

# ACCESS EXTRA

FALL  
2023

e-mail [jalnas@ccl.on.ca](mailto:jalnas@ccl.on.ca)  
Age: 18 years and older

# Valued People. Inclusive Community

Community Living London offers a mix of specialized and inclusive recreation and leisure opportunities.

Our goal is to offer meaningful leisure, recreation, lifelong learning and volunteer opportunities for adults with a developmental disability.

Activities are offered in our CLL centers which are located in neighbourhoods throughout London and in a variety of community locations.

Community Living London  
190 Adelaide Street, South

Hortons Seniors Centre – 45 years and over  
184 Horton Street

South London Community Centre  
1119 Jalna Blvd

The Center of Innovation and Learning  
523 South Street

Ford Access Centre  
25 Ford Crescent

**Classes** are offered Monday through Friday and our sessions run for 10-12 weeks.

We encourage everyone to register early as classes fill up quickly!

**No refunds** will be provided for missed days

**Please arrive on time for your class**

**Program cancellation** – If a class is cancelled due to inclement weather, instructor illness or circumstances beyond our control CLL will make every effort to contact you. The class will be re-scheduled or your fee for that day will be refunded

If the class is full you will be notified and placed on a wait list.

Community Living London is committed to providing a healthy environment for all to enjoy, if you are feeling under the weather please do not attend. We look forward to seeing you when you are feeling better.

## **Passport Funding**

Did you know you can use your Passport funding to cover the costs for:

- Programs, classes and supports that help develop independence, social and life skills (e.g., literacy, cooking, managing money, computer skills, assistance with personal care needs). This includes fees and supplies.
- Participation in community activities and events (e.g., recreation, club memberships, admission to festivals and museums, sports).
- Pre-employment and employment support (e.g., skills training, resume development and job coaching).
- Transportation for activities (e.g., transit, mileage, taxis).
- Paying a support worker to help with community participation and daily living activities. This includes a support worker's expenses while providing support (e.g., meals, transportation and activity fees, expenses for accompanying the individual during trips).

For more information or to apply for Passport funding, please contact Developmental Services Ontario (DSO) at 1-855-437-6797 or [www.passportfunding.ca](http://www.passportfunding.ca)

## **Participation Needs**

Our programs are open to adults 18 and over who have a developmental disability. Community Living London staff are responsible to provide leadership and instruction to all participating in their classes. Community Living London staff are unable to assist people to enter or exit the building or with personal support needs. If you require assistance with any of the above mentioned or to fully participate in the classes you have signed up for you are required bring to provide the supports you need.

# TUESDAY



## Trim the tree- Christmas Ornaments

Come join us to make some cute and fun ornaments to trim your holiday trees...

**Please bring your own support if required**

3 spots available

**FEE**: \$55.00

**LOCATION**

Ford Access

**TIME**

10:00-11:00am

**BEGINS**

September 26

**ENDS**

December 12



## Bingo

Five in a row then shout B-I-N-G-O!! Come join us for an exciting morning of playing Bingo and having a chance to win some awesome prizes!

**Please bring your own support if required**

5 spots available

**FEE**: \$40.00

**LOCATION**

Adelaide Access

**TIME**

10:00-11:15am

**BEGINS**

September 26

**ENDS**

December 12



## Fit for Fun

Sitting or standing..... We will move our body while we listen to our favourite songs.

Join our volunteer in an exciting exercise workout.

**Please bring your own support if required**

**FEE:** \$5.00

**LOCATION**

Neighbourhood Access

**TIME**

1:00-2:00pm

**BEGINS**

September 26

**ENDS**

December 12

**ACCESS EXTRA IS A  
GREAT WAY TO MEET  
NEW FRIENDS AND SEE  
FAMILIAR FACES**

# WEDNESDAY



## Karaoke with Jay

Have fun singing Karaoke with friends. Learn some new songs and sing to some oldies. Always a good time! Let the Good Times Roll - come sing your heart out to favourites of all eras...

**Please bring your own support if required**

6 spots available

**FEE**: \$65.00

**LOCATION**  
Ford Access

**TIME**  
10:00-11:00am

**BEGINS**  
September 27

**ENDS**  
December 13



## CLL Studios

The Show must go on! If you have a dramatic flair, we're looking for you! We will be creating a movie through every step; story development, casting, acting performances, set design, editing and let's have a blast screening the finished film!! A great way to have fun with friends, build confidence and learn how movie magic works! If needed, please bring your support person with you to enjoy the fun.

**Please bring your own support if required**

2 spots available

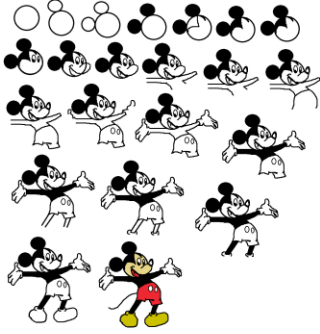
**FEE**\$25.00

**LOCATION**  
Adelaide Access

**TIME**  
10:00-11:15am

**BEGINS**  
September 27

**ENDS**  
December 13



## Art Attack: Learn to Draw, Disney Edition.

Do you enjoy drawing? Do you enjoy Disney? This program may be for you! In the program, we will be exploring Disney characters and learning to draw our favourites and channeling our creative side. This program is designed for people who enjoy drawing and would like to build on their existing skills by following the instructions provided.

**Please bring your own support if required**

1 spot available

**FEE**\$35.00

**LOCATION**

Adelaide Access

**TIME**

10:00-11:15am

**BEGINS**

September 27

**ENDS**

December 13



## Tarte a' la Tarte

Sweet or savory come check us out. We will bake up some yumminess each week.

**Please bring your own support if required**

3 spots available

**FEE**: \$55.00

**LOCATION**

Ford Access

**TIME**

1:00-2:00pm

**BEGINS**

September 27

**ENDS**

December 13



## **Karaoke with Jay**

Have fun singing Karaoke with friends. Learn some new songs and sing to some oldies. Always a good time!

**Please bring your own support if required**

5 spots available

**FEE**\$65.00

**LOCATION**

Adelaide Access

**TIME**

1:00-2:15pm

**BEGINS**

September 27

**ENDS**

December 13

***EXPLORE YOUR TALENTS  
BY TRYING OUT NEW  
THINGS.***

***NEVER STOP LEARNING  
BECAUSE LIFE NEVER  
STOPS TEACHING***



# THURSDAY



## Flat Out- Flatbread Creations

Come join us to boost your taste buds with a variety of toppings. We will have a sample taste and send the rest home to enjoy for lunch/dinner...

**Please bring your own support if required**

3 Spots Available

**FEE** \$55.00

**LOCATION**  
Ford Access

**TIME**  
10:00-11:00am

**BEGINS**  
September 28

**ENDS**  
December 14



## Dance Zone

Join us for a fun afternoon of dancing and hanging out with friends! Enjoy a variety of musical styles and show off your moves.

If we do not have enough participants we may have to cancel

**Please bring your own support if required**

10 spots available

**FEE** \$ 65.00

**LOCATION**  
Adelaide Access

**TIME**  
1:00-2:15pm

**BEGINS**  
September 28

**ENDS**  
December 14



## Seasonal Baking

Come join us as we bake some seasonal goodies and as we get closer to Christmas we will be baking some of your favorite Christmas treats.

**Please bring your own support if required**

2 spots Available

**FEE** \$ 45.00

**LOCATION**  
Ford Access

**TIME**  
1:00-2:15pm

**BEGINS**  
September 28

**ENDS**  
December 14

***TAKE THE OPPORTUNITY  
TO DO SOMETHING NEW  
WHENEVER YOU CAN."***

# FRIDAY



Five in a row then shout BINGO! Come join us for an exciting morning of playing Bingo and having a chance to win some awesome prizes!

**Please bring your own support if required**

**FEE** \$39.00 or \$3.00/ visit 13weeks

**LOCATION**

Neighbourhood Access

**TIME**

10:00-11:00 am

**BEGINS**

September 22

**ENDS**

December 15



Ford Kitchen will be running Simmering soups to warm your belly in the upcoming cooler weather. We will create 12 different soups, which you will bring home with a bun and drink. Please bring your own container.

**Please bring your own support if required**

2 spots Available

**FEE** \$ 55.00

**LOCATION**

Ford Access

**TIME**

10:00-11:15am

**BEGINS**

September 29

**ENDS**

December 15



## Games and iPad

Do you like to hang out with friends and play games? Then come join us at Neighbourhood Access to play a variety of games. There is a foosball and pool table

**Please bring your own support if required**

**FEE:** \$5.00

**LOCATION**

Neighbourhood Access

**TIME**

1:30-2:30pm

**BEGINS**

September 22

**ENDS**

December 15

Games, and iPad will not run on Friday October 6, October 27 & November 17



## Christmas around the World

We will be exploring how people around the world celebrate Christmas, learning a variety of traditions, making crafts and sampling some festive treats from other cultures

**Please bring your own support if required**

1 spot available

**FEE:** \$60.00

**LOCATION**

Adelaide Access

**TIME**

10:00-11:15pm

**BEGINS**

September 29

**ENDS**

December 15



## Glee Club

Bring your singing voice and your dancing feet for an afternoon of your favourite songs old and new. We provide the words and the accompaniment, no previous singing experience required! If you can't be here with us, you are welcome to "ZOOM" in as well. The link will be provided upon registration.

**Please bring your own support if required**

5 spots available

**FEE:** \$17.00

**LOCATION**  
Adelaide Access

**TIME**  
1:00-2:15pm

**BEGINS**  
September 29

**ENDS**  
December 15

***HAVE THE COURAGE TO  
TRY OUT NEW THINGS."***

# Course Registration

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
Postal Code: \_\_\_\_\_  
Phone Number: \_\_\_\_\_  
Cell: \_\_\_\_\_  
Email: \_\_\_\_\_

1. Course Name: \_\_\_\_\_  
Start Date: \_\_\_\_\_ Location: \_\_\_\_\_  
Fee: \_\_\_\_\_  
I will bring my own support staff: Yes \_\_\_ No \_\_\_

2. Course Name: \_\_\_\_\_  
Start Date: \_\_\_\_\_ Location: \_\_\_\_\_  
Fee: \_\_\_\_\_  
I will bring my own support staff: Yes \_\_\_ No \_\_\_

3. Course Name: \_\_\_\_\_  
Start Date: \_\_\_\_\_ Location: \_\_\_\_\_  
Fee: \_\_\_\_\_  
I will bring my own support staff: Yes \_\_\_ No \_\_\_

4. Course Name: \_\_\_\_\_  
Start Date: \_\_\_\_\_ Location: \_\_\_\_\_  
Fee: \_\_\_\_\_  
I will bring my own support staff: Yes \_\_\_ No \_\_\_

Total Payment: \_\_\_\_\_  
Method of Payment: Cheque \_\_\_\_\_ Credit Card \_\_\_\_\_  
(Please do not send cash in the mail)

## Emergency Information

Emergency Contact:  
Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Cell \_\_\_\_\_

# Registration

To register please contact CLL Neighbourhood Access staff at South London Community Centre (519) 686-8600 X 7183 or e-mail registrations to [jalnas@ccl.on.ca](mailto:jalnas@ccl.on.ca)

Completed forms and payment may be mailed to:

Community Living London  
South London Community Centre  
1119 Jalna Blvd.  
London, Ontario  
N6E 3B3

All cheques are to be **payable** to Community Living London  
Post-dated cheques **will be** accepted

**Credit Card accepted**

Complete the registration and vital information form.

**Please make all attempts to attend; as supplies are purchased in advance Money will be refunded if the class is cancelled. Postdated cheques will be accepted. Cheques are made payable to Community Living London.**

**No reserved spots available.**

