
















**Paula Cassin Learning Centre – Day Programs
Summer Programs: Jul 2nd 2024 – Sept 28th 2024**

The Paula Cassin Learning Centre
300 New Toronto Street – Unit #1
Etobicoke, ON M8V 2E8

Tuesday	Wednesday	Thursday	Friday	Saturday
Exercise (Virtual and in Person) 10:00 – 11:00 	Move to Music (Virtual and in Person) 10:00 – 11:00 	Let's Make Brunch 10:00 – 11:00 	Coffee and a Stroll 10:00-11:00  	Virtual Exercise 10:00 – 11:00 
Let's Play Cards 11:15 – 12:15 	Let's Play Cards 11:15 – 12:15 	Let's Play Cards 11:15 – 12:15 		DrumFit (In Person Only) 10:00 – 11:00 
Lunch 12:30 – 13:30				Lunch 11:30 – 12:30
Bowling (In Person Only) 13:00 – 15:00 	Games in the Park 13:00 – 15:00 	Cooking (In Person Only) 13:30 – 14:30 	Movies (In Person Only) 13:00 – 15:00 	Drop - In (In Person Only) 12:30 – 14:30 



**The Paula Cassin Learning Centre
In Person and Virtual Programming**
Jul 2nd, 2024 – Sept 28th 2024

TUESDAYS

Exercise (10:00 to 11:00)

(In person and Virtual)

You will be working different parts of your body while participating in stretching, building muscle, improving reflexes and cardio exercises. This program is offered both in person and virtually. If you choose virtual, you will need access to the internet via a personal computer, laptop, tablet, or smart phone. You will also require an email account and a camera attached to your device.

Let's Play Cards (11:15 – 12:15)

(In person only)

You will be able to engage in friendly competition with a card game of your choice.

Bowling (13:00 to 15:00)

(In person only)

You'll be able to socialize and enjoy bowling weekly at 115 Rexdale Blvd. Bowlerama.

WEDNESDAYS

Move to Music (10:00 to 11:00)

(In person and Virtual)

You will be able to work out to your favorite music. This program is offered both in person and virtually. If you choose virtual, you will need access to the internet via a personal computer, laptop, tablet, or smart phone. You will also require an email account and a camera attached to your device.

Let's Play Cards (11:15 – 12:15)

(In person only)

You will be able to engage in friendly competition with a card game of your choice.



Games in the Park (13:00 – 15:00)

(In person only)

You will enjoy playing a variety of outdoor games while enjoying the fresh air.

THURSDAYS

Let's Make Brunch (10:00 to 11:00) (maximum 5 people)

(In person and Virtual)

You will follow along with the preparation of a breakfast dish. If you are attending in person, you will be provided with your own space and ingredients while coaches assist you if needed. A copy of the recipes and ingredients will be provided, to those participating virtually, in advance. If you choose virtual, you will need access to the internet via a personal computer, laptop, tablet, or smart phone. You will also require an email account and a camera attached to your device.

Let's Play Cards (11:15 – 12:15)

(In person only)

You will be able to engage in friendly competition with a card game of your choice.

Cooking (13:30 to 14:30) (maximum 5 people)

(In person and Virtual)

You will follow along with the preparation of a meal. If you are attending in person, you will be provided with your own space and ingredients while coaches assist you if needed. A copy of the recipes and ingredients will be provided, to those participating virtually, in advance. If you choose virtual, you will need access to the internet via a personal computer, laptop, tablet, or smart phone. You will also require an email account and a camera attached to your device.

FRIDAYS

Coffee and a Stroll (10:00 to 11:00)

(In person only)

You will be able to join us for nice walk with the bonus of coffee. We will be going to different indoor locations each week for a chance to get some light exercise and maybe even do a little shopping.

Movies (13:00 – 15:00)

(In person only)

You will have a chance to enjoy a movie with your peers! From classics to newer films, the group will pick a movie from the choices on Netflix, and then just sit back and enjoy. On the last Friday



of each month, we will be going to the Cineplex Cinema - Queensway to see a new release. Only those who attend movies at the program site can attend the movie days at Cineplex Cinema - Queensway. This program is offered in person only.

SATURDAYS

Exercise (10:00 to 11:00) (Virtual)

You will be working different parts of your body while participating in stretching, building muscle, improving reflexes and cardio exercises. This program is offered both in person and virtually. If you choose virtual, you will need access to the internet via a personal computer, laptop, tablet, or smart phone. You will also require an email account and a camera attached to your device.

DrumFit (10:00 to 11:00) (maximum 5 people)

(In person only)

Come join our cardio-based drumming program that combines physical activity with brain fitness, resulting in the most fun you can have while increasing your overall wellbeing. This program is offered in person only.

Drop-In (12:30 – 14:30)

(In person only)

Open for you to watch movies, work on the computer, socialize, play games etc. Staff will also be available to assist with anything that you may need help with (bills, emails, booking appointments etc.)