AZRIELI ADULT LEISURE PROGRAM
FALL 2026

September 26 to December 20, 2026

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

About the Program

Recreation and leisure activities play a vital role in improving the quality of life for individuals with developmental disabilities—an often-overlooked population. These activities offer opportunities for fun, social connection, and the development of valuable life skills. The Azrieli Adult Leisure Program was launched by the Miriam Foundation (Gold Centre) in November 2011. Thanks to the continued support of the Azrieli Foundation, this program continues to create inclusive and enriching experiences for adults in our community.

Responsibilities of the House or Case Manager - To help ensure a safe and positive experience, the house or case manager is responsible for the following:

- Submitting all required forms before the program start date, and promptly informing animators of any updates.
- Communicating any new medications or changes in medication—both verbally and in writing—to the animators.
- Making sure participants are dressed appropriately for the weather and planned activities.
- Ensuring that participants who are ill (e.g., feverish or unwell) do not attend the program.
- Confirming that each participant carries up-to-date identification.
- Providing participants with appropriate transportation fare (bus pass, taxi chits, etc.) to ensure a safe return home.
- Arranging transportation to and from the activity location should be made by the participants or their house/case manager.
- Coordinating with Adapted Transport so that participants arrive no earlier than 15 minutes before the activity and leave no later than 15 minutes after it ends.
- Sharing emergency contact numbers with the animators in case of unforeseen situations.

Please Note: If a participant's behavioral or support needs are not compatible with the structure of a group, we reserve the right to withdraw participation.

Information & Registration

Nina Chepurniy
514-345-8330 ext. 203
ninac@goldlearningcentre.com

Policies

- Programs may be cancelled if there are not enough participants.
- Participants must always carry photo ID with them.
- Registration forms must be submitted before the deadline or participants will not be allowed to join. **The registration period runs from August 31 to September 4, 2026, and**

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the deadline to submit forms is September 4, 2026. No forms will be accepted after this date.

- **PLEASE NOTE:** Beginning last fall, an email confirmation will be sent to confirm your spot in the chosen activity/activities. Once you have received this confirmation, payment can then be made.
- Payment methods: cheque, credit card, or e-transfer. **Cash will not be accepted**. (Please contact Nina if this presents a difficulty.)
- **Please do not send payment ahead of time. Registrations are only confirmed once both the form and payment are received after the confirmation email.**

There will be no groups on the following dates: October 10, 11, and 12 (Thanksgiving).

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MUSEUM VISITS GROUP

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

Program Description
Montreal is a museum lover's dream, with over 50 museums and cultural centres to explore. Whether you're interested in fine arts, science, history, glass-blowing, or animals, there's something for everyone.
Most museums also offer interactive or educational experiences, such as hands-on exhibits or creative workshops, making each visit both enriching and enjoyable. This group offers participants the chance to explore these cultural gems while spending quality time with friends during a classic weekend outing.

Program Goals

- Discover Montreal's museums, galleries, and cultural centres.
- Experience hands-on learning and interactive exhibitions.
- Socialize in a safe, supportive group setting.
- Build meaningful friendships and a sense of community.
- Have fun while learning and exploring together.

Who Can Join
To participate, individuals must:

- Be 18 years of age or older.
- Have sufficient receptive verbal and social skills to engage in activities, understand and follow directions from animators, and participate without disrupting the experience of others.
- Be able to participate in a group setting with a ratio of 2 animators for 6 participants, and either be independent in self-care or accompanied by someone who can provide the necessary assistance.
- Demonstrate the social skills required to travel safely (by public transportation or adapted transit), to take part in community activities respectfully, and to interact appropriately with animators and peers.

Please note: If a participant's behavioral or support needs are not compatible with this group, we reserve the right to discontinue services.

Schedule and Fees

- **Dates**: Saturdays from September 26 to December 19, 2026
- **Time**: 2:00 PM to 4:00 PM
- **Locations**: At various museums in Montreal (details shared weekly)
- **Group size**: Minimum 4, maximum 6 participants.
- **Fee**: $60.00 for the full session

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LIBRARY VISITS

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

Program Description
Libraries are full of discoveries—and not just books! Whether you're interested in cooking, art, music, movies, or comic books, public libraries offer a world of knowledge and entertainment.

The BaNQ/Grande Bibliothèque, located at Berri-UQAM metro, has four floors of incredible resources. Participants can browse books and magazines, listen to music, watch short films, work on puzzles, or simply relax in a comfortable space. The group may also reserve a private room as a home base for the session.

Program Goals

- Explore all that the BaNQ/Grande Bibliothèque has to offer.
- Enjoy a relaxed weekday outing in a semi-structured setting.
- Build friendships and connect with peers.
- Practice appropriate social behaviors in a public setting.
- Have fun while learning and engaging with the community.

Who Can Join
To participate, individuals must:

- Be 18 years of age or older.
- Have receptive verbal skills and the ability to understand and follow directions from animators.
- Be able to engage in a group setting with a staff ratio of one animator to four participants, and either be independent in self-care or accompanied by someone who can provide the necessary support.
- Demonstrate the social skills needed to travel safely (by public transportation or Adapted Transport), to participate in community activities without disrupting others, and to interact appropriately with animators and peers.

Please note: If a participant's behavioral or support needs are not compatible with this group, we reserve the right to discontinue services.

Schedule and Fees

- **Dates**: Wednesday from September 30 to December 16, 2026
- **Time**: 10:00 AM to 12:00 PM
- **Location**: BaNQ/Grande Bibliothèque (Berri-UQAM)
- **Group size**: Minimum 3, maximum 5 participants.
- **Fee**: $30.00 for the full session

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COFFEE CLUB

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

Program Description
For many participants, weekends can feel long and isolating—especially for those who are less physically active or rely on support and adapted transportation to plan their days. The Coffee Club offers a simple but meaningful weekend activity: enjoying a coffee in good company. Whether the group chooses to return to a favorite café each week or explore a new one, the focus is on connection and conversation in a relaxed, community setting.

Program Goals

- Offer a relaxed, weekend social outing in a semi-structured setting.
- Foster friendships and peer support
- Encourage positive social behavior in the community.
- Provide participants with something enjoyable to look forward to
- Create a warm and informal group setting for conversation and connection.

Who Can Join
To participate, individuals must:

- Be 18 years of age or older.
- Have receptive verbal skills and be able to understand and follow directions from animators.
- Be able to participate in a group with a staff ratio of one animator to four participants, and either be independent in self-care or accompanied by someone who can provide this support.
- Demonstrate the social skills required to travel safely (by public transportation or Adapted Transport), to take part in community activities without disrupting others, and to interact appropriately with animators and peers.
- Bring sufficient money to purchase a beverage or snack if desired.

Please note: If a participant's behavioral or support needs are not compatible with this group, we reserve the right to discontinue services.

Schedule and Fees

- **Dates**: Saturdays and Sundays from September 25 or September 27 to December 19 or 20, 2026
- **Time**: 9:00 AM to 11:00 AM *or* 1:00 PM to 3:00 PM (depending on group)
- **Group size**: Minimum 3, maximum 4 participants per group.
- **Fee**: $30.00 for the full session. In addition, participants should bring money each week to purchase their own beverage/snack if desired.

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CINEMA OUTING GROUP

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

Program Description
Going to the movies is a classic and enjoyable weekend activity. It's a great way to relax, catch up with friends, meet new people, and enjoy a film together. The Cinema Outing Group is designed for movie lovers who want to share that experience in good company. Each weekend, the group will attend a matinee at the Côte-des-Neiges Cinema. Tickets will be provided.

Program Goals

- Enjoy a shared weekend activity with fellow movie lovers
- Practice decision-making and teamwork when choosing a movie
- Promote cooperation and respectful group participation
- Have fun watching movies and socializing

Who Can Join
To participate, individuals must:

- Be 18 years of age or older.
- Have receptive verbal skills and be able to understand and follow directions from animators.
- Possess the verbal and social skills needed to interact appropriately with peers and animators, and to engage in activities without disrupting the experience of others.
- Be able to use public washrooms safely and independently.
- Be able to travel independently to the designated cinema, either by Adapted Transport or public transit.
- Be comfortable in crowded environments without behavioral or medical concerns.
- Be able to participate in a group with a staff ratio of 2 animators to 12 participants, and either be independent in self-care or accompanied by someone who can provide assistance.
- Bring money if they wish to purchase snacks.

Please note: If a participant's behavioral or support needs are not compatible with this group, we reserve the right to discontinue services.

Schedule and Fees

- **Dates**: Saturdays or Sundays from September 26 or 27 to December 19 or 20, 2026
- **Time**: Approximately 1:00 PM to 4:00 PM (depending on movie start time)
- **Location**: Côte-des-Neiges Cinema **(Canadian Tire entrance)**
- **Group size**: Minimum 6, maximum 12 participants.
- **Fee**: $60.00 for the full session (includes cinema tickets)

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BREAKFAST CLUB

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

Program Description
Weekends are a perfect time to slow down, connect with others, and enjoy a relaxed outing. The Breakfast Club offers participants a chance to socialize over brunch while exploring different neighborhoods in Montreal.
Each week, the group will visit a local breakfast restaurant to share a meal and conversation in a friendly, informal setting.

Program Goals

- Provide opportunities for weekend outings in an informal, semi-structured setting.
- Encourage the development of meaningful, interdependent friendships among group members.
- Offer enjoyable and engaging weekend activities.
- Support the practice and reinforcement of appropriate social behaviors in community settings.
- Promote positive social integration.
- Ensure participants have fun while achieving all of the above.

Who Can Join
To participate, individuals must:

- Be 18 years of age or older.
- Have receptive verbal skills and be able to understand and follow directions from the animator.
- Be able to take part in a group with a staff ratio of one animator to four participants, and either be independent in their self-care needs or accompanied by someone who can provide this support.
- Demonstrate the social skills needed to travel safely (by public transportation or Adapted Transport), to take part in community activities without disrupting others, and to interact appropriately with animators and peers.
- Bring approximately $15.00 to cover the cost of their breakfast, including tip.

Note: If a participant's behavioral or support needs are not compatible with the group setting, we reserve the right to withdraw participation.

Schedule and Fees

- **Dates**: Sundays from September 27 to December 20, 2026
- **Time**: 10:00 AM to 12:00 PM
- **Group size**: Minimum 3, maximum 4 participants per group
- **Fee**: $30.00 for the session, plus $15–$20 per outing to cover personal meal costs

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BOWLING CLUB

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

Program Description
Bowling is a fun and inclusive activity that combines light physical exercise with social interaction. Whether you're a seasoned player or just looking to have a good time, the Bowling Club offers a chance to enjoy friendly competition while connecting with peers. Each week, the group will play up to three games together in a relaxed, league-style format. Participants will cheer each other on, build friendships, and share in the fun.

Program Goals

- Encourage teamwork, cooperation, and respectful interaction
- Build and maintain social relationships
- Practice communication and collaboration in a group setting
- Foster a sense of community and belonging
- Enjoy an active, structured, and entertaining evening out

Who Can Join
To participate, individuals must:

- Be 18 years of age or older.
- Have the verbal and social skills to participate without disrupting the group.
- Understand and follow instructions from the animators.
- Be able to participate in a group with a 2:12 staff ratio.
- Be independent in personal care or accompanied by someone who can assist.
- Have social skills that allow for safe travel (public or adapted transport) and respectful group interaction.

Note: If a participant's behavioral or support needs are not suited to the group setting, we reserve the right to discontinue participation.

Schedule and Fees

- **Dates**: Tuesday or Wednesday from September 29 or 30 to December 15 or 16, 2026
- **Time**: 6:00 PM to 8:00 PM
- **Location**: Rose Bowl, 6510 rue St. Jacques
- **Group size**: Minimum 6, maximum 12 participants.
- **Fee**: $60.00 for the full session

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BOARD GAMES GROUP

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

Program Description
Board games are a timeless and increasingly popular way to relax, socialize, and have fun. This group gives participants the chance to learn and play a wide range of games—from classic favorites to exciting new ones.
Each session will include an introduction to a game followed by time to play. Participants will also enjoy a light snack and refreshments in a casual, friendly setting. It's the perfect way to unwind and connect with others on a weeknight.

Program Goals

- Learn and play both new and traditional board games in a supportive group.
- Encourage social interaction and peer bonding in an informal setting.
- Support decision-making and turn-taking during games.
- Foster friendships and build a sense of community.
- Have fun while participating in a shared activity.

Who Can Join
To participate, individuals must:

- Be 18 years of age or older.
- Understand and follow directions from the animator.
- Be able to take part in a group with a 1:8 staff ratio.
- Be independent in personal care or accompanied by someone who can assist.
- Have the social skills needed to travel safely (by public or adapted transport) and interact respectfully with others.

Note: If a participant's behavioral or support needs are not compatible with the group setting, we reserve the right to discontinue participation.

Schedule and Fees

- **Dates**: Thursdays from October 1 to December 17, 2026
- **Time**: 6:00 PM to 8:00 PM
- **Location**: Miriam Foundation, 5703 Ferrier
- **Group size**: Minimum 6, maximum 8 participants.
- **Fee**: $30.00 for the full session

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BAKING CLUB

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

Program Description
Baking is often seen as a specialized skill, but with proper guidance it can be enjoyable and accessible to everyone. It is also a relaxing and social activity, especially when shared with friends. For many adults with special needs, opportunities to bake are limited. The Baking Club combines the enjoyment of baking with learning basic cooking skills and nutrition. Each session, participants will prepare one or two baked goods together.

Program Goals

- Learn basic cooking and baking skills.
- Explore nutritious alternatives to traditional baked goods.
- Practice cooking in a safe, supportive environment that fosters confidence and independence.
- Participate in menu planning and decision-making.
- Build meaningful friendships and a sense of community.
- Gain skills that can be used at home.
- Enjoy the process while having fun together.

Who Can Join
To participate, individuals must:

- Be 18 years of age or older.
- Have receptive verbal skills and be able to understand and follow directions from the animator.
- Be able to take part in a group with a staff ratio of 1 animator to 6 participants, and either be independent in self-care or accompanied by someone who can provide support.
- Demonstrate social skills that allow for safe travel (by public transportation or TA), respectful interaction with peers and animators, and participation without disrupting others.

Note: If a participant's behavioral or support needs are not compatible with the group setting, we reserve the right to discontinue participation.

Schedule and Fees

- **Dates**: Saturdays from September 26 to December 19, 2026
- **Time**: 9:30 AM to 12:30 AM *or* 1:00 PM to 4:00 PM (depending on group)
- **Location**: Miriam Foundation, 5703 Ferrier
- **Group size**: Minimum 4, maximum 6 participants.
- **Fee**: $30.00 for the full session

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BINGO

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

Program Description
Bingo is a classic and popular pastime enjoyed by many. In this group, participants will play several games together in a relaxed evening setting. A light snack and refreshments will be provided. The activity also offers a chance to socialize with peers in an informal environment and enjoy a fun night out.

Program Goals

- Learn to play bingo in a supportive, group setting.
- Socialize with peers in a relaxed environment.
- Build friendships and a sense of community.
- Have fun while participating together.

Who Can Join
To participate, individuals must:

- Be 18 years of age or older.
- Have receptive verbal skills and be able to understand and follow directions from the animators.
- Be able to take part in a group with a staff ratio of 2 animators to 10 participants, and either be independent in self-care or accompanied by someone who can provide support.
- Demonstrate social skills that allow for safe travel (by public transportation or TA), respectful interaction with peers and animators, and participation without disrupting others.

Note: If a participant's behavioral or support needs are not compatible with the group setting, we reserve the right to discontinue participation.

Schedule and Fees

- **Dates**: Mondays from September 28 to December 14, 2026
- **Time**: 6:00 PM to 8:00 PM
- **Location**: Miriam Foundation, 5703 Ferrier
- **Group size**: Minimum 6, maximum 10 participants.
- **Fee**: $30.00 for the full session

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COOKING CLUB

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

Program Description
Cooking is a relaxing and enjoyable activity, especially when shared with friends. For many adults with special needs, opportunities to cook are limited. The Cooking Club combines the enjoyment of preparing meals with learning cooking skills and nutrition. Each session, participants will plan a menu, cook a meal together, and share it as a group. They will also prepare enough food to take home for the following day.

Program Goals

- Learn basic cooking skills.
- Explore nutritious eating and menu planning.
- Cook in a safe, supportive environment that builds confidence and independence.
- Participate in planning menus and making group decisions.
- Socialize with peers in a friendly setting.
- Build friendships and a sense of community.
- Gain practical skills that can be used at home.
- Enjoy a home-cooked meal together and bring one home for the next day.
- Have fun while participating in all of the above.

Who Can Join
To participate, individuals must:

- Be 18 years of age or older.
- Have receptive verbal skills and be able to understand and follow directions from the animator.
- Be able to take part in a group with a staff ratio of 2 animator to 6 participants, and either be independent in self-care or accompanied by someone who can provide support.
- Demonstrate social skills that allow for safe travel (by public transportation or adapted transit), respectful interaction with peers and animators, and participation without disrupting others.

Note: If a participant's behavioral or support needs are not compatible with the group setting, we reserve the right to discontinue participation.

Schedule and Fees

- **Dates**: Sundays from September 27 to December 19, 2026
- **Time**: 9:30 AM to 12:30 AM *or* 1:30 PM to 4:30 PM (depending on group)
- **Location**: Miriam Foundation, 5703 Ferrier
- **Group size**: Minimum 4, maximum 6 participants.
- **Fee**: $60.00 for the full session

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GOOD ROCKIN' TONIGHT

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

Program Description
Dancing is a fun and social way to spend time with friends. Good Rockin' Tonight is a weekly dance party featuring great music from our own DJ, plenty of dancing, and light snacks and refreshments. It's a chance to enjoy an evening out while connecting with both new and old friends.

Program Goals

- Practice social skills in a group setting.
- Interact positively with peers and animators.
- Build and strengthen friendships within the group.
- Have fun while enjoying the activity.

Who Can Join
To participate, individuals must:

- Be 18 years of age or older.
- Be physically able to move around with only minimal assistance from animators.
- Have receptive verbal skills and be able to understand and follow directions.
- Demonstrate social skills that allow for respectful interaction with peers and animators, and participation without disrupting others.
- Be able to take part in a loosely structured group with a staff ratio of 3 animators to 35+ participants, and either be independent in self-care or accompanied by someone who can provide support.
- Be independent in eating and drinking.
- Participate in activities or choose to sit out without causing disruption.
- Follow the animators' directions, comply with safety rules, and remain within the designated area of the Miriam Foundation building.

Note: If a participant's behavioral or support needs are not compatible with the group setting, we reserve the right to discontinue participation.

Schedule and Fees

- **Dates**: Saturday from September 26 to December 19, 2026
- **Time**: 7:00 PM to 9:00 PM
- **Location**: Miriam Foundation, 5703 Ferrier
- **Group size**: Minimum 20, maximum 45 participants.
- **Fee**: $60.00 for the full session

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LES BRICOLEURS

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

Program Description
Art is a universal way to express feelings and tell stories, and it is accessible to everyone. A *Bricoleur* is someone who creates using the materials available. In this group, participants will explore a variety of arts and crafts projects, experimenting with different materials and techniques while expressing themselves through the creative process.

Program Goals

- Learn a variety of art methods and techniques.
- Use creative activities to express personal ideas and emotions.
- Socialize in a supportive peer group.
- Build friendships and a sense of community.
- Gain practical art skills to use independently.
- Have fun while creating together.

Who Can Join
To participate, individuals must:

- Be 18 years of age or older.
- Have receptive verbal skills and be able to understand and follow directions from the animator.
- Be able to participate in a group with a staff ratio of 2 animators to 10 participants, and either be independent in self-care or accompanied by someone who can provide support.
- Demonstrate social skills that allow for safe travel (by public transportation or adapted transit), respectful interaction with peers and animators, and participation without disrupting others.

Note: If a participant's behavioral or support needs are not compatible with the group setting, we reserve the right to discontinue participation.

Schedule and Fees

- **Dates**: Tuesday from September 29 to December 15, 2026
- **Time**: 6:00 PM to 8:00 PM
- **Location**: Miriam Foundation, **Creative Arts Centre at 8092 chem. Montview, H4P 1N3**
- **Group size**: Minimum 6, maximum 10 participants.
- **Fee**: $60.00 for the full session

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THE NEXT CHAPTER BOOK CLUB

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

Program Description
Book clubs are a popular way to enjoy stories and connect with others. The Montreal branch of the Next Chapter Book Club, originally founded at Ohio State University (http://chaptersahead.org/what-we-do/next-chapter-book-club/), is designed for adults with special needs, regardless of reading ability. Each week, participants will read and discuss popular novels chosen based on their interests, creating an inclusive and engaging literary experience.

Program Goals

- Read and enjoy popular novels with support as needed.
- Practice cooperation and collaboration within the group.
- Share opinions and ideas in a supportive environment.
- Listen respectfully and support peers during discussions.
- Interact positively with peers and the animator.
- Build friendships and a sense of community.
- Have fun while participating together.

Who Can Join
To participate, individuals must:

- Be 18 years of age or older.
- Have verbal and social skills that allow them to participate without disrupting the group.
- Have receptive verbal skills and be able to understand and follow directions from the animators.
- Be able to take part in a group with a staff ratio of 1 animator to 6 participants, and either be independent in self-care or accompanied by someone who can provide support.

Note: If a participant's behavioral or support needs are not compatible with the group setting, we reserve the right to discontinue participation.

Schedule and Fees

- **Dates**: Thursday from October 1 to December 17, 2026
- **Time**: 6:00 PM to 8:00 PM
- **Location**: BaNQ/Grande Bibliothèque (Berri-UQAM)
- **Group size**: Minimum 3, maximum 5 participants.
- **Fee**: $60.00 for the full session

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PUZZLE GROUP

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

Program Description
Puzzles are a popular pastime that can be enjoyed alone or as a group activity. In this program, participants may work together on a large puzzle or complete their own individually. Light snacks and refreshments will be provided. The group also offers a chance to relax, socialize, and spend time with peers in an informal evening setting.

Program Goals

- Challenge oneself by completing puzzles in a supportive group setting.
- Socialize with peers in a relaxed environment.
- Build friendships and a sense of community.
- Have fun while participating together.

Who Can Join
To participate, individuals must:

- Be 18 years of age or older.
- Have receptive verbal skills and be able to understand and follow directions from the animators.
- Be able to take part in a group with a staff ratio of 1 animator to 6 participants, and either be independent in self-care or accompanied by someone who can provide support.
- Demonstrate social skills that allow for safe travel (by public transportation or TA), respectful interaction with peers and animators, and participation without disrupting others.

Note: If a participant's behavioral or support needs are not compatible with the group setting, we reserve the right to discontinue participation.

Schedule and Fees

- **Dates**: Sunday from September 27 to December 20, 2026
- **Time**: 1:00 PM to 3:00 PM
- **Location**: Miriam Foundation, 5703 Ferrier
- **Group size**: Minimum 5, maximum 8 participants.
- **Fee**: $30.00 for the full session

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SWIMMING GROUP

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

Program Description
Swimming is a relaxing and enjoyable activity that offers both health benefits and fun. For many people with physical or intellectual disabilities, opportunities to swim regularly can be limited. This group provides participants with the chance to enjoy the water in a safe, supervised environment while engaging in gentle, organized activities. The focus is on safety, enjoyment, and the sense of freedom that comes from being in the water.

Program Goals

- Develop and practice water safety skills.
- Build awareness of personal physical abilities.
- Enjoy swimming and water activities with peers.
- Have fun while participating together.

Who Can Join
To participate, individuals must:

- Be 18 years of age or older.
- Be able to swim independently, or, in the case of a physical disability, be accompanied by a shadow.
- Be able to put on and change out of a swimsuit with only minimal support from animators.
- Have receptive verbal skills and be able to understand and follow directions from the animator.
- Demonstrate verbal and social skills that allow for respectful interaction with peers and animators, and participation without disrupting others.
- Be able to take part in a group with a staff ratio of 2 animators to 8 participants, and either be independent in self-care or accompanied by someone who can provide support.

Note: If a participant's behavioral or support needs are not compatible with the group setting, we reserve the right to discontinue participation.

Schedule and Fees

- **Dates**: Thursday from October 1 to December 17, 2026
- **Time**: 5:00 PM to 6:00 PM
- **Location**: YM-YWHA pool, 5400 Westbury (H3W 2W8)
- **Group size**: Minimum 6, maximum 8 participants.
- **Fee**: $60.00 for the full session

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YOGA GROUP

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

Program Description
Yoga is a versatile practice that can be adapted to all abilities. It combines relaxation techniques, gentle stretches, and more challenging poses to promote both physical and emotional well-being. Regular practice can help reduce anxiety, improve focus and self-esteem, and encourage physical expression. This group gives participants the opportunity to explore yoga poses, breathing exercises, and relaxation techniques in a supportive environment.

Program Goals

- Build awareness of personal physical abilities.
- Practice relaxation techniques and a variety of yoga poses.
- Strengthen cooperation and collaboration with peers.
- Develop friendships and a sense of community.
- Have fun while participating together.

Who Can Join
To participate, individuals must:

- Be 18 years of age or older.
- Be able to interact respectfully with peers, the animator, and volunteers.
- Have verbal and social skills that allow participation without disrupting the group.
- Have receptive verbal skills and be able to understand and follow directions from the animator.
- Be able to take part in a group with a staff ratio of 1 animator to 8 participants, and either be independent in self-care or accompanied by someone who can provide support.

Note: If a participant's behavioral or support needs are not compatible with the group setting, we reserve the right to discontinue participation.

Schedule and Fees

- **Dates**: Tuesday from September 29 to December 15, 2026
- **Time**: 6:00 PM to 7:00 PM
- **Location**: Miriam Foundation, 5703 Ferrier
- **Group size**: Minimum 5, maximum 8 participants.
- **Fee**: $30.00 for the full session

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MUSIC EXPRESSION GROUP

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

Program Description
The Music Expression Group, led by singer/songwriter Jennifer Gasoi, will explore music, movement, and self-expression in a supportive and playful environment. The group will sing uplifting songs, explore song writing, improvisation, circle singing and instruments. At the end of the session, we will open our doors to friends and family for a fun showcase of our musical journey. No experience is needed—just a willingness to join in, have fun, and shine!

Program Goals

- Experience the joy of exploring music together in community.
- Explore creative self-expression through singing, movement and play.
- Build confidence.
- Develop new musical skills in a fun, accessible way.
- Feel inspired, uplifted and connected.

Who Can Join
To participate, individuals must:

- Be 18 years of age or older.
- Be able to interact respectfully and cooperatively with peers and staff.
- Understand and follow directions given by the animator.
- Have verbal and social skills that allow participation without disrupting the group.
- Be independent in personal care or accompanied by someone who can assist.
- Be able to take part in a group with a staff ration of 1 animator to 8 participants.

Please note: If a participant's behavioral or support needs are not compatible with this group, we reserve the right to discontinue services.

Schedule and Fees

- **Dates**: Mondays from September 28 to December 14, 2026
- **Time**: 6:00 PM to 7:00 PM
- **Location**: Art Centre, 8092 Mountview
- **Group size**: Minimum 3, maximum 8 participants.
- **Fee**: $60.00 for the full session

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DANCE MOVEMENT GROUP

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

Program Description
Physical movement and expression is a freeing experience. Much joy and satisfaction comes 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 and the self-expression it encourages.

Program Goals

- Help participants develop awareness of their physical abilities
- Develop and practice dance-related movements and skills
- Foster cooperation and collaboration among group members
- Interact effectively and supportively with other group members
- Interact effectively with the group animator
- Build interdependent friendships within the group
- Have fun while achieving all of the above

Who Can Join
To participate, individuals must:

- Be 18 years of age or older
- Have the verbal and social skills to participate in a group without interfering with the enjoyment of others
- Have receptive verbal skills; be able to comprehend and respond to information and direction given by the animators
- Be able to participate in a group with a staff ratio of 1 animator to 6 participants, and either be independent in self-care or accompanied by someone who can provide the necessary support
- Please note: If a participant's behavioral or support needs are not compatible with the group structure, we reserve the right to discontinue services

Schedule and Fees

- **Dates**: Saturday, September 26, 2026 to December 19, 2026
- **Time**: 12 pm – 1pm
- **Location**: Miriam Foundation, 5703 Ferrier
- **Group size**: Minimum 4, maximum 6 participants.
- **Fee**: $60.00 for the full session

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