



**The Calgary Society of Community Opportunities**  
presents their Social Skills Program classes

We will be starting our new session of Social Skills Programs on May 13, 2019 which will run for 10 weeks until July 19, 2019. Please check out our NEW classes.

**PLEASE NOTE THERE WILL BE NO CLASSES ON MAY 20, AND JULY 1<sup>st</sup>, 2019**

**Cardio Drumming**

Mondays, 10:30 am -11:15 am; May 13, to July 15, 2019 \$48

**PLEASE NOTE THERE WILL BE NO CLASS ON MONDAY, MAY 20, AND MONDAY, JULY 1**

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!

**Fun and Games**

Tuesdays, 10:30 am -11.15 am; May 14, to July 16, 2019 \$60

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 technique

**Sit and get Fit**

Tuesdays, 10:30 -11:15 pm; May 14 to July 9, 2019 at **Highwood Community Centre** \$54



NEW

Wednesday, 10:30 am-11:15 am May 15, to July 17, 2019 \$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. Staff will be expected to assist their participant to maximize the benefits of this exercise class.

**Sweet as Pie**

Tuesdays, 12:30 -2:00 pm; May 14, to July 16, 2019 \$120



NEW FOOD  
PRICE

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, 11 am - 12 pm; May 14, to July 16, 2019

Wednesdays, 1:00 pm - 2 pm May 15, to July 17, 2019 \$60

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

### Music and Motion

Thursdays, 10:30 am – 11:15 am; May 16, to July 18, 2019 \$60

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.

### Mad Science

Thursdays, 11:00 am - 11:45 am; May 16 to July 18, 2019 \$80

Are you ready for an explosion of wild, wacky and weird science? Be prepared to get messy as we experiment and create potions, slime, erupting volcanoes, lava lamps and your very own tornadoes etc. Think science sounds boring; get ready for a big bang of fun.

### Snack and Chat

Thursdays, 1:15 to 2:15 pm; May 16 to July 18, 2019 \$90

Meet, greet and eat! Each week you will have the opportunity to prepare a delicious appetizer. Stay a while as you enjoy your new creation with your fellow budding chefs. All materials and food are included in the cost of registration.

### Food for Fun

Mondays, 11:00 am- 12:30 pm; May 13 to July 15, 2019

**PLEASE NOTE THERE WILL BE NO CLASS ON MONDAY, MAY 20 AND MONDAY, JULY 1** or

Wednesdays, 11:30am.-1:00 pm; May 15 to July 17, 2019 \$96

Fridays, 11:30am.-1:00 pm; May 17, to July 19, 2019 \$120 or \$120

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 as all materials and food are included in the cost of registration.





**Dance, Dance, Dance!**

Thursdays 10:30-11:15 am; May 16 to July 11, 2019

\$54

**Highwood Community Centre**

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

**Rhythm and Drums**

Fridays, 10:30 am -11:15 am; May 17, to July 19, 2019 or

\$60

Fridays, 1:00 pm - 1:45 pm; May 17, to July 1, 2019

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.

**REGISTRATION**














**STARTS: Monday May 6, 2019**

**ENDS: Friday, July 10, 2019**

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

All but 2 classes will be on site at UNIT 102, 2616 18<sup>TH</sup> STREET NE. Classes are open to adults with developmental disabilities (with their support workers, if applicable). Staff will be expected to assist their participants if assistance is required.

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 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!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Cardio Drumming 10:30 am-11:15 am</p> 	<p>Fun &amp; Games 10:30 am-11:15 am</p> 	<p>Sit and Get Fit 10:30 am – 11:15 am</p> 	<p>Music and Motion 10:30 am – 11:15 am</p> 	<p>Rhythm and Drums 10:30 am – 11:15 am</p> 
<p>Food for Fun 11:00 am - 12:30 pm</p> 	<p>Sweet as Pie 12:30 pm– 2:00pm</p> 	<p>Food for Fun 11:30 am - 1:00 pm</p> 	<p>Mad Science 11:00 am – 11:45 am</p> 	<p>Food for Fun 11:30 am - 1:00 pm</p> 
	<p>Sit and Get Fit 10:30-11:15 Tuesdays Highwood Comm. Centre</p>  <hr/>  <p>Karaoke 11 am – 12 pm</p>	<p>Karaoke Wed. 1-2pm</p> 	<p>Dance, Dance, Dance 10:30-11:15 Highwood Comm. Centre</p> <hr/> <p>Snack and Chat 1:15pm- 2:15pm</p>	<p>Rhythm and Drums 1:00 pm - 1:45 pm</p> 