



Variety Village Highlights

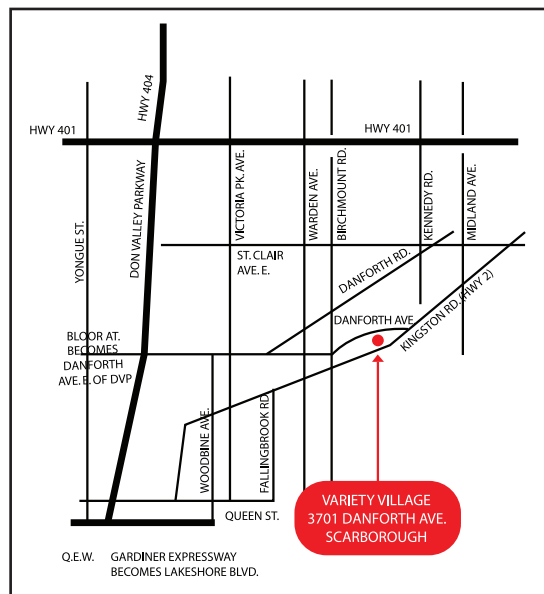
Variety Village accommodates people of all abilities and a wide range of physical and intellectual disabilities.

The centre includes:

- A 76,000-square-foot Fieldhouse which has a 200-metre indoor textured track, three full-size basketball courts, a rock-climbing wall and an accessible high ropes course.
- A 3-pool aquatic centre that is completely accessible with electronic lifts and ramps.
- A 3,000-square-foot conditioning area that is wheelchair accessible.



Location:



The L.I.N.K.S. Program

Lifestyle, Independence,
Nutrition, Knowledge, Sport



**If you require more information
or are interested in enrollment,
please contact:**

Cathy Price
Tel: 416-699-7167 ext. 280
TTY: 416-699-8147
email: cprice@varietyvillage.on.ca
www.varietyontario.ca/village



Variety Village

3701 Danforth Avenue
Scarborough, ON M1N 2G2

Tel: 416-699-7167
TTY: 416-699-8147

Email: info@varietyontario.ca

Website: www.varietyontario.ca

What is L.I.N.K.S.?

L.I.N.K.S. is a program for young adults with disabilities to gain continued education and independence through a variety of fun and interactive activities. L.I.N.K.S. promotes daily active living through sports, life skills and employment ability skills.

Eligibility

Anyone 20 years of age or older with a disability.

Days and Times

Monday – Friday
9:00am – 4:00pm

Participants have the option to register for two to five days per week.

Location

Variety Village
3701 Danforth Avenue
Scarborough, Ontario
M1N 2G2

Fees

L.I.N.K.S. is a fee for service program. Please inquire about the intake process, including an interview with Cathy Price, at 416-699-7167 ext. 280.



What does L.I.N.K.S. offer?

Personal Training: Starting with a personal physical fitness assessment, participants are provided throughout the year with a personalized program to achieve their fitness goals.

Gym: A variety of organized games and recreational activities.

Music: Participants listen to different music, play instruments and learn the history of music and instruments.

Drama: Activities are designed to allow the participants to express themselves through singing, drama and dance.

Swimming: Participants swim twice a week with a focus on developing skills, playing games and relaxation techniques.

Shopping: Participants shop for food needed for cooking programs. They learn the basic skills needed for shopping.

Cooking: Participants cook their lunch once a week and learn skills to help them become more independent.

Community Outings: The last Friday of each month, participants go on full-day community outings.

Computers: Participants learn the basic skills of using a computer including researching topics of interest using the internet.

Communication: A variety of communication styles are introduced, tailored to individual needs.

Geography: Different cultures and countries are explored through research and discussion about world events. Presentations and public speaking are highlighted in this program.

Health and Nutrition: The Canadian food guide and discussion of healthy choices are explored. Participants prepare a weekly lunch, a Breakfast Club menu and culture meals.

Money Management: Participants learn about the value of money, denominations, banking transactions and basic buying and selling. Money transactions are also introduced in our job training initiatives within Variety Village.

Science: Participants will take part in science experiments with the focus on ecology and technology.

Job Training: Variety Village provides many opportunities for job training and placement. The Breakfast Club is the L.I.N.K.S most popular initiative. The participants prepare breakfast items and set up a café for all members and staff at Variety Village each week.

