

# Recreation Catalogue

Spring  
2026

PROGRAMS RUN FROM:  
APRIL 1<sup>ST</sup> - JUNE 30<sup>TH</sup>

**REGISTER BY MARCH 27TH**

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 [www.clnorthperth.ca](http://www.clnorthperth.ca)



# Recreation Details

## How Do The Course Schedules Work?

Our courses run on a regular schedule. We offer weekly, bi-weekly, and monthly courses. When you register for a course, the cost covers your attendance at the program for three months.

You must be registered for all three months in order to attend a course. You can not attend on a per-time basis, this is not a pay as you go program.

Because you are paying for three months at a time, if you miss a course you will not get a refund. Please note that courses do not run on statutory holidays.

## How Does Course Registration Work?

We have a staff member ready to assist you with course registration. Her name is Coby, and she is the Individualized Support Specialist. Her contact details are listed on the front cover of this catalogue.

Every three months, when it is time to register for a new season of courses, Coby will contact everyone she knows who might like to sign up for a course. If you don't hear from Coby, or if you have any questions, you are welcome to contact her!

## How Does Course Payment Work?

After registration closes, we will make any adjustments we need to. This might happen because a course did not reach the minimum number of attendees, or because a course was so popular we are offering it to those on the waitlist!

After the adjustments are made, Coby will contact you with your final bill. Fees must be paid upfront, we will not bill on a per-course basis.

# Monthly Courses

## Karaoke



**When:** 1<sup>st</sup> Wednesday of the month from 10:30am - 11:30am

**Where:** Location Varies

**Build Your Skills:** Social Etiquette, Confidence, Self-expression

**Cost:** \$125 (Cost Through Passport: \$137.50)

Join us for our karaoke singing program! We use a karaoke machine to select songs and sing along. We will sing together and enjoy each other's company.

## Minute to Win It Game



**When:** 1<sup>st</sup> Wednesday of the month from 3:30pm - 4:30pm

**Where:** CLNP Lounge

**Build Your Skills:** Critical Thinking, Problem Solving, Speed

**Cost:** \$130 (Cost Through Passport: \$143)

Join us for competitive mini games! Complete challenges to tests your skills. Try to complete the mini game in under a minute, or better than your time the last time you played!

## Scrapbooking



**When:** 3<sup>rd</sup> Wednesday of the month from 11:00am - 1:00pm

**Where:** CLNP Lounge

**Build Your Skills:** Reflection, Creativity, Self-expression

**Cost:** \$285 (Cost Through Passport: \$313.50)

Join us at our scrapbooking club! We will use our scrapbooking materials to make memory books. We will use photos from CLNP and photos from home.

# Monthly Courses

## Bucket Band



**When:** 3<sup>rd</sup> Wednesday of the month from 3:30pm - 4:30pm

**Where:** CLNP Lounge

**Build Your Skills:** Rhythm, Hand-eye Coordination, Instructions

**Cost:** \$125 (Cost Through Passport: \$137.50)

Join us for our musical bucket band! We will play the drums on a bucket or chair. We follow a music video on YouTube to find a song to play together!

## Band Jam



**When:** 3<sup>rd</sup> Wednesday of the month from 6:30pm - 7:30pm

**Where:** Parkview Gardens or the Legion (Upstairs)

**Build Your Skills:** Physical Activity, Confidence in Crowds

**Cost:** \$160 (Cost Through Passport: \$176)

Join us for a musical band jam session! First our performers will play instruments and sing songs. Next it is our turn to dance, sing songs, and use instruments like the tambourine or shakers.

## Movie Club



**When:** 3<sup>rd</sup> Friday of the month from 6:00pm - 9:00pm

**Where:** CLNP Lounge

**Build Your Skills:** Emotional Intelligence and Decision Making

**Cost:** \$255 (Cost Through Passport: \$280.50)

Join us as we gather to watch a movie! We will select a movie to watch together on the TV at CLNP. We will enjoy snacks like popcorn and juice.

# Bi-Weekly Courses

## Chair Yoga



**When:** 1<sup>st</sup> and 3<sup>rd</sup> Monday from 1:30pm - 2:30pm

**Where:** CLNP Lounge

**Build Your Skills:** Balance, Relaxation, Self-Confidence

**Cost:** \$245 (Cost Through Passport: \$269.50)

Join us for our chair yoga program! Chair yoga is a great way to get exercise while staying seated. We will follow a chair yoga video on YouTube with our instructor.

## Board Games



**When:** 2<sup>nd</sup> and 4<sup>th</sup> Monday from 1:30pm - 2:30pm

**Where:** Derry Street or Queen Street

**Build Your Skills:** Memory, Turn Taking, Problem Solving

**Cost:** \$255 (Cost Through Passport: \$280.50)

Join us for our board game social group! We will play a variety of board games that test memory, knowledge, logic, or just a game of chance. Examples include Blokus, Monopoly, or Life.

## Dinner Club



**When:** 1<sup>st</sup> and 3<sup>rd</sup> Tuesday from 4:30pm - 6:30pm

**Where:** Location Varies

**Build Your Skills:** Decision Making, Money Management

**Cost:** \$390 + Cost of Food (Cost Through Passport: \$429)

Join us for our dinner club! This is a social club where we eat and talk to friends. We go out to eat at a variety of restaurants. We also order take away and eat together in CLNP's lounge.

# Bi-Weekly Courses

## Indoor Swimming



**When:** 2<sup>nd</sup> and 4<sup>th</sup> Wednesday from 11:00am - 1:00pm

**Where:** Woolwich Memorial Centre, Elmira

**Build Your Skills:** Strength, Endurance, Water Safety

**Cost:** \$655 (Cost Through Passport: \$720.50)

Join us for our indoor swimming program! We attend a scheduled family swim. There are two pools open for us to use. Transportation is included.

## Indoor Games



**When:** 1<sup>st</sup> and 3<sup>rd</sup> Thursday from 1:30pm - 3:30pm

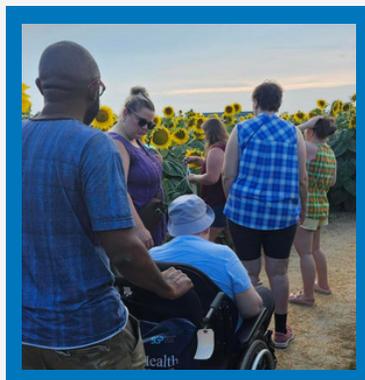
**Where:** LEMC, Derry Street, or the Lounge

**Build Your Skills:** Strength, Balance, Hand-eye Coordination

**Cost:** \$450 (Cost Through Passport: \$495)

Join us as we play a variety of games! Each week we will use the equipment at our location to get some exercise. Activities include basketball, soccer, jump ropes, and more.

## Evening Social



**When:** 2<sup>nd</sup> and 4<sup>th</sup> Friday from 6:00pm - 9:00pm

**Where:** Location Varies

**Build Your Skills:** Money Management, Making Decisions

**Cost:** \$480 + Activity Fee (Cost Through Passport: \$528)

Join us for a flexible program that occurs after work hours! Activities vary throughout the program. Please note that additional costs will occur depending on the activity.

# Bi-Weekly Courses

## Why Do These Courses List Specific Days?

The courses offered on this page are run at a community facility. These facilities were not available for all the days we requested to book them. We have booked the days that are available, and listed them in the course descriptions below.

The prices of these courses have been adjusted to match the number of times they will run. We are charging a lower cost per course than if they ran bi-weekly.

## Bowling



**When:** April 7<sup>th</sup> and April 21<sup>st</sup> from 1:30pm - 3:30pm

**Where:** Molesworth Bowling Lanes

**Build Your Skills:** Hand-eye Coordination, Endurance, Strength

**Cost:** \$140 (Cost Through Passport: \$154)

Join us for our seasonal bowling, which soon ends for the summer. Bowling is a target sport where you roll a ball down a lane to knock over pins, aiming for the highest score.

## Indoor Sports



**When:** April 16<sup>th</sup>, April 30<sup>th</sup>, May 14<sup>th</sup>, June 11<sup>th</sup>, and June 25<sup>th</sup>  
from 1:30pm - 2:30pm

**Where:** Between the Lines

**Build Your Skills:** Strength, Balance, Hand-eye Coordination

**Cost:** \$365 (Cost Through Passport: \$401.50)

Join us as we play a variety of sports! Each week we will use the equipment at our location to get some exercise. Activities include soccer, cornhole, axe throwing, catch, and more.

# Weekly Courses

## Crafts and Colouring



**When:** Mondays from 10:00am - 12:00pm

**Where:** Derry Street or Queen Street

**Build Your Skills:** Creativity, Self-Expression, Critical Thinking

**Cost:** \$840 (Cost Through Passport: \$924)

Join us for our arts and crafts program! Each week we will make a new craft together. We work with different materials like paint, markers, pencil crayons, beads, and more!

## Outdoor Sports and Games



**When:** Mondays from 3:30pm - 4:30pm

**Where:** Tennis Courts, Park, or Outside on Derry Street

**Build Your Skills:** Strength, Balance, Hand-eye Coordination

**Cost:** \$540 (Cost Through Passport: \$594)

Join us for our outdoor physical fitness program! Play sports with a group. This is a good way to get exercise. When the weather is warm we will play water games to keep cool.

## Movement and Mindfulness



**When:** Tuesdays from 10:30am - 11:30am

**Where:** Derry Street or Steve Kerr Memorial Complex

**Build Your Skills:** Balance, Endurance, Emotional Regulation

**Cost:** \$520 (Cost Through Passport: \$572)

Join us for our walking group program! Practice your deep breathing, listening to your body, and stretching. We will walk outside if it is sunny. We walk at the indoor track in bad weather.

# Weekly Courses

## BINGO



**When:** Wednesdays from 2:00pm - 3:00pm

**Where:** Derry Street, Parkview, or CLNP Lounge

**Build Your Skills:** Number Recognition, Memory, Fine Motor

**Cost:** \$545 (Cost Through Passport: \$599.50)

Join us for a game of BINGO! We will play this game of chance as a group. Practice recognizing numbers and patterns. If you win a game of BINGO you get a prize.

## Just Dance Fitness



**When:** Thursdays from 10:30am - 11:30am

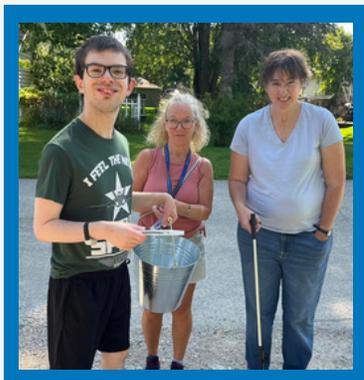
**Where:** CLNP Lounge

**Build Your Skills:** Balance, Endurance, Self-Confidence

**Cost:** \$530 (Cost Through Passport: \$583)

Join us for our musical fitness program! We will follow a dance video from YouTube with our instructor. This activity gets our bodies moving, you are going to get a good workout in!

## Environmental Cleanup



**When:** Thursdays from 3:30pm - 4:30pm

**Where:** Location Varies

**Build Your Skills:** Stewardship, Organization, Community Care

**Cost:** \$540 (Cost Through Passport: \$594)

Join us as we clean up our community! We will go on a walk around Listowel and collect litter. We use supplies provided by the self-advocates, like gloves, buckets, and “gator grabbers”.

COMMUNITY LIVING  
North Perth



Since 1958

INSPIRING POSSIBILITIES