other members of the group and a sense of community.
- To provide participants with skills they can use on their own.
- To have fun doing all the above.

THE CRITERIA FOR PARTICIPATING IN THE BAKING CLUB:

- Participants will be 18 years or older.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animator.
- Participants must be able to participate in a group with a staff ratio of one animator to 6 participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.
- Participants must have social skills that allow them to travel safely on public transportation or with TA, to integrate into activities in the group without interfering with the enjoyment of others and to interact with the animator of the group.

SCHEDULE AND FEES:

- The Baking Club will meet at the Miriam Foundation, 5703 Ferrier every Saturday for 21 weeks, beginning February 3, 2024 and until June 22, 2024.
- Two baking clubs will be offered, either 9:30 AM to 12:30 PM or 1:00 to 4:00 PM.
- The cost of participation is \$40.00.
- The group will need a minimum of 4 participants and a maximum of 6.

AZRIELI ADULT LEISURE PROGRAM

2024 WINTER-SPRING SESSION

PROGRAMMING

BINGO CLUB –

MONDAYS, FEBRUARY 5 TO JUNE 17, 2024

Playing Bingo is a very popular pass-time and seems to be more popular than ever. This group will play several games throughout the course of the evening. A light snack and refreshment will be served. This activity would also provide an opportunity for participants to socialize with their peers in an informal setting—to simply “hang out” on a weeknight and enjoy one another’s company.

THE OBJECTIVES OF THE BINGO CLUB:

- To have the opportunity to learn to play bingo in a supportive group, with peers in an informal setting.
- To socialize in a supportive peer group.
- To develop inter-dependant friendships with the other members of the group.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATING IN THE BINGO CLUB:

- Participants will be 18 years or older.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must be able to participate in a group with a staff ratio of one animator to ten participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.
- Participants must have social skills that allow them to travel safely on public transportation or with TA, to integrate into activities in the group without interfering with the enjoyment of others and to interact with the animators of the group.

SCHEDULE AND FEES:

- The Bingo group will begin on Monday, February 5, 2024, and continue for 21 weeks until Monday, June 17, 2024.
- The group will run from 6:00 to 8:00 PM at the Miriam Foundation (5703 Ferrier).
- The cost to participate is \$40.00.
- The group will need a minimum of 6 participants and a maximum of 10.

AZRIELI ADULT LEISURE PROGRAM

2024 WINTER-SPRING SESSION

PROGRAMMING

BOARD GAMES GROUP –

THURSDAYS, FEBRUARY 1 TO JUNE 20, 2024

Playing board games is a very popular pastime and seems to be more popular than ever. The participants in this group will be introduced to a wide variety of popular as well as traditional board games. The group will spend time learning about a new board game and then playing it. A light snack and refreshments will be served. This activity would also provide an opportunity for participants to socialize with their peers in an informal setting—to simply “hang out” on a weeknight and enjoy one another’s company.

THE OBJECTIVES OF THE BOARD GAMES GROUP:

- To have the opportunity to learn to play new board games in a supportive group, as well as to play old favourites, with a group of peers in an informal setting.
- To socialize in a supportive peer group.
- To have the opportunity to participate in decision making, as well as turn-taking, in terms of board game choices.
- To develop inter-dependant friendships with the other members of the group.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATING IN THE BOARD GAMES GROUP:

- Participants will be 18 years or older.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must be able to participate in a group with a staff ratio of one animator to eight participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.
- Participants must have social skills that allow them to travel safely on public transportation or with TA, to integrate into activities in the group without interfering with the enjoyment of others and to interact with the animators of the group.

SCHEDULE AND FEES:

- The Board Games group will begin on Thursday, February 1, 2024, and continue for 21 weeks until Thursday, June 20, 2024.
- The group will run from 6:00 to 8:00 p.m. at Miriam Foundation, 5703 Ferrier.
- The cost to participate is \$40.00.
- The group will need a minimum of 6 participants and a maximum of 10 participants.

AZRIELI ADULT LEISURE PROGRAM

2024 WINTER-SPRING SESSION

PROGRAMMING

BOWLING CLUB –

TUESDAYS, JANUARY 30 TO JUNE 18, 2024 & WEDNESDAYS, JANUARY 31 TO JUNE 19, 2024

Bowling is a great and fun activity, enjoyed by all ages and abilities. Bowling provides the opportunity to be physically active as well as to socialize with new and old friends. The Bowling Club will run like a real league, with the group enjoying a friendly competition amongst themselves. The group will play three games together, per evening.

THE OBJECTIVES OF THE BOWLING CLUB:

- To develop and to practice the skills of cooperation and collaboration with others.
- To interact effectively and supportively with the other group members.
- To interact effectively with the animators of the group.
- To develop inter-dependant friendships with the other members of the group.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATION IN THE BOWLING CLUB:

- Participants will be 18 or older.
- Participants must have verbal and social skills that will enable them to participate in a group without interfering with the enjoyment of others in the group.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must be able to participate in a group with a staff ratio of two animators to 12 participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.

SCHEDULE AND FEES:

- The Bowling Club will begin on either Tuesday, January 30 or Wednesday, January 31, 2024, and run for 21 weeks until June 18 or 19, 2024.
- The group will meet at the Rose Bowl, 6510 rue St. Jacques; the group will run from 6:00 to 8:00 pm.
- The cost of participation is \$60.00.
- Each group will need a minimum of 6 participants and a maximum of 12 participants.

AZRIELI ADULT LEISURE PROGRAM

2024 WINTER-SPRING SESSION

PROGRAMMING

BREAKFAST CLUB – SUNDAYS, JANUARY 28 TO JUNE 23, 2024

For most people, the weekends are times when we socialize with friends and do things at a more relaxed pace than during the week. This Breakfast Club is an opportunity for participants to socialize with their peers and to learn about various parts of Montreal, while enjoying a very typical weekend activity—brunch. The groups will try out various breakfast restaurants in the Montreal area.

THE OBJECTIVES OF THE BREAKFAST CLUB:

- To provide an opportunity for a weekend outing in an informal and semi-structured way.
- To develop inter-dependent friendships with the other members of the group.
- To provide a fun weekend activity.
- To develop and to practice appropriate social behaviours in the community.
- To provide opportunities for positive social integration.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATING IN THE BREAKFAST CLUB:

- Participants will be 18 years or older.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must be able to participate in a group with a staff ratio of one animator to four participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.
- Participants must have social skills that allow them to travel safely on public transportation or with TA, to integrate into activities in the community without interfering with the enjoyment of others and to interact with the animators of the group.

SCHEDULE AND FEES:

- The Breakfast Club will begin on Sunday, January 28, 2024, and run for 21 weeks until June 23, 2024.
- The groups will meet from 10:00 am to 12:00 pm.
- The cost to participate is \$40.00; **participants should also bring between \$15-20 per outing to pay for their own breakfast, including tip.**
- These groups will need a minimum of 3 participants and a maximum of 4.

AZRIELI ADULT LEISURE PROGRAM

2024 WINTER-SPRING SESSION

PROGRAMMING

LES BRICOLEURS GROUP – TUESDAYS, JANUARY 30 TO JUNE 18, 2024

Art is a powerful force in our world, capturing depth of emotion and speaking to people across cultures and times. It not only allows us to experience what an artist thinks and feels but also allows us to convey our own feelings and emotions. The incredible power of art is that it is accessible to anyone. Everyone's expression is unique and tells their story. A Bricoleur is someone who creates using whatever materials are available. Our Bricoleurs will make art as they see and feel it, working on a variety of arts and craft projects, and exploring a wide array of art materials and methods through the wonderful process of artmaking. Travel to and from the Miriam Foundation will be organized by the home or case manager, or by the participants themselves.

THE OBJECTIVES OF LES BRICOLEURS GROUP:

- To provide participants with the opportunity to learn a variety of art methods and techniques.
- To provide the opportunity for participants to use various art techniques to express themselves.
- To socialize in a supportive, peer group.
- To develop inter-dependant friendships with the other members of the group and a sense of community.
- To provide participants with skills they can use on their own.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATING IN LES BRICOLEURS GROUP:

- Participants will be 18 years or older.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animator.
- Participants must be able to participate in a group with a staff ratio of 2 animator to 10 participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.
- Participants must have social skills that allow them to travel safely on public transportation or with TA, to integrate into activities in the group without interfering with the enjoyment of others and to interact with the animator of the group.

SCHEDULE AND FEES:

- Les Bricoleurs group will begin on Tuesday, January 30, 2024, and run for 21 weeks until Tuesday, June 18, 2024.
- The group will run from 6 to 8 pm at the Miriam Foundation (5703 Ferrier).
- This group will need a minimum of 6 participants and a maximum of 10.
- This group will cost \$40.00.

CINEMA OUTINGS GROUP – SATURDAYS, FEBRUARY 3 TO JUNE 22 & SUNDAYS, JANUARY 28 TO JUNE 23, 2024

Going out to the movies with friends is a very typical and very enjoyable weekend activity. It is a great way to meet and catch up with friends and to see a movie in the theatre. Often, however, our participants do not have a chance to or are not able to coordinate seeing movies in groups.

This group will provide the chance for movie-lovers to get together on the weekend to see a matinee. The group will meet on Sunday afternoons at a local cinema. Here they will decide the film they will watch together. Afterward they may decide to hang out and discuss the movie they just watched. Movie tickets will be provided.

THE OBJECTIVES OF THE CINEMA OUTINGS GROUP:

- To provide a weekend activity for participants to do in a group, sharing their common interest.
- To encourage the building of interdependent friendships with the other members of the group.
- To develop and practice the skills of cooperation and collaboration with others in deciding on a film.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATION IN THE CINEMA OUTINGS GROUP:

- Participants will be 18 or older.
- Participants must be able to interact effectively with the members and the animator of the group.
- Participants must have verbal and social skills that will enable them to participate without interfering with the enjoyment of others in the group.
- Participants must be able to use a public toilet securely and independently.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and directions given to them by the animator.
- Participants must be able to get to the designated cinema on their own, either by Adapted Transport or by public transportation.
- Participants must be able to be in crowds without any behavioural or medical demands.
- Participants must be able to participate in a group with a ratio of 1 animator to 10 participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.
- Participants to bring money for snacks if they want.

SCHEDULE AND FEES:

- Two Cinema Outings Group will be offered, beginning either Sunday, January 28, 2024 or Saturday, February 3, 2024, and will run for 21 weeks until June 22 or 23, 2024.
- The group will meet at around 1:00 pm until about 4:00 pm at the Cote-des-Neiges Cinema (Canadian Tire entrance).
- The cost of participation is \$60.00.
- This group will need a minimum of 6 and a maximum of 12 participants.

AZRIELI ADULT LEISURE PROGRAM

2024 WINTER-SPRING SESSION

PROGRAMMING

COFFEE CLUB –

2 GROUPS SATURDAYS, FEBRUARY 3 TO JUNE 22, 2024 & 2 GROUPS SUNDAYS, JANUARY 28 TO JUNE 23, 2024

Often, in the lives of our participants, weekends can be very long periods of time without much activity. Particularly for participants who are not very physically active, Saturday and Sunday can be a period when no organized or scheduled activities take place. For participants who depend on Adapted Transport and assistance in coordinating and overseeing their activities, weekends can be even more challenging and a frustratingly lonely time. Simply going out for coffee can be a highlight of the weekend for people who are not as active but who still enjoy social outings. Together with the animator, the group will decide whether they will meet at the same coffee shop each week or visit a new café each time.

THE OBJECTIVES OF THE COFFEE CLUB:

- To provide an opportunity for a weekend outing in an informal and semi-structured way.
- To develop inter-dependent friendships with the other members of the group.
- To provide a fun weekend activity.
- To develop and to practice appropriate social behaviours in the community.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATING IN THE COFFEE CLUB:

- Participants will be 18 years or older.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must be able to participate in a group with a staff ratio of one animator to four participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.
- Participants must have social skills that allow them to travel safely on public transportation or with Adapted Transport, to integrate into activities in the community without interfering with the enjoyment of others and to interact with the animators of the group.
- Participants are to bring with them enough money to purchase a beverage and snack, if so desired.

SCHEDULE AND FEES:

- Different Coffee Clubs will meet on either Saturdays or Sundays, from 9:00 to 11:00 AM or from 1:00 to 3:00 PM.
- The Sunday groups will begin on January 28, 2024, and the Saturday groups on February 3, 2024. Each Coffee Club will meet once a weekend for 21 weeks until June 22 or 23, 2024.
- Cost for participation will be \$40.00. In addition, participants must bring money each week to purchase their own beverage and snack, if desired.
- Each group will need a minimum of 3 participants and a maximum of 4.

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2024 WINTER-SPRING SESSION

PROGRAMMING

COOKING CLUB – SUNDAYS, JANUARY 28 TO JUNE 23, 2024

Many people consider cooking to be a very relaxing and enjoyable activity, particularly when done with friends. However, for many adults with special needs, cooking is not common at all, with many meals consisting of frozen dinners. The cooking club combines the enjoyment of cooking with teaching cooking skills and nutrition. In this club, participants will prepare a meal together and then sit down to enjoy the fruits of their labour. They will also have prepared enough food to take a meal home to have the next day. The participants will prepare a menu together, and will also learn about preparing a balanced meal, about the food groups, and healthy eating.

THE OBJECTIVES OF THE COOKING CLUB:

- To provide participants with the opportunity to learn basic cooking skills.
- To provide the opportunity to learn about nutritious eating and menu planning.
- To provide the opportunity for participants to cook in a safe and supported environment where their confidence and autonomy are encouraged.
- To have the opportunity to participate in decision making in terms of menu planning.
- To socialize in a supportive, peer group.
- To develop inter-dependant friendships with the other members and a sense of community.
- To provide participants with skills they can use on their own.
- To provide participants with a home-cooked meal they can take home and enjoy.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATING IN THE COOKING CLUB:

- Participants will be 18 years or older.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must be able to participate in a group with a staff ratio of one animator to 6 participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.
- Participants must have social skills that allow them to travel safely on public transportation or with TA, to integrate into activities in the group without interfering with the enjoyment of others and to interact with the animators of the group.

SCHEDULE AND FEES:

- Two Cooking Clubs will be offered beginning on Sunday, January 28, 2024, and run for 21 weeks until Sunday, June 23, 2024.
- The group will meet at the Miriam Foundation, 5703 Ferrier.
- One group will run from 9:30 AM to 12:30 PM and the other from 1:30 to 4:30 PM.
- The cost of participation is \$60.00.
- The group will need a minimum of 4 participants and a maximum of 8.

DANCE MOVEMENT CLUB –

DATES AND TIMES TO BE CONFIRMED

Physical movement and expression are freeing experiences. Much joy and satisfaction come from being able to move around in a space, to exert and push yourself to your limits and beyond your expectations. However, being physically active is not always something our participants are able to do, have the opportunity to become involved with, or have access to. This group will offer a chance for participants to try out various movement styles and the self-expression they encourage.

THE OBJECTIVES OF THE DANCE MOVEMENT CLUB:

- To help participants develop a level of awareness of their physical abilities.
- To develop and practice dance related movements and skills.
- To develop and practice the skills of cooperation and collaboration with other group members.
- To interact effectively and supportively with the other group members and the animator.
- To develop inter-dependant friendships with the other members of the group and a sense of community.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATING IN THE DANCE MOVEMENT CLUB:

- Participants will be 18 years or older.
- Participants must be able to interact effectively with the other group members and with the animator and volunteers of the group.
- Participants must have verbal and social skills that will enable them to participate without interfering with the enjoyment of others in the group.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must be able to participate in a group with a staff ratio of 2 animators to 10 participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.
- Participants must come dressed in loose-fitting and comfortable clothes and either wear socks or indoor-only shoes.

SCHEDULE AND FEES:

- The Dance Movement Club from February 2nd and go to June 21st
- The group will meet at :
Les Grands Ballets Canadiens de Montreal, 1435 rue de Bleury, 4th floor, H3A 2H7
- The group will run from Fridays, from 6 to 7 pm.
- The cost of participation to be \$60.
- The group will need a minimum of 4 participants and a maximum of 10.

FRENCH LANGUAGE CLUB – WEDNESDAYS, JANUARY 31 TO JUNE 19, 2024

French is a beautiful language and we, living here in Montreal, encounter daily. Many people would love to learn to communicate in French but have never had this chance. The French Language club will provide this opportunity. The club will focus on learning practical, every day French vocabulary and expressions, as well as practicing typical language interactions through role-play, word games, watching TV episodes, listening to French music, and by engaging in various activities, from baking to board games, having coffee and reading.

THE OBJECTIVES OF THE FRENCH LANGUAGE CLUB:

- For the participants to have the opportunity to learn some basic French language phrases and vocabulary.
- To socialize in a supportive peer group.
- To have the opportunity to participate in activities that encourage learning.
- To develop inter-dependent friendships with the other members of the group.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATION IN THE FRENCH LANGUAGE CLUB:

- Participants will be 18 or older.
- Be a beginner French language learner so that the group is more or less at the same level.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must have social skills that allow them to travel safely on public transportation or with TA, to integrate into activities in the group without interfering with the enjoyment of others and to interact with the animators of the group.
- Participants must be able to participate in a group with a staff ratio of 1 animator to 5 participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.

SCHEDULE AND FEES:

- The French Language Club will begin on Wednesday, January 31, 2024, and run for 21 weeks until Wednesday, June 19, 2024.
- The group will meet at the Miriam Foundation, 5703 Ferrier, from 6:00 to 8:00 PM.
- The cost of participation is \$40.00.
- This group will need a minimum of 4 participants and a maximum of 5 participants.

GOOD ROCKIN' TONIGHT – SATURDAYS, FEBRUARY 3 TO JUNE 22, 2024

Going out dancing is great fun. Everyone enjoys meeting up with friends and having a good time. Good Rockin' Tonight is a weekly dance party where new and old friends get to enjoy great music (we have our own DJ!), lots of dancing and some light snacks and refreshments.

THE OBJECTIVES OF GOOD ROCKIN' TONIGHT:

- For the participants to practice their social skills in a social setting.
- To interact effectively with the other group members and with the animators of the group.
- To develop and to reinforce inter-dependent friendships with the other members of the group.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATION IN GOOD ROCKIN' TONIGHT:

- Participants must be 18 or older.
- Participants must be physically able to get from place to place with only minimal assistance from the animators.
- Participants must have social skills that allow them to integrate into the group without interfering with the enjoyment of others and interact cooperatively with the group animators.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must not have behaviours that consistently will prevent them or the group from participating in planned activities or that demand one-to-one attention from the animators.
- Participants must be able to participate in a loosely structured group in a secure setting with a staff ratio of two animators to thirty-five or more participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.
- Participants must be independent in their eating and drinking.
- To participate in the activities or to sit them out without disruption.
- To respond to the suggestions and direction of the animators and to comply with the safety and security rules and to stay within the allotted areas of the building in all situations.

SCHEDULE AND FEES:

- Good Rockin' Tonight will begin on Saturday, February 3, 2024, and run for 21 weeks until Saturday, June 22, 2024.
- The group will meet at the Miriam Foundation, 5703 Ferrier, from 7:00 - 9:00 PM.
- The cost of participation is \$60.00.
- This group will need a minimum of 20 participants and a maximum of 45.

AZRIELI ADULT LEISURE PROGRAM

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PROGRAMMING

MOVIE CLUB –

MONDAYS, JANUARY 29 TO JUNE 17, 2024

Watching movies is often a very common pastime for adults with special needs. However, exposure to interesting films, which would provide the chance for discussion, is not often incorporated into this activity. This group would encourage participants to become active movie-watchers rather than simply being passive watchers. The group would spend time deciding what movies they would watch, thereby giving their interests a voice. This activity would also provide an opportunity for participants to socialize with their peers in an informal setting—to simply “hang out” on a weeknight and enjoy one another’s company.

THE OBJECTIVES OF THE MOVIE CLUB:

- To have the opportunity to view short films, Canadian movies, and old favourites and have the chance to discuss these.
- To socialize in a supportive, peer group.
- To have the opportunity to participate in decision making in terms of viewing choices.
- To develop inter-dependant friendships with the other members of the group.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATING IN THE MOVIE CLUB:

- Participants will be 18 years or older.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must be able to participate in a group with a staff ratio of two animators to ten or more participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.
- Participants must have social skills that allow them to travel safely on public transportation or with TA, to integrate into activities in the group without interfering with the enjoyment of others and to interact with the animators of the group.

SCHEDULE AND FEES:

- The Movie Club will begin on Monday, January 29, 2024, and continue for 21 weeks until Monday, June 17, 2024.
- The group will meet at the Miriam Foundation, 5703 Ferrier, and run from 6:00 to 9:00 PM.
- The cost to participate is \$40.00.
- The group will need a minimum of 10 participants and a maximum of 20.

MUSEUM VISITS CLUB – SUNDAYS, JANUARY 28 TO JUNE 23, 2024

Montreal is definitely a museum town, with over 50 museums! From fine arts to glassblowing, from science to animals, the variety is incredible. Additionally, most museums offer an educational component, from recreating a painting, to hands-on science experiments. Spending time exploring artwork or various artifacts in the company of friends is a classic weekend activity.

THE OBJECTIVES OF THE MUSEUM VISITS CLUB:

- To provide participants with the opportunity to explore the various museums, galleries, and other centers of the city of Montreal.
- To provide the opportunity for participants to experience all that these museums and centers have to offer.
- To socialize in a supportive peer group.
- To develop inter-dependent friendships with the other members of the group and a sense of community.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATING IN THE MUSEUM VISITS CLUB:

- Participants will be 18 years or older.
- Participants must have receptive verbal skills that will enable them to participate without interfering with the enjoyment of others and to be able to comprehend and respond to information and direction given to them by the animator.
- Participants must be able to participate in a group with a staff ratio of 2 animators to 6 participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.
- Participants must have social skills that allow them to travel safely on public transportation or with TA, to integrate into activities in the group without interfering with the enjoyment of others and to interact with the animators of the group.

SCHEDULE AND FEES:

- The Museum Visits Club will begin on Sunday, January 28, 2024, and continue for 21 weeks until Sunday, June 23, 2024.
- The group will run from 1:00 to 4:00 PM, meeting at various museums.
- The cost to participate is \$60.00.
- The group will need a minimum of 4 participants and a maximum of 6.

NEXT CHAPTER BOOK CLUB – **THURSDAYS, FEBRUARY 1 TO JUNE 20, 2024**

Book clubs are a very popular pastime for many people, as is simply reading for pleasure. The interest in and ability to read of our participants is often over-looked. This Montreal branch of the Next Chapter Book Club, which originated from Ohio State University (<http://chaptersahead.org/what-we-do/next-chapter-book-club/>), is a book club set up for adults with special needs, regardless of their reading abilities. The book club will read popular novels based on the interests of the participants and spend each weekly meeting reading and discussing the various novels.

THE OBJECTIVES OF THE NEXT CHAPTER BOOK CLUB:

- To read popular novels with assistance and to do so in the company of other people who enjoy reading and listening to stories.
- To develop and to practice the skills of cooperation and collaboration with others.
- To express opinions and ideas about a novel in a facilitated and supportive environment
- To support each other and the group as a whole by listening to the opinions of each other
- To interact effectively with the other group members.
- To interact effectively with the animator of the group.
- To develop inter-dependent friendships with the other members of the group.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATION IN THE NEXT CHAPTER BOOK CLUB:

- Participants will be 18 or older.
- Participants must have the verbal and social skills that will enable them to participate without interfering with the enjoyment of others in the group.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must be able to participate in a group with a ratio of 1 animator to 6 participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.

SCHEDULE AND FEES:

- The Next Chapter Book Club will begin on Thursday, February 1, 2024 and run for 21 weeks until Thursday, June 20, 2024.
- The group will meet at Concordia University, 1455 De Maisonneuve Blvd, from 6:00 to 8:00 PM.
- The cost of participation is \$60.00 and includes the cost of books and a drink.
- This group will need a minimum of 3 participants and a maximum of 5.

AZRIELI ADULT LEISURE PROGRAM

2024 WINTER-SPRING SESSION

PROGRAMMING

PUZZLE CLUB –

SUNDAYS, JANUARY 28 TO JUNE 23, 2024

Working on a puzzle is a very popular pastime. It is a challenge for one person or a group working on a puzzle together. This group will either work on one puzzle together or participants can also put together a puzzle on their own. A light snack and refreshments will be served. This activity would also provide an opportunity for participants to socialize with their peers in an informal setting—to simply “hang out” on a weeknight and enjoy one another’s company.

THE OBJECTIVES OF THE PUZZLE CLUB:

- To have the opportunity to challenge oneself in working on a puzzle in a supportive group of peers.
- To socialize in a supportive peer group.
- To develop inter-dependant friendships with the other members of the group.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATING IN THE PUZZLE CLUB:

- Participants will be 18 years or older.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must be able to participate in a group with a staff ratio of one animator to six participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.
- Participants must have social skills that allow them to travel safely on public transportation or with TA, to integrate into activities in the group without interfering with the enjoyment of others and to interact with the animator of the group.

SCHEDULE AND FEES:

- The Puzzle Club will begin on Sunday, January 28, 2024, and run for 21 weeks until Sunday, June 23, 2024.
- The group will run from 1:00 to 3:00 PM at the Miriam Foundation (5703 Ferrier).
- This group will need a minimum of 5 participants and a maximum of 8.
- This group will cost \$40.00

AZRIELI ADULT LEISURE PROGRAM

2024 WINTER-SPRING SESSION

PROGRAMMING

RECORDING SOUND CLUB – WEDNESDAYS, JANUARY 31 TO JUNE 19, 2024

Our memories are stimulated by the music we hear. Music surrounds us and moves us; it is the beat that most affects humans. Many people are greatly and positively impacted by music and beats, having a strong instinctive response to it. The Recording Sound Club will allow participants to explore various instruments and recording equipment, creating their own music. Participants will learn about beats and rhythms. They will work together or individually to create their own music, and, in general, participate in very lively, energetic musical jam-sessions.

THE OBJECTIVES OF THE RECORDING SOUND CLUB:

- To develop and to practice the skills of cooperation and collaboration with others.
- To support each other and the group as a whole by listening to the opinions and recollections of each other.
- To interact effectively with the other group members.
- To interact effectively with the animators of the group.
- To develop inter-dependant friendships with the other members of the group.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATING IN THE RECORDING SOUND CLUB:

- Participants will be 18 years or older.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and direction given to them by the animators.
- Participants must be able to participate in a group with a staff ratio of 2 animator to 6 participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.
- Participants must have social skills that allow them to travel safely on public transportation or with TA, to integrate into activities in the group without interfering with the enjoyment of others and to interact with the animators of the group.

SCHEDULE AND FEES:

- The Recording Sound Club will begin on Wednesday, January 31, 2024, and continue for 21 weeks until Wednesday, June 19, 2024.
- The group will run from 6:00 to 8:00 PM at Miriam Foundation, 5703 Ferrier.
- The cost to participate is \$60.00.
- The group will need a minimum of 6 participants and a maximum of 10.

AZRIELI ADULT LEISURE PROGRAM

2024 WINTER-SPRING SESSION

PROGRAMMING

SWIMMING GROUP –

THURSDAYS, FEBRUARY 1 TO JUNE 20, 2024

Swimming is a relaxing yet challenging activity, offering many health benefits as well as being a fun and refreshing exercise. Being comfortable in the water and, most importantly, safe is of paramount importance to thoroughly enjoying this activity. For people with either physical or intellectual disabilities who know how to swim, being able to regularly go for a swim is not always a possibility, yet the benefits and the obvious enjoyment resulting from this activity are countless. This group will provide participants with the opportunity to enjoy the water in a safe, supervised environment, while taking part in various, gentle organized activities. The fun of being in the water and the feeling of physical freedom that this allows will be strongly encouraged.

THE OBJECTIVES OF THE SWIMMING GROUP:

- To develop safety skills in the water and to practice these.
- To develop a level of awareness of the participants' own physical abilities.
- To engage in the enjoyment of being in the water with other members of the group.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATION IN THE SWIMMING GROUP:

- Participants will be 18 or older.
- Participants will either be able to swim well on their own, or, in the case of someone with a physical disability, be accompanied by a shadow.
- Participants must be able to put on their own swimsuits and change out of these at the end of the group with only minimal supervision from the animators.
- Participants must be able to interact effectively with the other group members and with the animators of the group.
- Participants must have verbal and social skills that will enable them to participate without interfering with the enjoyment of others in the group.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and directions given to them by the animator.
- Participants must be able to participate in a group with a ratio of 2 animators to 8 participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.

SCHEDULE AND FEES:

- The Swimming group will begin Thursday, February 1, 2024, and run for 21 weeks until Thursday, June 20, 2024.
- The group will meet at the YM-YWHA pool, 5400 Westbury (H3W 2W8) from 5:00 to 6:00 PM.
- The cost of participation is \$60.00.
- This group will need a minimum of 6 and a maximum of 8 participants.

AZRIELI ADULT LEISURE PROGRAM

2024 WINTER-SPRING SESSION

PROGRAMMING

YOGA CLUB –

TUESDAYS, JANUARY 30 TO JUNE 18, 2024

The practice of yoga is a long-standing tradition. Yoga is an incredibly accessible activity that can be adapted to anyone's abilities. It involves relaxation techniques, gentle stretches, and more intense movements and poses. The practice of yoga can help to control and calm emotions, remove anxieties, and when it becomes a regular part of a routine, can allow a person to feel a greater sense of focus, control, and can even increase self-esteem. Much joy and satisfaction come from being able to move around in a space, to exert and push yourself to your limits and beyond your expectations. This group will offer a chance for participants to try out a variety of yoga poses, relaxation techniques, and various breathing exercises. The purpose is to encourage participants in their physical expression as well as to help them learn relaxation techniques and develop a range of yoga poses.

THE OBJECTIVES OF THE YOGA CLUB:

- To help participants develop a level of awareness of their physical abilities.
- To develop and practice relaxation techniques and various yoga poses.
- To practice the skills of cooperation and collaboration with other group members.
- To develop inter-dependent friendships with the other members of the group.
- To have fun doing all of the above.

THE CRITERIA FOR PARTICIPATION IN THE YOGA CLUB:

- Participants will be 18 or older.
- Participants will be able to interact effectively with the other group members and with the animator and volunteers.
- Participants must have the verbal and social skills necessary to participate without interfering with the enjoyment of others in the group.
- Participants must have receptive verbal skills; be able to comprehend and respond to information and directions given to them by the animator.
- Participants must be able to participate in a group with a ratio of 1 animator to 8 participants and be autonomous in their self-care needs or accompanied by someone who can facilitate this.

SCHEDULE AND FEES:

- The Yoga Club will begin Tuesday, January 30, 2024, and run for 21 weeks until Tuesday, June 18, 2024.
- The group will meet at the Miriam Foundation, 5703 Ferrier, from 6:00 to 7:00 PM.
- The cost of participation is \$40.00.
- This group will need a minimum of 5 and a maximum of 8 participants.