



RYGIEL PRESENTS

SPRING SESSION 2026

MARCH 23RD - JUNE 5TH 2026

LIVE MUSIC • BAKING • COOKING
DANCING • ART

220 CRANBROOK DRIVE

MORE INFO : 365-384-2751 OR
DAYPROGRAMS@RYGIEL.CA

SESSION REMINDERS

**COST OF PROGRAMMING IS FOR THE ENTIRE 11 WEEK
SESSION - PAID AT THREE**

DARTs

Please arrange your DARTs or any form of transportation to arrive and pick up around the outlined class schedule so everyone can participate in the whole class uninterrupted.

Interest -Based Registration

Please ensure that when you are signing people supported up for programming that you are registering based off of their interests, likes and annual goals.

Weather Appropriate Clothing & Advisories

Please ensure that you are making sure people supported have all the necessary clothing items for the weather. Please note that we will do our best to adjust to weather changes, we may need to alter program to suit the weather.

Scent Sensitive Reminder

Please adhere to Rygiel's scent sensitive policy when coming to and supporting people supported in the gym.

Cooking Class - Tupperware

Please note that if you are signing up or supporting a person in cook in a cooking/baking program, you will be responsible for bringing tupperware to bring items home. **If tupperware is not brought then food will not be sent home.**

MONDAY

Mellow Mornings

9 A.M - 10 A.M

Mellow Mornings is a gentle start to the day for everyone! Come in, grab a cozy cup of coffee or tea, and enjoy easygoing conversation with friends. Simple, calming art projects are available for anyone who wants to get creative, no pressure, no rush. This is a relaxed space to wake up slowly, settle in, and feel ready for the day ahead.

\$20

Spring Sing-A-Long

10 A.M - 11 A.M

Spring Sing-A-Long is a warm and welcoming sing-along group. Everyone can choose a song, sing as a group or solo, and enjoy a relaxed space to express themselves and connect with others. No pressure, just music, smiles, and seasonal cheer.

\$20

Garden Starters

10 A.M - 11 A.M

The Garden Starters class kicks off our growing season by preparing the soil, planting seeds, and caring for new life. Together, we'll nurture the beginnings of a beautiful garden!

\$110

Spring Garden Painting

12:30 P.M. - 2:30 P.M.

In Spring Garden Painting, students will bring spring to life on paper! Inspired by flowers, plants, and all things that grow, artists will experiment with color, texture, and fun tools to create a joyful garden scene full of personality and movement.

\$100

TUESDAY

The Daily Brewzzle

9 A.M - 10 A.M

Join us for a relaxed coffee social where good conversation meets clever puzzles. Whether you're a casual coffee lover or a puzzle pro, come connect over cups and clues in a fun, low-pressure setting.

\$20

Move Into Spring

10 A.M - 11 A.M

Move Into Spring offers a supportive space to explore movement through music. Participants can choose to move standing or seated while engaging with rhythm, coordination, and creative expression in a relaxed and encouraging environment.

\$50

Spring Day Games

11 A.M. - 12 P.M

Whether you love strategy, teamwork, or just a good laugh, this class offers a chance to connect and compete! Friendly competition all while staying cozy indoors for cold weather with outdoors when the weather warms up!

\$30

Petals & Pastries

1 P.M. - 2:30 P.M.

Petals & Pastries invites you to celebrate spring through the art of baking! In this hands-on class, participants will create sweet, seasonal treats inspired by the colors, flavors, and beauty of the season—think delicate flowers, fruity flavors, and pastel delights.

***PLEASE BRING TUPPERWARE**

\$130

Bingo

1 P.M. - 2:30 P.M.

A classic game with a cozy twist! Enjoy rounds of seasonal bingo with your chance to win!

\$25

WEDNESDAY

The Brunch Bunch

9:30 A.M. - 11:00 A.M.

The Brunch Bunch is a social and hands-on cooking group where chefs work together to prepare a tasty, homemade brunch. This class combines teamwork, skill-building, and conversation, giving everyone a chance to contribute, share ideas, and enjoy a meal together. It's a relaxed, welcoming space to connect with others, learn simple cooking techniques, and savor the results of your efforts in good company.

\$125

Rhythm Factory with Dean

11 A.M. - 12 P.M.

Rhythm Factory is a lively, social, and hands-on music class where everyone can explore rhythm and sound through group drumming. Using a variety of drums and percussion instruments, everyone contributes to a shared musical experience. This class encourages self-expression, coordination, and teamwork while creating a fun, supportive, and energizing atmosphere.

Instructor: Dean

\$125

Spring Harmonies

1:30 P.M - 2:30 P.M

Spring Harmonies is a music class designed to bring people together through song and sound. Everyone involved will explore singing, group harmonies, and simple musical activities in a relaxed, supportive environment.

Instructor: Jeff from Golden Melodies

\$135

THURSDAY

Waking Up the Garden

9 A.M - 10 A.M

This gentle warm-up helps our bodies wake up like a garden in spring. Through slow stretches, easy movements, and relaxed breathing, everyone prepares their bodies to move while building comfort and confidence in the space.

\$25

From Scratch: Cookie Creations 9:30 A.M - 11:30 A.M

From Scratch: Cookie Creations is a hands-on baking class where students get to make delicious cookies entirely from scratch! From mixing the dough to rolling, cutting, and decorating, you'll experience the full joy of baking your own sweet treats. This class is all about creativity, fun, and sharing the satisfaction of tasting something you made with your own hands *PLEASE BRING TUPPERWARE

\$125

Spring Expressions

10 A.M - 11:30 A.M

Spring Expressions is a relaxed, hands-on art class where artists explore the colors, textures, and feelings of the season. Using a variety of materials and techniques, this class encourages creativity, self-expression, and confidence while working at each person's own pace.

\$125

Springtime Serenade

1 P.M. - 2:30 P.M.

Springtime Serenade is a relaxed and social music class celebrating the joy and renewal of spring. Participants will enjoy gentle movement, singing, and creative self-expression in a supportive environment. With feel-good songs inspired by the season, you can sway, stretch, and explore music at your own pace while welcoming the energy of spring into your day.

\$45

FRIDAY

The Daily Brewzzle

9 A.M - 10 A.M

Join us for a relaxed coffee social where good conversation meets clever puzzles. Whether you're a casual coffee lover or a puzzle pro, come connect over cups and clues in a fun, low-pressure setting.

\$40

Music in Motion

10 A.M - 11 A.M

Get ready to move, groove, and make some noise! Music in Motion is a high-energy class filled with musical games, rhythm activities, and interactive fun designed to get everyone singing, dancing, and smiling. Perfect for everyone of all abilities, no musical experience needed!

Instructor: Krista from Golden Melodies

\$160

Comfort Food Classics

10 A.M - 11:30 A.M

Comfort Food Classics is a warm and welcoming cooking class where participants make simple, delicious meals inspired by familiar favorites. From soups and casseroles to homemade snacks and sides, this class focuses on tasty recipes, teamwork, and enjoying good food together.

Please bring Tupperware!

\$120

Spring Festive Games

1 P.M. - 2:30 P.M.

Relive the magic of a classic winter fair with an afternoon of lively games and festive fun! From sack races and ring toss to a mix of traditional challenges, this class offers something for everyone to enjoy. Whether you're here for a bit of friendly competition or just the festive vibes, it's the perfect way to embrace the spirit of the season.

\$120



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