
















Paula Cassin Learning Centre – Day Programs
Winter Programs: April 1st, 2025 - June 28th, 2025

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 	Let's Solve a Mystery (In Person) 10:00-11:00 	Chair Yoga 10:00 – 10:30 	Exercise (Virtual) 10:00-11:00 Starting April 25 th exercise will be both virtual and in person	Virtual Exercise 10:00 – 11:00 
Let's Play Cards 11:15-12:15 (In Person) 		Mindfulness 10:30 – 11:00 		Drum Fit (In Person) 10:00 – 11:00 
Lunch 12:30 – 13:30				Lunch 11:30 – 12:30
Bowling (In Person) 13:00 – 15:00 	Vegetarian Cooking 13:00 – 14:30 	Movies 13:00 – 15:00 	Massage (In Person) 12:30 – 15:00 Ends April 18th 	13:30 – 14:30 Game Day 
		Painting 13:30 – 14:30 	Cooking (Virtual and in Person) 13:00 – 14:30 Starts April 25th 	Drop In 13:30 – 14:30 