



The Calgary Society of Community Opportunities

presents their Social Skills Program classes

We will be continuing with our 10 weeks of classes but will be taking a two-week break for Christmas, from December 25 2017 to January 5, 2018. Classes will resume on January 9, 2018.

Fun and Games Tuesdays, 10:30am – 11:30am; November 28, 2017– February 13, 2018 \$60

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

NEW

Cardio Drumming Tuesdays, 1:00-1:45; November 28, 2017- February 13, 2018 \$60

Get in touch with your inner animal! 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. We are offering one free class on Nov.21, 2017 at 1:00 pm so come check it out. All abilities welcome!

Sit and get Fit Wednesdays, 10:45 – 11:30 am; November 29- February 14, 2018 \$60

This class is designed for all abilities but the instructor will remain seated throughout the class. Come out and find out how you can get a good workout without having to leave your chair. We are offering one free class on November 23,2017 from 10:30-11:30

Music and Motion Thursdays, 10:45 – 11:30 am; November 30,2017- February 15 ,2018 \$60

2017 at 10:45- 11:30 This class is designed for all abilities – your best is *always* good enough. Come for the music, come for the people, and most of all, come for the fun! Please bring appropriate footwear, if applicable. We are offering one free class on November 22, 2017

NEW

Sport Zone Thursdays, 1:00 pm-2:00 pm November 30, 2017 -January 18, 2018 \$36

This class will only run for 6 weeks to see how many sports minded ladies and gentlemen there are out there. If you enjoy playing a variety of sports and being part of a team come on down and check it out. There will be a free class on November 23, 2017 at 1:00 pm



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Rhythm and Drums Fridays, 10:45 – 11:30 am; December 1, 2017 – February 16, 2018 \$60
(there will be an afternoon class if enough people sign up)

March to the beat of your own drum...or to your favorite song! You can bang, rattle, and shake with our wide assortment of percussion instruments. Cost of registration includes the loan of instruments during the class. There will be an afternoon class added if there are enough people wanting to register

Sweet as Pie Tuesdays, 12:30 – 2 pm; November 28, 2017-February 13, 2018 \$110.00
Pies, squares, cookies, and more! Each week we're baking up a storm of sweet delights. And if you're new to the kitchen, don't worry – it's a piece of cake!

Food for Fun Wednesdays, 11:30 am – 1:00 pm; November 29, 2017 – February 14, 2018 \$110.00
Fridays, 11:30 am – 1:00 pm; December 01, 2017 – February 16, 2018 \$110.00

Love food? We do too! In this class you will meet fellow foodies, gain some serious kitchen skills, and best of all – eat what you cook! No need to pack a lunch, all materials and food are included in the cost of registration










REGISTRATION OPENS Monday November 6, 2017

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

We are asking that both staff and participants taking part in gym activities bring inside shoes with them 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 peanut 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!



TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Fun and Games 10:30 – 11:30 am November 28, 2017– February 13, 2018</p> 	<p>Sit and get Fit 10:45 – 11:30 am</p>  <p>November 29- February 14, 2018</p>	<p>Music and Motion 10:45 – 11:30 am November 30,2017- February 15 ,2018</p> 	<p>Rhythm and Drums 10:45 – 11:30 am December 1, 2017 – February 16, 2018</p> 
<p>Sweet as Pie 12:30 – 2 pm</p>  <p>November 28, 2017- February 13, 2018</p>	<p>Food for Fun 11:30 am – 1 pm November29, 2017 – February 14 ,2018</p> 	<p>Sport Zone 1:00pm-2:00pm</p>  <p>November 30, 2017 -January 18, 2018</p>	<p>Food for Fun 11:30 am – 1 pm</p>  <p>December 01, 2017 –February 16, 2018</p>
<p>Cardio Drumming 1:00-1:45 November 28, 2017- February 13, 2018</p> 	<p>Christmas Break: December 25 2017 to January 5, 2018. Classes will resume on January 9, 2018.</p>		