



Mouvement Action Découverte

Registration in person
March 30th 2020 from 5:30 to 9 pm

450-698-3361

For individuals with an intellectual disability



SPRING 2020


Activities begin:

Monday, April 6th 2020

Last day of activities:

Saturday, June 20th 2020

Centre intégré
de santé et de
services sociaux de
la Montérégie-Centre

Québec 



Registration procedures

Who can register?

- Anyone with a mild to moderate intellectual disability with or without associated disorders and having the ability to participate in the activities. People aged 16 and over are given priority. We have no age limit, **provided that mobility and participation** of the person are possible.

Opening of file / registration for new participants

- A meeting prior to any new registration is mandatory – make an appointment with Nancy Morin, Team leader /Activity coordinator, at 450-698-3361 **BEFORE** the registration period.
- A trial day will be scheduled.

Registration for activities for all participants

- Registration are **on a first-come, first-served basis**. However, with a limit on the number of activities chosen to allow the largest number of participating member to access the activities.
- Each participant must have a valid membership fee (\$15 paid annually, normally during fall registration. **Not refundable**).

- **First, in person on Monday, March 30th, from 5:30 pm to 9:00 pm**, at the administrative offices of the organization located at **25B, Boul. St-Francis, Châteauguay, J6J 1Y2.**

- Then, by telephone, from **March 31st to April 1st**, at 450-698-3361. Please leave us a detailed voice message. **The call return will be in chronological order of calls.**
- Additions of activities can be made after the registration period if the participant / monitor ratio allows it or if the maximum capacity for the activity is not reached. However, you must register by telephone or in person before the activity and have obtained the agreement for registration from our administration.
- Our services will begin **Monday, April 6th 2020.**

Restrictions

- The number of registrations is limited for ALL activities.
- Each participant can register for a maximum of 6 Thursdays and / or 6 Saturdays.
- Each participant can register for a maximum of 1 recurring activity on Saturdays.

Once the registration process is completed, additional activities will be offered to participants registered on the waiting lists according to the remaining places.

IMPORTANT

The staff of Mouvement Action Découverte, reserves the right to look at the participants' choice of activities in order to ensure that the registered participant is able to fully enjoy the activity. The administration reserves the right to refuse the registration of a participant if it deems that he / she is not fit to participate.

Transport

- Requests for adapted transportation services are the participants' responsibility.
- Transport Accès: 450-699-1077
- Taxi Prestige: 450-699-1999
- Transport Mario Burgoyne (St-Rémi): 450-635-8736
- Taxi Ste-Martine: 450-268-7999

Payment terms and conditions

- We accept payments by cash or check only.
- **Full payment must be made upon registration** unless prior agreement with Mouvement Action Découverte (public curatorship, CLSC, other).
- **A maximum of three payments by postdated checks are accepted** and must be issued on the following dates: **April 6th, Mai 04th and June 1st.** Checks must be given on the day of registration or by **April 6th at the latest.**

Activity cancellation

- **No refunds are made for activities of \$10 or less**, except for activities canceled by Mouvement Action Découverte.
- **No refunds are made on the annual subscription fee**, even in case of cancellation request for all activities.

- A refund will be given if cancellation of the activity is requested **10 days or more BEFORE the day of the activity**. A \$10 fee will be retained as an administration fee.
- **No refund will be made less than 10 days before the date of the activity**, except on a presentation of a medical ticket.
- In the event of a temporary or permanent suspension of a participant, reimbursement will be made in proportion to the activities uses. A fee of \$10 will be retained as an administration fee.
- With presentation of a medical ticket, the refund will be made in proportion to the activities used. A \$10 fee will be retained as an administration fee.
- In the event of an NSF check, a fee of \$25 will be charged.

Activity Schedules

- We kindly ask you to respect the schedule of activities. (Beginning AND end of activities).
- For safety reasons and a question of personnel on site, we ask you to ensure their supervision until our We ask that you please respect the schedules of the activities (**Starting and finishing time**).
- For a matter of security and staff scheduling, we ask that you ensure the participants' safety until we open the door.
- **Please note that we will not accept any participants prior to 10 minutes before the activity.**

IMPORTANT

The Mouvement must provide a sufficient team of employees for each activity. In order to allow us to plan the necessary resources, registration is mandatory.

For additional information: (450) 698-3361

*******Reminder:**

There will be no services at Mouvement Action Découverte from March 30th 2020 to April 5th 2020 inclusively!

******Activities will resume on April 6th 2020******

******IMPORTANT*** ALL items belonging to the participant MUST be identified with his / her full name: Lunch box, water bottle, coats, boots, hats, gloves, etc.***



Description of workshops and activities

Educational Center (21 places)

\$14.50/Day

Monday and Wednesday (Session- 9 Mondays – 11 Wednesdays) (11am to 4pm)

Criteria: Mild to moderate intellectual impairment with or without associated disorder having the ability to participate in educational activities

The way to register at the educational center is as follows: The participants have the possibility to register to every Monday of the month, every Wednesday of the month or every Monday and Wednesday of the month.

NB: For participants who participate in the SRSOR plateaux, will be free to register when the SRSOR will be closed once a month, on Wednesdays. Even though usually the participant is not registered for Wednesdays.

Description:

- Group discussion in the morning
- A stretching exercise session
- Tasks, which promote their autonomy, for the meal time and for the preparation of the room.
- Educational workshops.
- A physical activity at the end of the day.

Goals:

- Develop skills for real integration
- Promote the acquisition of functional autonomy
- Promote awareness and self-acceptance
- Develop skills to achieve personal goals
- Exploit his / her potential (creativity, verbal communication & gestures).

Educational Center

Theme 1: Week of April 6th: Daily Meals / Breakfast

- ❖ They will learn how to make a good breakfast choice.
- ❖ They will create a recipe related to breakfast and share it with the group.

Theme 2: Week of April 13th: Daily Meals / Lunch

- ❖ They will learn how to make a good lunch choice.
- ❖ They will create a recipe related to breakfast and share it with the group.

Theme 3: Week of April 20th: Daily Meals / Diner

- ❖ They will learn how to make a good diner choice.
- ❖ They will create a recipe related to diner and share it with the group.

Theme 4: Week of April 27th: Daily Meals / Snacks and Deserts

- ❖ They will learn how to make a good snack and desert choice.
- ❖ They will create a recipe related to snacks and deserts and share it with the group.

Theme 5: Week of Mai 4th: Health / Mental

- ❖ They will learn what a good mental health is.
- ❖ They will learn how to maintain good mental health.

Theme 6: Week of Mai 11th: Health / Physical

- ❖ They will learn what a good physical physical is.
- ❖ They will learn how to maintain good physical health.

Theme 7: Week of Mai 18th: Health / Sexual

- ❖ They will learn what a good sexual health is.
- ❖ They will learn how to maintain good sexual health (*menstrual cycle, hygiene of private parts, etc.*).

Theme 8: Week of Mai 25th: Health / Emotional

- ❖ They will learn what good emotional health is.
- ❖ They will learn how to maintain good emotional health.

Theme 9: Week of June 1st: The Ecosystem / Animals

- ❖ They will learn about the role that plays the animals in the ecosystem.
- ❖ They will participate in an activity in link with the animals in the ecosystem.

Theme 10: Week of June 8th: The Ecosystem / Vegetation

- ❖ They will learn about the role that plays the vegetation in the ecosystem.
- ❖ They will participate in an activity in link with the vegetation in the ecosystem.

Theme 11: Week of June 15th: The Ecosystem/ Climate

- ❖ They will learn about the role that plays the climate in the ecosystem.
- ❖ They will participate in an activity in link with the climate in the ecosystem.

Criteria: Mild to moderate intellectual impairment with or without associated disorder

Description:

- Volunteers and youth organisation members will be invited to share a meal with participants.
- A fun evening with music, laughter, dancing, card games and musical games.
- Tasks, which promote their autonomy, for the meal time as well as for the preparation of the room for the dance will be proposed by the team and selected by the participants.

Goals:

- Encourage interpersonal relationships
- Give participants a sense of responsibility during a collective activity
- Strengthen the participants' sense of belonging to the organisation

Mouvement Weekends

(For schedule, price and number of places available, please refer to Weekend Activity description sheet)

Criteria: All intellectual disability and/or autism spectrum disorder

Description:

- Learning, developmental and independence-creating activities.

Goals:

- Develop a sense of respect for his/peers
- Improve fine and global motor skills
- Learning to take one's place within a group
- Applying rules of ethics
- Developing one's independence
- Developing his/her abilities to assist others
- Getting to know the other participants



Description of workshops and activities

<i>Music Workshop (20 places)</i>	<i>\$8.50/Day</i>	<i>\$76.50/Session</i>
Monday nights	(Session 9 weeks)	(7 pm to 9 pm)

Criteria: Mild to moderate intellectual impairment with or without associated disorder and have an interest for music (singing)

Description:

- Participant will sing in duos or a group song
- Participant will practices their songs

Goals:

- Singing in a choir
- Performed in front of an live audience at our annual show of 2020

<i>Theatre Workshop (14 places)</i>	<i>\$8.50/Day</i>	<i>\$93.50 /Session</i>
Tuesday nights	(Session 11weeks)	(7 pm to 9 pm)

Criteria: Mild to moderate intellectual impairment with or without associated disorder and have an interest for theatre

Description:

- The pieces are written by the monitors and the participants.
- Participants use French or English according to their choice in the scenario.
- They will practice some improvisation games / techniques.
- Develop acting skills.
- Creation of costumes and decor for the annual talent show.

Goals:

- Improve quality of spoken and gestural expression.
- Take his / her place in a group and in front of an audience.
- Develop improvisation techniques.

Dance Workshop (20 places)

\$8.50/Day

\$93.50 /Session

Wednesday nights (Session 11 weeks)

(7 pm to 9 pm)

Criteria: Mild to moderate intellectual impairment with or without associated disorder and have an interest for dance and fitness.

Description:

- Workshop where the participant will learn 1 or 2 simple dance choreographies to present at the annual show.

Goals:

- Establish links between body movements and dance practice.
- Improving and maintaining the state of physical health.
- Improve coordination
- Create and interpret a choreography

Action Saturdays

(For schedule, prices and number of places available for each activity, please see "Weekend Activities" description sheet)

Criteria: Mild to moderate intellectual impairment with or without associated disorder and have the ability to participate in the activities.

Description:

- Cultural, tourist, artistic and sports activities

Goals:

- Develop new skills
- Improve fine and gross motor skills
- Acquire new knowledge
- Improve social skills
- Develop skills to use them for integration and citizen participation

Activity Calendar

April 2020

Sun	Mon	Tues	Wed	Thur	Fri	Sat
	6 Educational Center 11am-4pm (evening) Music workshop 7pm-9pm	7 (evening) Theatre workshop 7pm-9pm	8 Educational Center 11am-4pm (evening) Dance workshop 7pm-9pm	9 Community Dinner 3:30pm-8:30pm	10	11 Diner Dance Theme: Alice and Wonderland Meal: Benny BBQ 3:30pm - 8:30pm
12	13 Easter Monday (Holiday)	14 (evening) Theatre workshop 7pm-9pm	15 Educational Center 11am-4pm (evening) Dance workshop 7pm-9pm	16 Community Dinner 3:30pm-8:30pm	17	18 Bowling 11am-3pm
19	20 Educational Center 11am-4pm (evening) Music workshop 7pm-9pm	21 (evening) Theatre workshop 7pm-9pm	22 Educational Center 11am-4pm (evening) Dance workshop 7pm-9pm	23 Community Dinner 3:30pm-8:30pm	24	25 Sugar shack 10:30am-5:30pm
26	27 Educational Center 11am-4pm (evening) Music workshop 7pm-9pm	28 (evening) Theatre workshop 7pm-9pm	29 Educational Center 11am-4pm (evening) Dance workshop 7pm-9pm	30 Community Dinner 3:30pm-8:30pm		

May 2020

Sun	Mon	Tues	Wed	Thur	Fri	Sat
					1	2 Diner Dance Theme: Asia Meal: Zen Noodle 3:30pm - 8:30pm
3	4 Educational Center 11am-4pm (evening) Music workshop 7pm-9pm	5 (evening) Theatre workshop 7pm-9pm	6 Educational Day Center 11am-4pm (evening) Dance workshop 7pm-9pm	7 Community Dinner 3:30pm-8:30pm	8	9 Percussion workshop 11:30am-3pm
10	11 Educational Center 11am-4pm (evening) Music workshop 7pm-9pm	12 (evening) Theatre workshop 7pm-9pm	13 Educational Day Center 11am-4pm (evening) Dance workshop 7pm-9pm	14 Community Dinner 3:30pm-8:30pm	15	16 Bowling 11am-3pm
17	18 Queen's Day (Holiday)	19 (evening) Theatre workshop 7pm-9pm	20 Educational Day Center 11am-4pm (evening) Dance workshop 7pm-9pm	21 Community Dinner 3:30pm-8:30pm	22	23 Swimming pool 2:30-5:30pm
24	25 Educational Day Center 11am-4pm (evening) Music workshop 7pm-9pm	26 (evening) Theatre workshop 7pm-9pm	27 Educational Day Center 11am-4pm (evening) Dance workshop 7pm-9pm	28 Community Dinner 3:30pm-8:30pm	29	30 Cinema Info to follow

June 2020

Sun	Mon	Tues	Wed	Thur	Fri	Sat
	1 Educational Center 11am-4pm (evening) Music workshop 7pm-9pm	2 (evening) Theatre workshop 7pm-9pm	3 Educational Center 11am-4pm (evening) Dance workshop 7pm-9pm	4 Community Dinner 3:30pm-8:30pm	5	6 Diner Dance Theme: Angels and Demonds Meal: Subway 3:30pm - 8:30pm
7	8 Educational Center 11am-4pm (evening) Music workshop 7pm-9pm	9	10 Educational Center 11am-4pm (evening) Dance workshop 7pm-9pm	11 Community Dinner 3:30pm-8:30pm	12	13 Circus and gymnastics 11am-5pm
14	15 Educational Center 11am-4pm (evening) Music workshop 7pm-9pm	16 (evening) Theatre workshop 7pm-9pm	17 Educational Center 11am-4pm (evening) Dance workshop 7pm-9pm	18 Community Dinner 3:30pm-8:30pm	19	20 Annual talent show Info to follow

Payment chart: Spring 2020

Membership of Participant Annually \$15
Membership Parents/Friends Annually #people: _____ x \$2 = _____

ACTIVITY	SCHEDULE		PRICE
Bloc 1 April	Mondays	11 am to 4 pm	\$43.50
Bloc 2 May	Mondays	11 am to 4 pm	\$43.50
Bloc 3 June	Mondays	11 am to 4 pm	\$43.50
Bloc 1 April	Wednesdays	11 am to 4 pm	\$58.00
Bloc 2 May	Wednesdays	11 am to 4 pm	\$58.00
Bloc 3 June	Wednesdays	11 am to 4 pm	\$43.50
Music	Mondays	7 pm to 9 pm	\$76.50
Theatre	Tuesdays	7 pm to 9 pm	\$93.50
Dance	Thursdays	7 pm to 9 pm	\$93.50

Community Dinners

April 9 th		April 16 th		April 23 rd		April 30 th		May 7 th
May 14 th		May 21 st		May 28 th		June 4 th		June 11 th
June 18 th								

- Total of 11 Community Dinners X \$18 = \$198

WEEKEND ACTIVITIES (FRIDAY TO SUNDAY)

Diner dance	Saturday, April 11 th	3:30pm-8:30pm	\$22
Bowling	Saturday, April 18 th	11am-3 pm	\$21
Sugar Shack	Saturday, April 25 th	11am-5:30pm	\$35
Diner dance	Saturday, May 2 nd	3:30pm-8:30pm	\$22
Percussion workshop	Saturday, May 9 th	11:30am-3pm	\$21
Bowling	Saturday, May 16 th	11am-3pm	\$21
Swimming	Saturday, May 23 rd	2:30pm-5:30pm	\$15
Cinema	Saturday, May 30 th	Info to follow	\$22
Diner dance	Saturday, June 6 th	3:30pm-8:30pm	\$22
Circus and gymnastics	Saturday, June 13 th	11am-5pm	\$25
Annual talent show	Saturday, June 20 th	Infor to follow	\$20

Participant: _____

Total: _____

Names of members (friends and family) _____

DATE	ACTIVITY	SCHEDULE	FEE	PLACES	IMPORTANT
Saturday, April 11th	Diner dance	3:30pm-8:30pm	\$22	42	<ul style="list-style-type: none"> • Theme: Alice in wonderland • Meal: Benny BBQ • Wear a disguise or accessory in link with the theme, if possible
Saturday, April 18th	Bowling	11am-3pm	\$21	28	<ul style="list-style-type: none"> • A lunch will be provided (Pizza) • Go directly to Quillorama II, 133, Boul. Maple, Châteauguay
Saturday, April 25th	Sugar shack	11am-3 m	\$35	40	<ul style="list-style-type: none"> • Wear clothing appropriate for the weather (rain boots, appropriate coat, etc.) • Provide money for those who want to buy something at the souvenir shop. (Mouvement Action Découverte will not be held responsible for the loss of objects of money and will not manage any money.)
Saturday, Mai 2nd	Diner dance	3:30pm-8:30pm	\$22	42	<ul style="list-style-type: none"> • Theme: Asia • Meal: Noodle Zen • Wear a disguise or accessory in link with the theme, if possible
Saturday Mai 9th	Percussion work shop	11:30am-3pm	\$21	21	<ul style="list-style-type: none"> • Bring a cold lunch
Sunday, Mai 16th	Bowling	11am-3pm	\$21	28	<ul style="list-style-type: none"> • A lunch will be provided (Pizza) • Go directly to Quillorama II, 133, Boul. Maple, Châteauguay

DATE	ACTIVITY	SCHEDULE	FEE	PLACES	IMPORTANT
Saturday, Mai 23rd	Swimming	14:30pm-5:30pm	\$15	14	<ul style="list-style-type: none"> • Bring a snack • Go directly to the Fitness Center Polydium Fitness Center – Aquatic, 111 Boulevard Maple, Châteauguay • Must have swimsuit, towel, water shoes, padlock, etc.) • BATHING CAP IS MANDATORY
Saturday, Mai 30th	Cinema	Info to follow	\$22	28	<ul style="list-style-type: none"> • Go directly to the Carnival Cinema, 240 Boul. Saint-Jean-Baptiste, Châteauguay • A popcorn and a soft drink will be provided. • Please provide sufficient money for those who wish to obtain something other than popcorn
Saturday, June 6th	Diner dance	3:30pm-8:30pm	\$22	42	<ul style="list-style-type: none"> • Theme: Angles and demons • Meal: Subway • Wear a disguise or accessory in link with the theme, if possible
Saturday, June 13th	Circus and gymnastics	11am-3pm	\$25	14	<ul style="list-style-type: none"> • Go directly to the Circus and gymnastics school, 101 Notre-Dame N., Châteauguay • Bring a cold lunch • Wear sports clothes and shoes
Saturday, June 20th	Mouvement Action Découvert's annual talent show	6pm-9pm (time may vary)	\$20 (free for participants that are registered in the evening workshops)	2	<ul style="list-style-type: none"> • Go directly to the Vanier Cultural Center, 15 Boul. Maple, Châteauguay • Participants registered in the evening workshops must present themselves at the Vanier Cultural Center at 1pm • A diner will be provided to these participants