



SUMMER 2026

Recreation Catalogue



Programs Run From
July 6th – August 31st
Register By June 24th



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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 eight weeks.

You must be registered for all eight weeks 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 eight weeks 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 eight weeks, 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 Transportation Work?

Transportation is no longer included in the cost of most programs. Individuals are welcome to walk, bike, get a ride from family or friends, or book a taxi. You can also register for transportation through CLNP for an extra cost.

Coby can help you sign up for our transportation services.

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

Movie Club

Cost: \$230

When: Mon. 2pm – 5pm
July 13 & August 17

Where: Norgan Theater,
Palmerston

Activity Attendance: 5

Build Your Skills: Emotional Intelligence &
Decision Making

Program features two sessions where participants watch and discuss uplifting films that promote self-confidence, personal growth, and self-belief.

Transportation included.



Conestoga Lake

Cost: \$185

When: Mon. 2pm-5pm
July 27, August 31

Where: Conestoga
Conservation Area

Activity Attendance: 5

Build Your Skills: Social Engagement,
Physical Fitness

Soak in the summer sun at Conestoga Lake. Whether it's going for a swim, tanning on the beach or hiking on a trail, this group will meet twice to enjoy an afternoon at the Lake. Feel free to pack a picnic snack! **Transportation included.**



Creative Arts

Cost: \$105

When: Wed. 1:30pm – 2:30pm
July 22 & August 19

Where: Steve Kerr Community
Room

Activity Attendance: 5-7

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

Creative Arts is a welcoming program where participants will make two fun projects each session while building creativity, confidence, and self-expression.



Karaoke

Cost: \$85

When: Wed. 1:30pm – 2:30pm
July 8 & August 5

Where: Steve Kerr
Community Room

Activity Attendance: 5-10

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

Get ready to sing your heart out at karaoke, have fun, boost confidence, express yourself, and connect through music!



Live Music & Sing Along

Cost: \$120

When: Wed. 6:30pm – 7:30pm
July 8 & August 5

Where: Steve Kerr
Community Room

Activity Attendance: 10-20

Build Your Skills: Physical Activity,
Confidence in Crowds

Join us for a lively night of music and singalongs with Michele Mercer July 8th and Johnny Borton August 5th!



Evening Swim

Cost: \$80

When: Wed. 6:30 pm – 7:30pm
July 22 & August 19

Where: Listowel Kinsmen Pool

Activity Attendance: 5

Build Your Skills: Strength,
Endurance, Water Safety

Make a big splash at an Evening Swim in the Listowel Kinsmen Pool. Swimming at our local pool promotes physical wellness and social engagement.



Bi-Weekly Courses

Sewing

Cost: \$405

When: Mon. 10:30am-12:30pm
July 13, 27 & August 17, 31

Where: CLNP Lounge

Activity Attendance: 3-4

Build Your Skills: Following Instructions, Concentration, Sewing Techniques

This is a hands-on program where participants learn practical sewing techniques, build skills at their own pace, and complete a sewing project over four sessions.



Community Connections

Cost: \$245

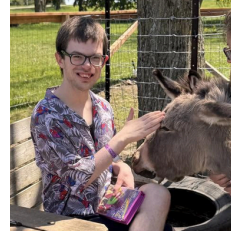
When: Mon. 10:30am-12:30pm
July 6 - Red Top Berries,

July 20 - Listowel Greenhouse,
August 10 - Goats on 86,
August 24 - Community Gardens

Activity Attendance: 5-6

Build Your Skills: Leisure Activity Awareness, Social Engagement, Independence

An interactive program that builds community awareness through hands on exploration.



Sensory Escapes

Cost: \$185

When: Tue. 12:30pm-1:30pm
July 7, 21 & August 4, 18

Where: LEMC

Activity Attendance: 5

Build Your Skills: Self-Awareness, Reflection, Emotion Regulation

Join us for a calming program that promotes emotion regulation through hands-on sensory activities, helping participants build self-awareness, relaxation, and coping skills.



Indoor Sports

Cost: \$165

When: Tue. 12:30pm - 1:30pm
July 28 & August 11, 25

Where: LEMC

Activity Attendance: 5-10

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

Stay active, have fun, and connect with others at LEMC. Each session features a different sport. It's a great way to stay active, work as a team, and enjoy friendly competition. ***Only Three Sessions**



Dinner Club

Cost: \$245

When: Tue. 4:30pm - 6:30pm
July 14, 28 & August 11, 25

Where: Participants will decide on a restaurant from the following options: Veky's, Tim Hortons, Dairy Queen, McDonald's, Chuck's, or Subway

Activity Attendance: 10-12

Build Your Skills: Decision Making, Money Management

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.



Indoor Swimming

Cost: \$495

When: Wed. 10am - 2pm
July 15, 29 & August 12, 26

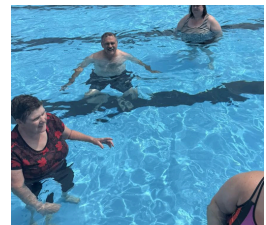
Where: Woolwich Memorial Centre

Activity Attendance: 8

Build Your Skills: Strength, Endurance, Water Safety

A refreshing and low-impact activity that is perfect for all abilities levels. Build water safety skills, improve fitness, and boost confidence in the water!

Transportation included.



Weekly Courses

Movement & Mindfulness

Cost: \$275

When: Mon. 9am-10am

Where: Derry Street

Activity Attendance: 5 - 8

Build Your Skills: Balance, Endurance, Emotional Regulation



Every Monday morning, we will breathe in the fresh summer air as we practice some mindful movement and breathing exercises. Following that, we will embark on a reflective walk as a group.

Public Swim & Safety

Cost: \$495

When: Tue. 2pm – 4pm

Where: Listowel Kinsmen Pool

Activity Attendance: 5

Build Your Skills: Strength, Endurance, Water Safety



Public Swim & Water Safety helps participants build confidence in the water through supervised swim time and water safety discussions that develop awareness, comfort, and independence in and around the pool.

Outdoor Games

Cost: \$275

When: Thur. 1pm – 2pm

Where: Outside CLNP Office

Activity Attendance: 5-8

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



Outdoor Games is a fun, active program with classic outdoor group games. Each session builds teamwork, movement, friendly competition, confidence, coordination, and social connections.

Just Dance Fitness

Cost: \$275

When: Tues. 1:30pm – 2:30pm

Where: CLNP Lounge

Activity Attendance: 5 - 10

Build Your Skills: Balance, Endurance, Self-Confidence



This is a fun, high-energy program that combines simple dance routines and upbeat music to improve fitness and build confidence.

Bingo

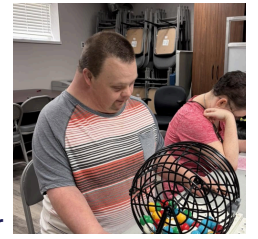
Cost: \$280

When: Wed. 3pm – 4pm

Where: Parkview

Activity Attendance: 5-10

Build Your Skills: Number Recognition, Memory, Fine Motor



The BINGO course offers a relaxed environment where participants practice focus, listening skills, and some friendly competition. Prizes, laughter, and great company make every session exciting!

Minute to Win It

Cost: \$290

When: Thur. 2:30pm – 3:30pm

Where: CLNP Lounge

Activity Attendance: 5-8

Build Your Skills: Critical Thinking, Problem Solving, Speed



Minute to Win It games are fast-paced and exciting challenges that test focus, coordination, and teamwork. Using simple games and friendly competition, each session encourages participants to stay active, laugh together, and build confidence while trying their best.

COMMUNITY LIVING

North Perth



Since 1958

INSPIRING POSSIBILITIES