



LEARN PROGRAM

Spring 2009

It's Time for Spring!

Springtime is almost upon us. This time of year there is a sense of renewal, new growth, warmer weather and the hint of scents from new flowers and trees.

In many ways, the LEARN Program is in a phase of renewal and new growth.

Over the past few months, LEARN has been seeking new and dynamic people to take on the roles of class facilitators who would facilitate a recreation and leisure group. LEARN is proud to welcome several new program facilitators to the team and looks forward to providing a fresh and new outlook on programs for adults with disabilities.

LEARN is also debuting some new programming ideas for participants to try: Board Games, Matinee Movies, Fitness & Fun, Book Club, and a Karaoke Club. So during this season, perhaps try something new and take in one of our new programs.

The LEARN Program is always looking for new programming ideas or feedback regarding the current schedule. You may send your comments, questions, suggestions to:

learn@ilrcc.ab.ca



Use your Visa/Mastercard, Register Now!

Inside this issue:

- Registration Process 2
- Spring Programs 3
- Spring Programs 4
- Spring Programs 5
- New Participant Form 6
- Registration Form 7

Credit Card Type	Visa <input type="checkbox"/>	MasterCard <input type="checkbox"/>
Credit Card Number: _____		
Name (as it appears on card): _____		Total: \$ _____
Expiration Date:	Month: _____	Year: _____
Name of Program: _____		
Participant's Name: _____		Phone Number: _____
Signature: _____		

Spring Session's Registration Process Begins March 9, 2009

Spring Session's Registration Deadline is April 9, 2009

Before registering for any classes, all participants are required to complete a "Participant Information" form. Completed forms can be either mailed or delivered to the LEARN Program at the ILRCC office.

Registration Process

- To register, select the class/classes you are interested in, fill out the registration form and either send it by mail or drop it off at the Independent Living Resource Centre of Calgary along with applicable registration fees.
- If the class is full (programs fill up fast!), you have the choice of being put on a waiting list, choose a different program or request that your registration fees be returned to you by mail.

**REGISTRATIONS CANNOT BE ACCEPTED OVER THE PHONE, AND THE REGISTRATION FORMS MUST BE INCLUDED WITH YOUR PAYMENT.
NO PAYMENT=NO REGISTRATION**

Payment

All payments must be made in cash, cheque, money order or by Visa/MasterCard. Credit card payments can be completed by filling out the required information on the front of this brochure. When paying by cheque or money order, make cheque payable to: Independent Living Resource Centre of Calgary.

Receipts

A receipt will be issued upon cash payments at the ILRCC office. All other receipts will be issued the first class of your chosen activity.

NSF Fee

LEARN will charge a \$20.00 fee for all NSF cheques. After a cheque is returned NSF, the person who issued the cheque will be contacted and given 2 days to make full payment in person at the ILRCC office by money order, certified cheque, cash or credit card payment. The \$20.00 will be added to any program fees. If the payment is not received in 3 days, the program spot will be given to the next registered individual.

Program Fees

All program fees must be received by the LEARN Program before the first day of class and paid in full.

No exceptions.

Additional Information

- If you require assistance before, during or after a LEARN program, it is your responsibility to have appropriate support staff to assist you. It is not the responsibility of the Program Instructors to assist you with personal care, transportation, etc.
- In order for any programs to commence, there must be at least 8 participants registered for any given program. If there is less than 8, the program will be cancelled and all monies can be redirected to an alternate program or refunded.

Mondays

Programs	Description	Date	Time	Location	Cost
Fitness & Fun Afternoon CLASS SIZE: 20	Come enjoy a great low impact workout. Make sure you wear loose fitting clothes, appropriate footwear and bring a water bottle. Getting fit is fun!	Apr 20 To June 29 NO CLASS May 18	1:30pm To 2:30pm	ILRCC #134, 3359 27th St. NE	\$45.00
Hootenanny CLASS SIZE: 35	If you like music, this is the place to be. Join us and sing along to some of your favorite songs.	Apr 20 To June 29 NO CLASS May 18	7:00pm To 8:00pm	Church of the Good Sheppard 408—38th Street SW	\$45.00
Fitness & Fun Evening CLASS SIZE: 20	Come enjoy a great low impact workout. Make sure you wear loose fitting clothes, appropriate footwear and bring a water bottle. Getting fit is fun!	Apr 20 To June 29 NO CLASS May 18	7:00pm To 8:00pm	ILRCC #134, 3359 27th St. NE	\$45.00

Tuesdays

Programs	Description	Date	Time	Location	Cost
Sing a Long CLASS SIZE: 45	Spend the afternoon singing some of your favorite tunes.	Apr 14 To June 16	1:15pm To 2:15pm	South Calgary Commu- nity Association 3130-16th St. SW	\$45.00
Cooking Made Easy CLASS SIZE: 20	Learn how to make some great meals. You will be able to make these meals at home and take home a cookbook when the program is completed.	Apr 14 To June 16	7:00pm To 8:30pm	Church of the Good Sheppard 408—38th Street SW	\$90.00
Matinee Movies CLASS SIZE: 10	Come and watch some classic fun movies and enjoy it with popcorn. A great way to enjoy an afternoon.	Apr 14 To June 16	2pm To 4pm	ILRCC #134, 3359 27th St. NE	\$45.00

Wednesdays

Programs	Description	Date	Time	Location	Cost
Board Games NEW PROGRAM CLASS SIZE: 10	Come, play and have fun with your favorite board games such as Monopoly, Scrabble and Pictionary.	Apr 15 To Jun 17	1pm To 3pm	ILRCC #134, 3359 27th St. NE	\$45.00
Hootenanny CLASS SIZE: 35	If you like music, this is the place to be. Join us and sing along to some of your favorite songs.	Apr 15 To Jun 17	7:00pm To 8:00pm	Winston Heights Comm. Association 520-27th Ave NE	\$45.00
Pizza Night with Friends CLASS SIZE: 10	Meet friends each Wednesday for pizza. Additional cost of approximately \$13.00 each week to cover the cost of the pizza and tip for the waiter.	Apr 15 To Jun 17	6:00pm To 7:30pm	Boston Pizza 2420, 16th Ave NW	\$45.00

Thursdays

Programs	Description	Date	Time	Location	Cost
Chair Dancing CLASS SIZE: 10	All movements are done sitting down, and the class is designed for individuals in wheelchairs or otherwise unable to do regular dancing.	Apr 16 To June 18	10:30am To 11:30am	ILRCC #134, 3359 27th St. NE	\$45.00
Social Dance CLASS SIZE: 10	Intended for higher functioning individuals who enjoy movement to music and want to learn the basics of dancing. Classes will include the usual fun dances, the basics of the waltz, cha cha as well as line dancing.	Apr 16 To June 18	1:30pm To 2:30pm	ILRCC #134, 3359 27th St. NE	\$45.00
SW Fundance CLASS SIZE: 40 8 WEEK PROGRAM	Dance up a storm! Come and join others for some great music, dancing and fun!	Apr 30 To Jun 18	7pm To 8pm	South Calgary Commu- nity Association 3130—16th Ave SW	\$45.00

Fridays

Programs	Description	Date	Time	Location	Cost
Friday Night Out & About CLASS SIZE: 20	Various activities throughout Calgary. An additional cost of approximately \$17.00 will be required to cover the cost of specific activities.	Apr 17 To Jun 19	6:30pm To 9:30pm	Meeting place will vary from week to week.	\$45.00 Plus an additional \$17.00 each week to cover events.
Book Club CLASS SIZE: 10 NEW PROGRAM	Hear some favorite books read aloud for all to enjoy!	Apr 17 To Jun 19	10am To 11am	ILRCC #134, 3359 27th St. NE	\$45.00
Karaoke Club CLASS SIZE: 10 NEW PROGRAM	Come out and enjoy singing some of your favorite tunes!	Apr 17 To Jun 19	6:00pm To 8:00pm	ILRCC #134, 3359 27th St. NE	\$45.00

Saturdays

Programs	Description	Date	Time	Location	Cost
5 Pin Bowling CLASS SIZE: 55	Come bowling and meet up with friends, old and new!	Apr 18 To Jun 27 No Class May 16	1:30pm To 3:30pm	Chinook Bowladrome, Chinook Shopping Centre, South Lower Level. This location is not wheelchair accessible.	\$40.00 Plus \$3.00 per game

**LEARN PROGRAM
NEW PARTICIPANT INFORMATION**

PERSONAL

Name: _____ Date of Birth: _____
MM DD YY

Address: _____

Postal Code: _____ Phone: _____ Cell: _____

Contact Person(s) at above address: _____

Emergency contact is no answer from above: _____

Relationship: _____ Phone: _____

MEDICAL

Dr. _____ Phone: _____

DISABILITY INFORMATION

Nature of Disability: _____

Current Limitations: _____

Allergies: _____

Current medications: _____

Behavioral/emotional issues LEARN Instructors/group leaders should be made aware of:



REGISTRATION FORM

Please complete and return to LEARN with course fees

Name of Participant: _____ Tel: _____

Participant Address: _____ Postal Code: _____

Name of Emergency Contact & Tel: _____

Alternate Emergency Contact & Tel: _____

Transportation

<u>Class Name and Day</u>	<u>Class Time</u>	<u>Cost</u>	Access Calgary	Taxi	Private	City Transit
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
TOTAL		_____				

Details of transportation: Your Access Calgary # _____

Taxi Company Name _____ Taxi Telephone Number _____

I hereby give LEARN permission to use the above person's picture for promotional purposes (website, brochures, etc.): _____
Signature

EMAIL ADDRESS: _____

All LEARN registration forms and payments should be sent to:

LEARN Program, ILRCC

#134, 3359 - 27th St. NE

Calgary, AB T1Y 5E4

Email: learn@ilrcc.ab.ca

www.ilrcc.ab.ca

For further information, contact the LEARN Coordinator: 263-6880, ext. 224

Selected Movies For Matinee Movies Group

1. Grease

2. Daredevil

3. Maid in Manhattan

4. Transformers

5. Shark Tale

6. My Big Fat Greek Wedding

7. Harry Potter

8. RV

9. The Pacifier

10. Wild Hogs

