



AUTUMN 2026

Recreation Catalogue



Programs Run From
Sept 1st – Oct 29th
Register By Aug 19th



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Catalogue Guide

Catalogue Legend



TRANSPORTATION INCLUDED

This activity is out of town. Transportation is included in the cost of the activity.



MEAL INCLUDED

A full meal is included in this activity.



MEAL \$ (OWN EXPENSE)

A meal is available at this activity at your own expense.



COMMUNITY ACTIVITY

This is a local community activity. Transportation is not included. Participants are welcome to walk or book through the transportation program at their own expense.

Independent Futures: Everyday Essentials

**FREE
COURSE**

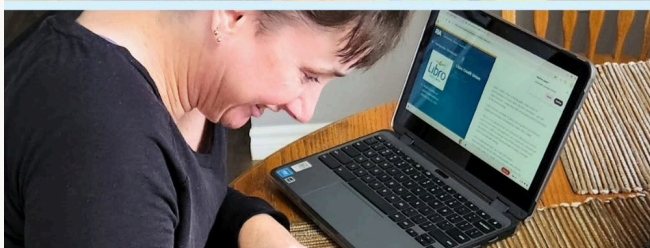


When: Weekly Mon. 2pm-3pm

Where: LIBRO Community Room

Attendance: 4-12

Interested in gaining skills that improve your confidence with technology, making purchases, and financial planning? Register for the independent futures program. Every week build skills by playing games and engaging in interactive activities.



Snacks Included!



Libro
CREDIT UNION

We are able to bring you this free program thanks to the generosity of:
**Libro Credit Union
Listowel Branch**

Recreation Courses

Gym Fitness



Cost
\$580

When: Weekly Tues. 9:30-10:30am

Where: DynaFit

Attendance: 4-6



Join us at DynaFit to learn the fundamentals of fitness in a welcoming environment. Build confidence while learning basic fitness skills and exercise equipment safety. By the end of the program, participants will be better prepared to continue their fitness journey independently.

Movement & Mindfulness



Cost
\$300

When: Weekly Tues. 2:30-3:30pm

Where: 645 Derry St. E

Attendance: 6-8



Take in the crisp autumn air as we enjoy mindful movement, calming breathing exercises, and a reflective group walk. Along the way, participants will become familiar with the walking route, build social connections, and develop the confidence to continue walking together as a group.

Lunch Cooking Club



Cost
\$335

When: 1st & 3rd Wed. 10:30-12:30pm

Where: CLNP Office Kitchen

Attendance: 4-6



Build confidence in the kitchen while learning basic cooking skills and preparing nutritious meals. Participants will explore healthy ingredients, practice simple recipes, develop food safety skills, and gain the knowledge to prepare healthy meals at home.

Indoor Swimming



Cost
\$350

When: 2nd & 4th Wed. 10am – 2pm

3 sessions only, pool closed Sept. 9th

Where: Woolwich Memorial Centre

Attendance: 4



Dive into fun and fitness with our Indoor Swimming course. 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!

One Time Activities

Dinner Club - September



Cost
\$85

When: Thursday, September 3 | 5:30-7:30pm
Where: Chucks Roadhouse
Attendance: 6-8



Enjoy some great food at Chucks Roadhouse with peers while practicing important skills such as dining etiquette, decision-making, and confidence ordering meals.

Outdoor Sports



Cost
\$100

When: Thursday, Sept. 10 | 12:30-3:30pm
Where: Derry St. and Memorial Park
Attendance: 4-6



Enjoy an afternoon of outdoor sports and games at Listowel Memorial Park. Participants will stay active, try a variety of recreational activities, and build the confidence and connections to participate in community recreation.

Pizza & Movie Night



Cost
\$60

When: Thursday, September 17 | 5:30-7:30pm
Where: CLNP Lounge
Attendance: 6-12



Join us for an inspiring and feel-good movie that celebrates self-confidence, courage, and believing in yourself! Enjoy a fun evening filled with laughter, great company, and a tasty pizza snack while you watch.

Pottery Sculpting



Cost
\$170

When: Thursday, Sept. 24 | 12:30-3:30pm
Where: CLNP Lounge
Attendance: 4-6



Express your creativity while learning the art of pottery. Participants will create their own unique art piece while learning the fundamentals of hand-built pottery. Leave with new skills and a handmade creation to be proud of.

One Time Activities

Wellness and Social Day



Cost
\$210

When: Wednesday, Sept. 30 | 10:30am-4:30pm

Where: CP Hub, 820 Tremaine St

Attendance: 4-6



Join us at for a full day of wellness, fun, and friendship! Wellness Day brings participants together to enjoy a variety of activities that promote healthy living while connecting with friends in the CP Hub program. Throughout the day, participants will stay active through games, prepare a nutritious lunch, practice mindful breathing techniques, and strengthen teamwork through engaging group activities. It's a great opportunity to build healthy habits, develop new skills, and enjoy all that the CP Hub community has to offer.

Dinner Club - October



Cost
\$85

When: Thursday, Oct 1 | 5:30-7:30pm

Where: Tippy Fox

Attendance: 6-8



Enjoy some great food at Tippy Fox with peers while practicing important skills such as dining etiquette, decision-making, and confidence.

Live Music and Karaoke



Cost
\$95

When: Thursday Oct. 8 | 12:30-2:30pm

Where: CLNP Lounge

Attendance: 6-12



Enjoy a live musical performance by our friend Johnny Borton, then keep the fun going with a lively karaoke session! Participants will have the opportunity to sing their favourite songs, socialize with friends, and celebrate the joy of music in a supportive environment.

One Time Activities

Oktoberfest



Cost
\$180

When: Friday, Oct. 9 | 10am-4:00pm

Where: Kitchener-Waterloo

Attendance: 4-5



Celebrate Oktoberfest at Willkommen Platz, where downtown comes alive with live music, great food, the Biergarten, local vendors, and festive fun. Enjoy free entertainment, German traditions, and activities at this exciting event.

Apple Adventure



Cost
\$130

When: Thursday, Oct. 15 | 12-4:00pm

Where: Shuh Orchards

Attendance: 4-6



Enjoy crisp, delicious apples, tasty baked treats, and plenty of fun for everyone! Pick your own apples, explore the corn maze, visit the farm animals, take a tractor ride, and make lasting memories.

Alpaca Farm Tour



Cost
\$65

When: Thursday, Oct. 22 | 2-4:00pm

Where: Pootscorners Palmerston

Attendance: 4-6



Pet some fuzzy, furry friends and enjoy a tour at Pootscorners Palmerston. See the alpacas and learn all about the farm!

Axe Throwing



Cost
\$155

When: Thursday, October 29 | 1-4:00pm

Where: Stratford Axe Throwing

Attendance: 4-5



Practice your aim by throwing axes at a target at Stratford Axes! Learn about the safety and scorekeeping of the game while having fun.

Stay Connected

HOW TO REGISTER

Coby, our Individualized Support Specialist, can help you register. Her contact information is on the front cover of this catalogue.

Registration opens every eight weeks for a new season of courses. When registration opens, Coby will contact people who may be interested in signing up.

If you do not hear from Coby, or if you have questions, please contact her. She will be happy to help you register for a course.

CANDLE FUNDRAISER

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This Fall we are partnering with Mild Hill Candle Co. for a candle fundraiser. From September 8 to September 28 a portion from each candle sold will go towards CLNP. A special link for ordering, and paper order forms will be available in September. Watch CLNP's social media for more details.



CORNERSTONE THRIFT

Join CLNP at Cornerstone Thrift on Saturday, August 22 for a special Community Partner Day. All in-store sales on August 22 will be split between Cornerstone Thrift and CLNP. We will be onsite to greet customers. Come in, say hello, find some great deals, and help two community organizations!



COMMUNITY LIVING

North Perth



Since 1958

INSPIRING POSSIBILITIES