



Our Mission To provide quality services which enhance the lives of people with disabilities.

Life Skills Classes 2015/2016

Cooking Class: Beginner

Start your journey to becoming independent in the kitchen. Cook basic menu items including soup, sandwiches, salads and much more. Cost is \$50 for 12 weeks or free for CAP members. Choose either the Monday or Thursday class, running from Sept 10th-November 30th at 10am.

Cooking Class: Advanced

Develop your cooking skills by creating full meals from scratch and eating them after! Learn how to create pasta dishes, pizza, tacos, casseroles, and much more! Cost is \$50 for 12 weeks or free for CAP members. Choose either the Monday or Thursday class, running from Jan 12th-March 31st at 10am

Baking Class

Become the hit at any holiday party by bringing delicious baked goods. Learn the finer art of cookies, muffins, cakes and much more! Cost is \$50 for 12 weeks or free for CAP members. Class runs every Monday at 1030 from May 9th-August 12th

Quest For Fitness

Enjoy modified physical activities & team games to get active and have fun. This class combines classic games such as Dodge ball & Capture the Flag with Kevin's own creation of modified games for a variety of abilities and skill levels. Cost is \$50 for 12 classes or free for CAP members. Class runs every Monday at 1:15 from January 11th- April 11th.

Quest For Fitness Lite

Develop fine motor skills, and participate in fun circle games, tabletop activities, and sport tournaments. This class is geared for all abilities and skill levels. Cost is \$25 for the semester or free for CAP members. Class runs every Tuesday morning at 10am from Sept 8th- December 8th.

LLL Class (Living Life Large)

Enhance your social skills and enrich your personal relationships. This class is an intimate and interactive group environment, which builds skills relating to communication, relationships, problem solving, finance, and much more. Cost is \$25 for the semester or free for CAP members. This class has two separate offerings each year, running every Tuesday at 1pm from May 11th-July 27th & every Wednesday at 1pm from Sept 9th-Nov 25th.