



NEW! Art Appreciation

Monday April 3 - June 5, 2023

10:00 AM - 12:00 PM

\$255.00 8 - week course

Location: LEG Up! Classroom 109 Ottawa St.S Unit D

Each week we will learn about an artist or an art movement. We will take what we have learned to create our own piece of art in that artist's or movements style.

No Class: April 10, May 22



Painting Techniques

Monday April 3 - June 5, 2023

1:00 PM - 3:00 PM

\$255.00 8-week course

Location: LEG Up! Classroom 109 Ottawa St.S Unit D

Each week in this class we will feature a new painting technique to enhance your artistic skills in creating a piece of art.

No Class: April 10, May 22

LEG Up!

Learning Experience Goals

Course Offering Monday PM
April 3- June 5, 2023
Get Crackin' in the Kitchen

Get Crackin' in the Kitchen **3 Course Times**

Monday April 3 - June 5, 2023

4:00 PM - 6:00 PM

\$255.00 8-week course **No Class: April 10 and May 22**

Location: LEG Up! Classroom 109 Ottawa St.S Unit D

****NOTE:** This is the same course offered on Tuesday and Wednesday. Please only choose one course - Monday OR Tuesday OR Wednesday.

Join your LEG Up! friends to cook dinner and hang out! Choose the day that works for you, there are three course dates to choose from. Dessert is included!



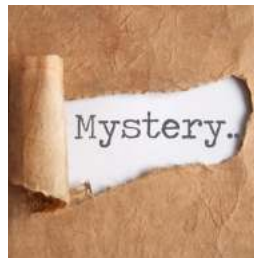
April 3, 2023
**Dilly Chicken
Sandwich with
Veggie Dill Dip**



April 17, 2023
**Sloppy Joes
with Everyday
Salad**



April 24, 2023
**Reuben
Sandwich with
Sweet Potato
Fries**



May 1, 2023
Mystery Meal



May 8, 2023
**Turkey Club
Wrap with
French Fries**



May 15, 2023
**Meatball Sub
with Apple
Spinach Salad**



May 29, 2023
**Monte Cristo
with Greek
Salad**



June 5, 2023
Group Choice



Speaking Up for You

Tuesday April 4 - June 6, 2023

10:00 AM - 12:00 PM

\$320.00 10-week course

Location: LEG Up! Classroom 109 Ottawa St.S Unit D

Learn to use your voice to speak up for yourself.

By the end of this course, students will have a better understanding of the following topics:

April 4, 2023:

Self-Advocacy

Understand the meaning of the term self-advocacy and other self-advocacy language.

April 11, 2023:

How to be a Self-Advocate

Learn skills to be a self-advocate and use your voice to create change.

April 18, 2023:

Understanding My Skills

Discuss and practice the skills needed for self-advocacy and learn how to use the skills to be heard.

April 25, 2023:

Self-Determination

Understand what self-determination is and learn ways to make choices to manage your life.

May 2, 2023:

My Rights and Responsibilities

Explore rights and responsibilities to build understanding to use them as a self-advocate.

May 9, 2023:

Self-Advocacy Strategies

Discover self-advocacy strategies and build them into your everyday life.

May 16, 2023:

Citizenship

Learn and understand what citizenship is and how it builds community

May 23, 2023:

Be a Good Citizen

Discover best practices to being a good citizen in your community.

May 30, 2023:

How to be an Influencer

Explore how to influence others to be self-advocates.

June 6, 2023:

Self-Advocacy for Everyone

Hear from other advocates about their journey to self-advocacy.



Relationships 102

Tuesday April 4 - June 6, 2023

10:00 AM - 12:00 PM

\$320.00 10-week course

Location: OAA Classroom KWH 99 Ottawa St. S

Learn about consent, healthy relationships, sexual health, and safety. Ideal for students who are open to learning and discussing sensitive topics.

Recommended for students that have completed Relationships 101.

By the end of this course, students will have a better understanding of the following topics:

April 4, 2023

Understanding The Body

Learn about body changes, anatomy, sexual health, and hygiene, as well as discuss the difference between private and public.

April 11, 2023

Attraction and Identity

Discuss and learn about sexual orientation and gender identity.

April 18, 2023

Relationships and Dating

Understand different relationships, including self, family, friendships, and romantic relationships.

April 25, 2023

Consent and Boundaries

Learn about consent and why it is essential to have your own boundaries and respect others' boundaries.

May 2, 2023

Intimacy and Pleasure

Discover different ways we can be intimate and experience pleasure with others and ourselves, both sexually and nonsexually.

May 9, 2023

Rights and Safety

Learn about exploitation, identifying personal rights, and ways to stay safe and find help.

May 16, 2023

Conception and Pregnancy

Learn about the different ways people can become pregnant and what occurs during pregnancy and birth.

May 23, 2023

Contraceptives/Birth Control

Discover different forms of birth control and methods to prevent pregnancy and STIs.

May 30, 2023

Sexually Transmitted Diseases

Come to this class ready to learn about STIs, how to prevent them, what to look for as well how to get tested.

June 6, 2023

Review

In this last class, you will review Relationships 102 topics and ask/answer any questions.

LEG Up!

Learning Experience Goals

Course Offering Tuesday PM
April 4 - June 6, 2023
Get Crackin' in the Kitchen

Get Crackin' in the Kitchen **3 Course Times**

Tuesday April 4 - June 6, 2023

4:00 PM - 6:00 PM

\$320.00 10-week course

Location: LEG Up! Classroom 109 Ottawa St.S Unit D

****NOTE:** This is the same course offered on Monday and Wednesday. Please only choose one course - Monday OR Tuesday OR Wednesday.

Join your LEG Up! friends to cook dinner and hang out! Choose the day that works for you, there are three course dates to choose from. Dessert is included!



April 4, 2023
**Dilly Sandwich
with Veggie Dill
Dip**



April 11, 2023
**Avocado
Supreme with
Potato Wedges**



April 18, 2023
**Sloppy Joes
with Everyday
Salad**



April 25, 2023
**Rye
Sandwich and
Sweet Potato
Fries**



May 2, 2023
Mystery Meal



May 9, 2023
**Turkey Club
Wrap with
French Fries**



May 16, 2023
**Meatball Sub
with Apple
Spinach Salad**



May 23, 2023
**BLT Sandwich
and French
Onion Veggie
Sticks**



May 30, 2023
**Monte Cristo
Sandwich with
Greek Salad**



June 6, 2023
Group Choice

LEG Up!

Learning Experience Goals

Course Offerings Tuesday/Wednesday

April 4 - June 6, 2023

NEW! Sing-Along

NEW! Safety at Work

Diamond Art



NEW! Melodies

Tuesday April 4 - June 6, 2023

1:00 PM - 3:00 PM

\$320.00 10-week course

Location: LEG Up! Classroom

109 Ottawa St.S Unit D

Join us at LEG Up! to appreciate music and sharpen your acapella singing skills as well as discover different musical genres.



NEW! Safety at Work

Wednesday April 5 - May 10, 2023

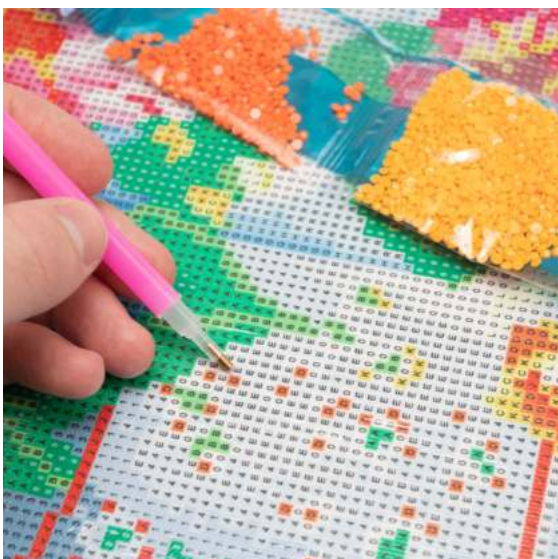
1:00 PM - 3:00 PM

\$192.00 6-week course

Location: LEG Up! Classroom

109 Ottawa St.S Unit D

This course discusses safety awareness for the work and volunteer settings Topics: duties and rights of workers, employers, supervisors and identifying common workplace hazards.



Diamond Art

Wednesday April 5 - May 24, 2023

6:00 PM - 8:00 PM

\$267.000 8-week course (includes kits)

Location: LEG Up! Classroom

109 Ottawa St. S Unit D

Diamond Art will build fine motor skills, introduce you to a new crafting skill and provide an opportunity to meet new people.

LEG Up!

Learning Experience Goals

Course Offering Wednesday PM

April 5 - June 7, 2023

On My Own



On My Own

Wednesday April 5 - June 7, 2023

10:00 am- 12:00 pm

\$320.00 10-week course

Location: LEG Up! Classroom 109 Ottawa St. S Unit D

In this course, you will build skills to feel more confident living on your own as well as discover who can help build your personal success.

By the end of the class you will have a deeper understanding of:

April 4, 2023

Personal Plan

Discuss your goals and personal plan to live on your own.

April 11, 2023

Living Options

Learn about being a tenant, your rights as a tenant and different living arrangements.

April 18, 2023

Time Management

Discover the importance of time management skills to increase independence.

April 25, 2023

Paying the Bills

Investigate the best ways to manage your bills and expenses.

May 2, 2023

Self Advocacy

Build awareness about self advocacy and how to use it to be more independent.

May 9, 2023

Transportation

Familiarize yourself with transportation options in your community.

May 16, 2023

Let's Shop!

Learn how to be a smart shopper with tips and tricks to save money.

May 23, 2023

Let's Clean!

Build strategies to clean your home including making a cleaning checklist.

May 30, 2023

Safety/Emergency Skills

Learn to be safe living on your own and know what to do in case of an emergency.

June 6, 2023

On My Own Review

Review the course material and rate your skills with a home skills questionnaire.

Get Crackin' in the Kitchen 3 Course Times

Wednesday April 5 - June 7, 2023

4:00 PM - 6:00 PM

\$320.00 10-week course

Location: LEG Up! Classroom 109 Ottawa St.S Unit D

****NOTE:** This is the same course offered on Monday and Tuesday. Please only choose one course - Monday OR Tuesday OR Wednesday.

Join your LEG Up! friends to cook dinner and hang out! Choose the day that works for you, there are three course dates to choose from. Dessert is included!



April 5, 2023
Dilly Chicken Sandwich
Veggie Dill Dip



April 12, 2023
Avocado Supreme with
Potato Wedges



April 19, 2023
Sloppy Joes with Everyday
Salad



April 26, 2023
Reuben Sandwiches with
Sweet Potato Fries



May 3, 2023
Mystery Meal



May 10, 2023
Turkey Club Wrap with
French Fries



May 17, 2023
Meatball Subs with Apple
Spinach Salad



May 24, 2023
BLT Sandwich with French
Onion Veggie Sticks



May 31, 2023
Monte Cristo with Greek
Salad



June 7, 2023
Group Choice



Book Club at LEG Up!

Thursday April 6 - June 8, 2023

10:00 AM - 12:00 PM

\$335.00 10 - week course (includes book and journal)

Be a part of Book Club at LEG Up! and read **Wonder** by R.J. Palacio

This guided book club is for experienced readers and non readers alike. You will read the book together, create a book club journal using your creativity and have lots of discussions. If you have questions about Book Club at LEG Up! please email Annita at aboer@kwhab.ca

Read a sample of the book [click here](#).

Location: Grant's Café KWH 99 Ottawa St. S

April 6, 2023

Introduction to Book Club

Create goals for the LEG Up! book club this session.

April 20, 2023

Characters

Discuss the characters in the book and learn about their key traits.

May 4, 2023

Historical Time Period

Learn what was happening in the world during the time period of this book.

May 18, 2023

Words and Vocabulary

Build a word bank of interesting words in your journal.

June 1, 2023

Summary

Learn how to create a book summary to share with others.

April 13, 2023

Book Club Journal

Use your creativity to create a journal to record your book club experience.

April 27, 2023

Setting

Where does this book take place? Discover the setting of this book.

May 11, 2023

Meaningful Quotes

Explore quotes in this book that really spoke to you.

May 25, 2023

About the Author

Who wrote this book? Why did he write this story? Answer these questions and more!

June 8, 2023

Book Review

Eight questions to help you explore your final thoughts about this book.

NEW! Let's Celebrate Chocolate

Thursday April 6 - June 8, 2023

1:00 PM - 3:00 PM

\$320.00 10-week course

Location: LEG Up! Classroom 109 Ottawa St. S Unit D

****NOTE:** This is the same course offered on Friday AM. Please only choose one course - Thursday OR Friday.

We asked what baking class you would like to see offered next, and you let us know. By popular request.... Join us at LEG Up! and Let's Celebrate Chocolate!



April 6, 2023
**Triple Chocolate
Biscotti**



April 13, 2023
**Saltine Toffee
Squares**



April 20, 2023
**Chocolate
Caramel
Brownies**



April 27, 2023
**White Chocolate
Macadamia Nut
Cookies**



May 4, 2023
**Homemade
Peanut Butter
Cups**



May 11, 2023
**Chocolate
Pudding
Cake**



May 18, 2023
**Chocolate
Scotcherroo Bars**



May 25, 2023
**Oreo Cookie
Balls**



June 1, 2023
**Mississippi Mud
Pie**



June 8, 2023
**Chocolate Lava
Cake**

LEG Up!

Learning Experience Goals

Class Offerings Friday AM
April 14 - June 9, 2023
Coffee Club

Coffee Club

Friday April 14 - June 9, 2023

10:00 AM - 12:00 PM

\$32.00 per class

Location: LEG Up! Classroom 109 Ottawa St. S Unit D

Each week join your friends at LEG Up! for fun and interactive activities.
Sign up for one or more of these classes.



April 14, 2023
International Day of Laughter
Let's share some laughs.



April 21, 2023
Bingo Fun!
Snacks, Prizes and more!



April 28, 2023
Uno Tournament
Snacks, Prizes and more!



May 5, 2023
Cinco de Mayo
Celebrate this international holiday at LEG Up!



May 12, 2023
Bingo Tournament
Snacks, Prizes and more!



May 19, 2023
Uno Tournament
Snacks, Prizes and more!



May 26, 2023
Bingo Tournament
Snacks, Prizes and more!



June 2, 2023
Uno Tournament
Snacks Prizes and more!



June 9, 2023
National Strawberry and Rhubarb Pie Day
Let's bake Pie!

NEW! Let's Celebrate Chocolate

Friday April 14 - June 9, 2023

1:00 PM - 3:00 PM

\$290.00 9-week course **No Class: April 7**

Location: LEG Up! Classroom 109 Ottawa St. S Unit D

****NOTE:** This is the same course offered on Friday AM. Please only choose one course - Thursday OR Friday.

We asked what baking class you would like to see offered next, and you let us know. By popular request.... Join us at LEG Up! and Let's Celebrate Chocolate!



April 14, 2023
Saltine Toffee Squares



April 21, 2023
Chocolate Caramel Brownies



April 28, 2023
White Chocolate Macadamia Nut Cookies



May 5, 2023
Homemade Peanut Butter Cups



May 12, 2023
Chocolate Pudding Cake



May 19, 2023
Chocolate Scotcheroo Bars



May 26, 2023
Oreo Cookie Balls



June 2, 2023
Mississippi Mud Pie



June 9, 2023
Chocolate Lava Cake

JJ Woven Thread Co

A local business whose purpose is to provide an opportunity to foster creativity, instill a sense of achievement, and boost confidence while learning a new skill.



Easter Crafting

Tuesday April 4, 2023

6:00 PM - 8:00 PM

\$32.00

Location: Bullas Hall KWH 99 Ottawa St. S
Let's create some wooden Easter bunnies to celebrate the holiday.



Snow Globe Tumbler with JJ Woven

Saturday April 15, 2023

1:00 PM - 3:00 PM

\$50.00

Location: LEG Up! Classroom 109 Ottawa St. S Unit D
Make this fun and very cute tumbler in this weekend activity.



Mother's Card and Mug with JJ Woven Co.

Saturday May 6, 2023

1:00 PM - 3:00 PM

\$40.00

Location: LEG Up! Classroom 109 Ottawa St.S Unit D
Spend the afternoon creating something special for your mom.



Clay Building with Marc
Thursday May 11, 2023

5:00 PM - 7:00 PM

\$32.00

Location: LEG Up! Classroom 109 Ottawa St. S Unit D
Show off your artistic talents and join Marc to build a unique fun clay project.



Movie and Pizza
Thursday May 18, 2023

5:30 PM - 8:00 PM

\$20.00

Location: Bullas Hall KWH 99 Ottawa St. S
Enjoy a movie, popcorn and pizza with your friends from LEG Up!/Out and About WR.



Mindful Music with Brad
Thursday May 18, 2023

6:00 PM - 8:00 PM

\$32.00

Location: Grant's Café KWH 99 Ottawa St.
Let's listen to great music and explore mindful practices for a peaceful mind.



Classic Cartoons and Conversation
Saturday May 27, 2023

10:00 AM - 12:00 PM

\$32.00

Location: LEG Up! Classroom 109 Ottawa St.S Unit D
More than just simple cartoons, Looney Tunes contain lessons about life, history, art and opera. Let's examine what cartoons can teach us!



Our Farm Salad Bowl Planter

Monday June 12, 2023

10:00 AM - 12:00 PM

\$43.00

Location: Our Farm KWH 115 University Ave

Come plant a big planter with a variety of lettuce to use for gorgeous salads. We will also learn how to make a versatile salad dressing with three options.



Make a Baseball Hat with JJ Woven

Saturday June 17, 2023

1:00 PM - 3:00 PM

\$40.00

Location: LEG Up! Classroom 109 Ottawa St. S Unit D

Make a personalized baseball hat to wear all summer long or to give as a gift.



Our Farm Herb Planter

Monday June 26, 2023

10:00 AM - 12:00 PM

\$47.00

Location: Our Farm KWH 115 University Ave

Enjoy a fun morning planting herbs in a pot and learn how to use these herbs in your favourite recipes.



Mindful Music with Brad

Thursday June 29, 2023

6:00 PM - 8:00 PM

\$32.00

Location: Cafe KWH 99 Ottawa St. S

Let's listen to great music and explore mindful practices for a peaceful mind.

In spirit of collaboration and community, Out and About Waterloo Region and LEG Up! programs at KWH are proud to be partnering with Growing in the Arts. Gita Schuster-Ashley is a Drama Teacher, Playwright, Director and Expressive Arts Facilitator who has been engaging people in the arts in Kitchener-Waterloo and surrounding area for 32 years.

Location: 109 Ottawa Street South **Studio B** (right next to LEG Up!)

Sign up for these fun special interest activities!



Spill The Tea

Monday April 17 - June 26, 2023

10:00 AM - 12:00 PM **No class: May 15, May 22**

\$236.00 8 - week course

Gather together for great conversation, smiles, laughter, storytelling, games, trivia, hot topics, treats and warm drinks. Bring your own mug.



Fantastic Fairies

Monday April 17 - May 8, 2023

12:30 PM - 2:00 PM

\$148.00 4-week course

Explore the magical world of fairies by making your very own illuminated fairy jar, intriguing fairy doors, quaint fairy house and charming fairy garden.



Button Up! - Creative Arts

Monday May 29 - June 19, 2023

12:30 PM - 2:00 PM

\$148.00 4-week course

Join this social group as you create unique projects entirely out of **BUTTONS!**