



FOUNDATIONS FOR SUCCESS

Winter 2018 Session

Classes running January 8 – April 27, 2017

Therapeutic Recreation	Land and Water Fitness	Healthy Relationships and Safety Skills	Life Management	Employment Readiness and Supported Volunteerism
Participate in recreation programs that promote inclusion and connections with others and your community	Increase your physical health through fun and engaging physical activities	Learn ways to make new friends and techniques to stay healthy and safe at home and in the community	Acquire new skills to increase your independence at home and in the community	Learn pre-employment skills to obtain employment and/or volunteer opportunities through in-class and practical practice

Join us for the day or just for the programs that fit your individual goals.

Open Monday to Friday from 9:00 am to 3:00 pm.

Brantwood Community Services

25 Bell Lane, Brantford ON N3T 1E1

www.brantwood.ca

Phone: (519) 753-2658

For more information on the classes or to register call Kristina, X 139 or kschuit@brantwood.ca

For information on how to use your Passport funding to purchase this service contact Vicki X 148



Physical Fitness

Monday-Friday 9:45am-11:15am

Participants use our Physical Management area to achieve fitness goals on our accessible equipment.



Chair Exercise with Lisa

Monday 10:30am-11:00am

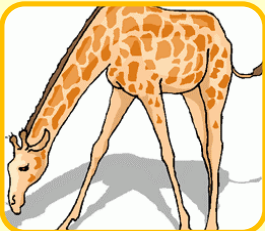
Lisa is a Certified Personal Trainer and Instructor who offers an upbeat and energetic chair exercise class for people of all abilities. This is a great way to get your week off to an awesome start!



Café Volunteering

Monday-Friday 9:45am-11:15am and 1:00pm-2:30pm

Practise your customer service skills and gain hands-on work experience by helping out in our cafe, The Brew. Some of the tasks you may be responsible for are shelving inventory and taking customer orders on POS iPad system.



Exploring the Animal Kingdom

Monday 9:45am-11:15am

Animal lovers will not want to miss this class! Learn about different animals from all over the world. Discover what they like to eat, where they live, interesting facts and what makes them unique!



Rights and Abuse Prevention Education

Monday 1:00pm-2:30pm

This class will focus on the needs of people who receive support providing guidelines and information specific to abuse, reporting and rights. There will be opportunity for discussion and further learning on topics such as healthy relationships, sexual health, self-esteem, self-defence and rights & responsibilities



The Brantwood Bake Shoppe

Monday 1:00pm-2:30pm

Learn to bake delicious treats for the Brantwood Café! You will learn to follow recipes, measure, mix ingredients for baked goods, and you get to sample your creation!



Date Smart

Tuesday 9:45am-11:15am

This class will give you much-needed tools to make safe and healthy decisions for yourself as well as others. You will discover the most important behaviours related to dating and you will be challenged to make wise choices in potentially difficult and/or awkward situations.



Fun Fitness

Tuesday 1:00pm-2:30pm

Maintain your physical health while having fun! Participate in fun and engaging activities like the parachute, bowling, swimming and dancing.



Let's Get Cooking Level 1

Tuesday 1:00pm to 2:30 pm

This introductory cooking class will give you the basic skills needed in the kitchen. Practise menu planning, reading recipes, preparing ingredients and cooking simple-to-prepare meals. Sample your cuisine and take some home to share!



Music

Wednesday 9:45am-11:15am OR Friday 1:00-2:30pm

Each week we learn about different genres of music. We will listen to various artists, discuss popular music groups from that genre, and participate in engaging games to test your knowledge.



Let's Get Cooking 2

Wednesday 1:00pm-2:30pm

For those that want to enhance their basic cooking skills this is the class for you! Practise menu planning, reading recipes, preparing ingredients and cooking delicious meals. Sample your cuisine and take some home to share!



Horticulture

Wednesday 1:00pm-2:30pm

Plant herbs, flowers and vegetables and tend to them as they grow in the raised garden beds. You will learn how to dry herbs and use them for cooking and can the vegetables harvested.



Gentle Exercise Class

Thursday 1:00pm-2:30pm

Participate in relaxing activities such as range of motion and massage. Unwind in a quiet and calm atmosphere with the lights dimmed and soft music playing in the background.



Advocacy and Creating Change

Thursday 1:00pm-2:30pm

Learn about different types of advocacy and how you can help to create change in your own community.



Chair Yoga with Lisa

Friday 10:30am-11:00am

Finish the week off by relaxing through chair yoga taught by Certified Personal Trainer, Lisa Roney. Poses are modified based on ability level. Deep breathing exercises help to let go of stress and create a balance between mind & body.



Work-Abilities (Pre-Employment Program)

Work-abilities is a 16 week job skills training program combining classroom, hands-on and placement learning opportunities to develop a set of core competencies that prepare participants for competitive employment, volunteer placement and self-employment.

Free