



The Calgary Society of Community Opportunities

Presents: Club House Connections.

(Formally Known as Social Skills).

We will be starting our new session of Club House Connections which will run for 10 weeks. This Session will start the week of May 8, 2023 and end on July 14, 2023

There will be no classes on Monday May 22 (Victoria Day) and Friday June 30 (Canada Day).

Cardio Drumming

Mondays, 10:30 am - 11:15 am May 8 – July 10, 2023

\$63

Cardio Drumming combines dynamic movements with aerobic training. While moving to the music, participants will use plastic drumsticks to hit on an exercise ball set in a base. All abilities welcome! Please bring appropriate footwear, if applicable.

There will be no class on Monday May 22, 2023

Fun and Games

Tuesdays, 10:30 am - 11:15 am May 9 – July 11, 2023

\$70

Come join us for a fun filled class that combines games, sports and crafts and is geared for everyone. It will provide you with both physical activities and some soothing relaxation techniques.

Sit and get Fit

Wednesday, 10:30 am - 11:15 am May 10 – July 12, 2023

\$70

This class is designed for all abilities but the instructor will remain seated throughout the class. Come out and discover how you can get a good workout without having to leave your chair. Staff will be expected to assist their participant to maximize the benefits of this exercise class.

Please bring appropriate footwear, if applicable.



Sweet as Pie

Tuesdays, 12:30 pm – 2:00 pm May 9 - July 11, 2023 \$130

Pies, squares, cookies and more. Each week we are baking up a storm of sweet delights. If you are new to the kitchen, don't worry as it's a piece of cake!

Karaoke

Tuesdays, 10:30 am – 11:30 am	May 9 – July 11, 2023	\$70
Wednesdays, 1:00 pm - 2:00 pm	2 May 10 – July 12, 2023	\$70

It's your time to shine and we have a stage waiting for you. Share your favorite songs and cheer others on while you listen to a mixture of new and old tunes.

Brown Bag Movie Matinee

Tuesdays, 12:15 pm- 2:15 pm	May 9 – July 11, 2023	\$5.00 Drop In
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Movie lovers wanted! Come enjoy your favourite stars on the big screen with your fellow movie enthusiasts. All you have to do is bring your own brown bag lunch and we will provide the cinematic experience, along with popcorn and a drink.

Music and Motion

Thursdays, 10:30 am – 11:15 am	May 11 – July 13, 2023	\$70
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This class is designed for all abilities-your best is always good enough. Come for the music, come for the people, but most of all come for the fun.

Please bring appropriate footwear, if applicable.



SmARTy Pants

Wednesday, 10:30 am – 11:30 am May 10 – July 12, 2023 \$100

Calling all artists! Join our SmARTy Pants art class where we will create a variety of projects large and small from home décor to accessories. Come and stretch your creative muscles! Staff are expected to assist participants for best project results.

Rhythm and Drums

Fridays 10:30 am – 11:15 am May 12 – July 14, 2023 \$63
Fridays 1:00 pm - 1:45 pm May 12 – July 14, 2023 \$63

March to the beat of your own drum, or to your favorite song! You can bang, rattle and shake with our wide assortment of drums and percussion instruments. Cost of registration includes the loan of instruments during the class.

There will be no classes on June 30 (Canada Day), 2023

Food for Fun

Mondays, 11:00 am - 12:30 pm May 08 – July 10, 2023 \$117
Wednesdays, 11:30 am - 1:00 pm May 10 – July 12, 2023 \$130
Fridays, 11:30 am - 1:00 pm May 12 – July 14, 2023 \$117

There will be no class on June 30 (Canada Day), 2023

Love food? We do too! In this class you will meet fellow foodies, gain some kitchen skills and best of all eat what you make. No need to bring a lunch (unless you require a special diet) as all materials and food are included in the cost of registration.

Dance, Dance, Dance!

Thursdays 1:00 pm - 1:45 pm May 11 – July 13, 2023 \$70

Come and get your groove on while dancing to your favourite tunes. Show off your moves and maybe learn a few new ones.



Spruce it up! (Upcycling)

Friday 10:30am – 11:30 am May 12 – July 14, 2023

There will be no class on June 30 (Canada Day) 2023

\$72



The purpose of the upcycle class is to show the participants that reusing is an important part of helping our planet be greener. Reusing and repurposing otherwise unused goods can be both fun and useful in our daily lives. Turn the old into new as your recyclables transform into treasures.



Registration for the Public will take place on Tuesday April 25, 2023. 9:00 am – 3:00pm.

We accept cash, cheque or e-transfer.

If you have any questions or would like to register, call Carolyn, Tracy or Justine at (403) 253-3454 or email cscotrainer@gmail.com. Spaces are limited and are on a first come, first serve basis.

All classes will be on site at UNIT 102, 2616 18TH STREET NE. Classes are open to adults with developmental disabilities (with their support workers, if applicable). Staff will be expected to assist their participants when assistance is required.

We are asking **that both staff and participants taking part in gym activities bring non-marking running shoes with you** during the winter months. This is so our gym floor remains dry and does not become a safety issue. We also wanted to let you know that C.S.C.O. is a **nut free** area so if you need to eat while at one of our social skills programs **please refrain from bringing nuts or peanut butter**. Thank you for your cooperation!

