



Family Advisory Committee  
*"The Voice of Families"*

CINEPLEX ODEON

A photograph of a Cineplex Odeon cinema entrance at night. The name 'CINEPLEX ODEON' is illuminated in white letters above a curved, arched entrance. There are stars on the left side of the arch.

**COMMUNITY &  
HOME ACTIVITY  
RESOURCE GUIDE**

For Aptus  
Treatment Centre  
Families & Staff



**Aptus Mission Statement:**  
'provide people who have developmental  
disabilities meaningful opportunities in  
the community to explore what matters to them'



**COMMUNITY PROGRAM RESOURCE GUIDE**  
**For Aptus Treatment Centre Families & Staff**

## **Preamble**

*I am pleased to share with you our **second edition of the FAC Community Program Resource Guide**. This was developed by the Family Advisory Committee (FAC) to assist families and staff in supporting meaningful community-based programming for people served by Aptus. We are grateful to Aptus management for supporting this initiative and providing access to a professional graphic designer in the production of this guide.*

**Aptus Vision:  
'empower people to  
thrive'**

*After a discussion with Ursula Rehdner, CEO, during the FAC Information Session on March 23rd, 2022, members of the FAC offered to research and develop a community program resource guide for families and staff.*

*Volunteers who came forward to work on this task included Patricia Muir who took the lead, Evelyn Breslin, Dewey Douce and Linda Cheung. They quickly carried out the research of various community programs, shared their findings and proceeded to document the information so that it would be a useful resource guide to families and staff. Further input and feedback were provided by Laura Van Wyk, Marybeth Craig, Mona Taylor, Susan Edmiston, Tom Muir, and Terry Daly.*

*With the goal of improving the quality of life of our loved ones, we hope this will be a helpful resource for families and staff - particularly during the much-anticipated warmer weather. We invite you to send any additional community programming ideas and information you have so that we can update this document on a periodic basis and share it with all Aptus families. Please forward your feedback to our new email address: [AptusFAC@gmail.com](mailto:AptusFAC@gmail.com)*

*On behalf of the FAC, I would like to thank the families who contributed to creating the first edition of this Community Program Resource Guide and to Aptus staff who provide meaningful supports to our family members.*

*Terry Daly  
Chair - Aptus Family Advisory Committee  
May 4, 2022*

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For Aptus Treatment Centre Families & Staff



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## Introduction

Aptus' mission statement is to *'provide people who have developmental disabilities meaningful opportunities in the community to explore what matters to them.'* Its vision is to *'empower people to thrive.'* Its values are *'Choice, Respect, Integrity and Inclusion.'*

**Vision:**  
***'empower people to thrive'***

In June 2019, Aptus changed its day service model. People residing in Aptus homes would receive day services programming from their home. People supported who do not live in an Aptus home could continue to receive adult day services programming at the Samor Road Adult Day Services building. This new model would better align with Aptus' Mission Statement and its person-directed approach to care, provide greater opportunity for community inclusion, personal choice for activities, and more flexibility in personal schedules. Social opportunities would be coordinated for people to remain connected, ensuring existing friendships would be maintained, and new friendships could be developed. The new model would lead to a better overall quality of life for people receiving care.

However, nine months later, in March 2020, while Aptus was in the early stages of implementing this new day services model, Covid-19 was declared a pandemic. The ensuing lockdown restrictions severely restricted Aptus' ability to execute on this new service model.

**After the long and difficult pandemic period, this document has been prepared to assist families and staff in getting people back to experiencing meaningful opportunities in the community.**

The guide offers numerous options and categories of activities to meet a range of interests. Planning and coordination by Aptus would allow for both individual programming and the maintenance and development of friendships and relationships.

**This guide could help support the creation of programming calendars. Many of the suggested opportunities are low cost or free** and could become favourite recurring community-based programs. Community activities could be daily (e.g., a coffee shop visit), weekly (e.g., league participation, local library visits), monthly (e.g., a movie), seasonal (e.g., apple picking), or annual (e.g., summer camp). For example, Aptus could make weekly bookings at a bowling alley or community centre gymnasium and arrange for a group of people who enjoy those activities to meet there each week.

**The cost of most of the activities listed in this document may be eligible for reimbursement under the Passport Program administered by Developmental Services Ontario**

(<https://www.dsontario.ca/passport-program>).

## Cultural

AGA KHAN Museum - <https://agakhanmuseum.org/index.html>

AGO - <https://ago.ca/>

AGO Mississauga - <https://www.artgalleryofmississauga.com/>

Bata Shoe Museum - <https://batashoemuseum.ca/>

McMichael Art Gallery - <https://mcmichael.com/>

National Ballet - <https://national.ballet.ca/Homepage>

Native Canadian Centre - <https://ncct.on.ca/>

Ontario Science Centre - <https://www.ontariosciencecentre.ca/>

ROM - <https://www.rom.on.ca/en>

TSO - <https://www.tso.ca/concerts-and-events/>

### Relaxed Performances (live theatre, dance, music, etc.):

See a video showing what a "relaxed performance" can be like:

<https://www.youtube.com/watch?v=D4WZWOFF6QU&t=66s>

Toronto performance spaces are offering shows with a more casual and sensory-respectful experience that may be more enjoyable for people who are neurodiverse (including Autism, developmental delay, etc.) Sound levels are lowered slightly, house lights are left on at a dim level so audience members can move in and out of their spaces as needed. Google "[Relaxed Performances Toronto](#)" for a choice of current show options. Here are ongoing options:



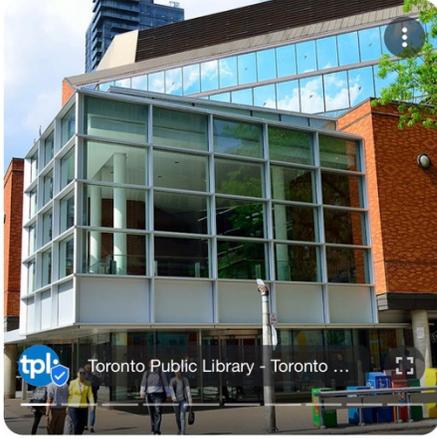
TSO "Relaxed Performances" (scroll down to see upcoming shows) - <https://www.tso.ca/concerts-and-events/relaxed-performances/#:~:text=The%20Toronto%20Symphony%20Orchestra's%20Relaxed,a%20more%20relaxed%20concert%20experience.>

National Ballet of Canada "YOU dance" (this is a program to come and watch ballet but being more able to move around while watching) <https://national.ballet.ca/Explore/YOU-dance/Relaxed-Performance>

Theatre Passe Muraille Relaxed Performances (they offer visual stories for people to check out what the relaxed performance show will be about) - <https://www.passemuraille.ca/relaxed-performances/>

Mirvish Theater (offer occasional relaxed performances of popular shows such as Come From Away) <https://www.mirvish.com/ticket-info/accessibility/services>

## Cultural (continued)

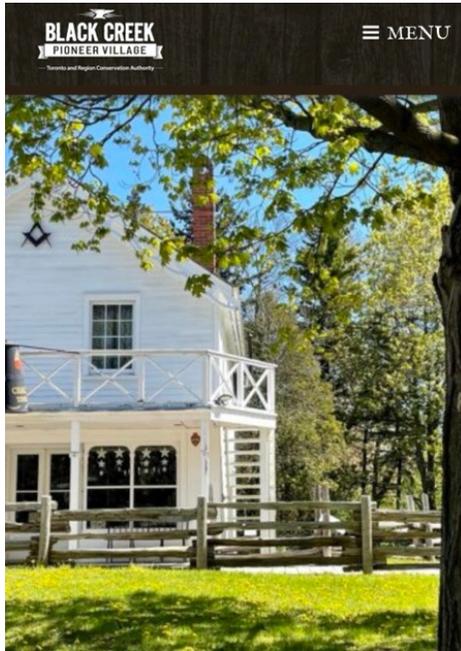


### Public Libraries:

- **Toronto Public Libraries –**  
<https://www.torontopubliclibrary.ca/>
- **Vaughan Public Libraries -**  
<https://www.vaughanpl.info/>
- **Mississauga Library -**  
<https://www.mississauga.ca/library/>

## Attractions

Membership or fee for entry



Black Creek Pioneer Village- <https://blackcreek.ca/>  
Canada's Wonderland -

<https://www.canadaswonderland.com/>

Casa Loma- <https://casaloma.ca/>

CN Tower - <https://www.cntower.ca/>

CNE - <https://theex.com/>

Dave and Busters - <https://www.daveandbusters.com/>

Doris McCarthy Gallery, U of T Scarborough (art exhibit challenges visitors to view disability differently) -

<https://dorismccarthygallery.utoronto.ca/>

Hockey Hall of Fame - <https://www.hhof.com/>

K1 Speed (go-carting) - <https://www.k1speed.ca/>

Medieval Times- <https://www.medievaltimes.com/toronto>

Ontario Place - <https://ontarioplace.com/en/>

Open Bus Tour of Toronto -

<https://citysightseeingtoronto.com/>

Ripley's Aquarium - <https://www.ripleyaquariums.com/canada/>

Toronto Island/Centre Island - <https://www.torontoisland.com/>

Toronto Railway Museum - <https://torontorailwaymuseum.com/>

Toronto Zoo - <https://www.torontozoo.com/>

Wet 'n' Wild - <https://www.wetwildtoronto.com/>

**\*\*\* Free or reduced cost of entry for caregivers of people with disabilities to Cineplex movies and many/most of the attractions listed above and many others: <https://access2card.ca>**

## Attractions (continued)

No admission fees for entry

**APTUS Teaching Landscape** - 111 Anthony Road



Monday to Friday, Physically Distant Gardening!

**Beaches/Boardwalk** - <https://www.alltrails.com/trail/canada/ontario/the-boardwalk-and-woodbine-beach>

**City Hall (Events Calendar)** - <https://www.toronto.ca/explore-enjoy/festivals-events/festivals-events-calendar/>

**Cherry Blossoms – Toronto Parks** – (May) <https://www.toronto.ca/explore-enjoy/festivals-events/cherry-blossoms/>

**Distillery District** - <https://www.thedistillerydistrict.com/>

**High Park** - <https://www.highparktoronto.com/>

**Kensington Market** - <http://www.kensington-market.ca/Default.asp?id=home&l=1>

**Niagara Falls** - <https://niagarafalls.ca/visitors/default.aspx>

**Riverdale Farm** - <http://riverdalefarmtoronto.ca/>

**Scarborough Bluffs** - <https://www.toronto.ca/explore-enjoy/parks-gardens-beaches/scarborough-bluffs/>

**St. Lawrence Market** - <http://www.stlawrencemarket.com/>

**The Bentway (Lakeshore/CNE area)** – <https://www.thebentway.ca/>

**Woodbine Racetrack** - <https://woodbine.com/>

## Events

### Membership or fee for entry

**Auto Show** (in-person in 2023) - <https://autoshow.ca/>

**Boat Show** (virtual only for 2022) - <https://www.torontoboatshow.com/>

**Cirque de Soleil** - <https://www.cirquedusoleil.com/canada/toronto/shows>

**CNE Air Show** - <https://theex.com/main/entertainment/canadian-international-air-show/air-show>

**Royal Agricultural Winter Fair** - <https://www.royalfair.org/>

**Toronto Art Fair** - <https://arttoronto.ca/home/>

### No admission fees for entry

**Canada Day celebrations** – check local events

#### Parades, such as:

- Easter Parade (Beaches) - <https://www.beacheseasterparade.ca/>
- Pride Toronto Parade - <https://www.pridetoronto.com/pride-2022/>
- Santa Claus Parade - <https://thesantaclausparade.com/>
- St. Patrick's Day Parade - <https://stpatrickstoronto.com/>



#### Festivals, such as:

- **Cavalcade of Lights** - <https://www.toronto.ca/explore-enjoy/festivals-events/cavalcade-of-lights/>
- **JerkFest**(Caribbean celebration in August) - <https://www.jerkfestival.ca/>
- **Luminato Festival** (June) - <https://luminatofestival.com/>
- **Redpath Waterfront Festival** (waterfront walks in September) - <https://towaterfrontfest.com/>
- **Taste of Lawrence** (Scarborough food festival in June) - <https://www.todocanada.ca/city/toronto/event/taste-of-lawrence/>
- **Taste of the Danforth** (Canada's largest street festival in August) - <https://tasteofthedanforth.com/>
- **TD Salsa on St. Clair** (street festival in June) - <https://www.salsaintoronto.com/td-salsa-on-st-clair/>
- **Toronto Caribbean Festival** (Carabana in August) - <https://www.caribanatoronto.com/>
- **Toronto International BuskerFest for Epilepsy** (September) - <https://torontobuskerfest.com/>
- **Toronto Jazz Festival** (Woodbine Park in July) - <https://www.carnifest.com/beaches-international-jazz-festival-2022/>

## Sports

Toronto Blue Jays - <https://www.mlb.com/bluejays/tickets>

Toronto Maple Leafs - <https://www.nhl.com/mapleleafs>

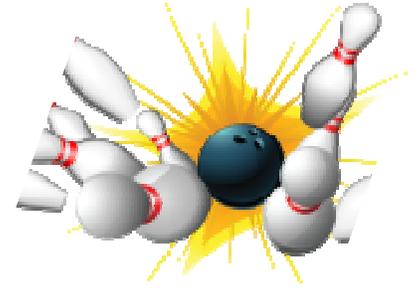
Toronto Marlies games - <https://marlies.ca/>

Toronto Raptors - <https://www.nba.com/raptors>

Toronto Rock Lacrosse - <https://torontorock.com/>

### Bowling:

- **Maple Community Centre** (private 4-lanes of 5-pin bowling available for private booking – located in basement of the Maple Community Centre in Vaughan) – email for private booking: [RecCSD@vaughan.ca](mailto:RecCSD@vaughan.ca)
- **Planet Bowl** - <http://planetbowl.ca/>
- **Playtime Bowl** - <http://playtimebowl.com/>
- **Richmond Hill Pro Bowl** (no online reservations) - <https://richmondhillprobowl.ca>
- **Splitsville** (several locations, including Woodbridge and Richmond Hill; can reserve online) - <https://splitsville.ca>



**CARD (Community Association for Riding with Disabilities** – horseback riding) - <https://card.ca/>

**Community Centres in Vaughan**(indoor/outdoor activities) -

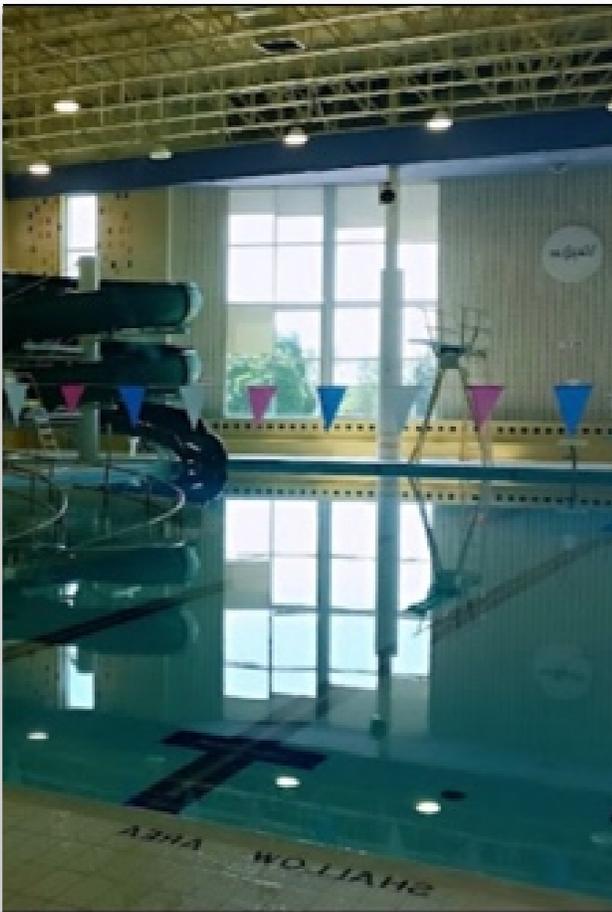
[https://www.vaughan.ca/services/recreation/community\\_centres/Pages/default.aspx](https://www.vaughan.ca/services/recreation/community_centres/Pages/default.aspx), including:

- **Al Palladini CC** (indoor gymnasium, pool) - [https://www.vaughan.ca/services/recreation/community\\_centres/al\\_palladini\\_cc/Pages/default.aspx](https://www.vaughan.ca/services/recreation/community_centres/al_palladini_cc/Pages/default.aspx)
- **Dufferin Clark CC** (indoor gymnasium, pool and games room; outdoor tennis, track, field) - [https://www.vaughan.ca/services/recreation/community\\_centres/dufferin\\_clark\\_cc/Pages/default.aspx](https://www.vaughan.ca/services/recreation/community_centres/dufferin_clark_cc/Pages/default.aspx)
- **Garnet A. Williams CC** (indoor pool, gymnasium, track, racquet courts) - [https://www.vaughan.ca/services/recreation/community\\_centres/garnet\\_a\\_williams\\_cc/Pages/default.aspx](https://www.vaughan.ca/services/recreation/community_centres/garnet_a_williams_cc/Pages/default.aspx)
- **Maple CC** (indoor pool, gymnasium, track, racquet courts) - [https://www.vaughan.ca/services/recreation/community\\_centres/maple\\_cc/Pages/default.aspx](https://www.vaughan.ca/services/recreation/community_centres/maple_cc/Pages/default.aspx)

## Sports (continued)

- **North Thornhill CC** (swimming pool) - [https://www.vaughan.ca/services/recreation/community\\_centres/north\\_thornhill\\_cc/Pages/default.aspx](https://www.vaughan.ca/services/recreation/community_centres/north_thornhill_cc/Pages/default.aspx)
- **Vellore Village CC** (swimming pool) - [https://www.vaughan.ca/services/recreation/community\\_centres/vellore\\_village\\_cc/Pages/default.aspx](https://www.vaughan.ca/services/recreation/community_centres/vellore_village_cc/Pages/default.aspx)

Fitness clubs, like **GoodLife Fitness** with locations throughout Toronto, Vaughan, and other cities -



<https://www.goodlifefitness.com/>

**Special Olympics Toronto** (for regular weekly programs, for sports such as: basketball; bowling; floor hockey; swimming) -

<https://www.specialolympicstoronto.com>

**Variety Village** - <https://www.varietylvillage.ca/>

**YMCA** – North York – 567 Sheppard Ave E (Bayview & Sheppard) <https://ymcagta.org/find-a-y/north-york-ymca>

**YMCA** – Vaughan at the Metropolitan Centre (new building) <https://braleycentre.ymcagta.org/>

### Mini-Putt:

- Centennial Park (Mississauga) - <https://www.golfcpgc.com/>
  - Glow Zone 360 Golf (several locations) - <https://glowzone360.com/>
  - Putting Edge (several locations) – <https://www.puttingedge.com/glew-in-the-dark-mini-golf/>
- Timber Creek Golf (Stouffville) - <https://www.timbercreekgolf.ca/>

## Outdoor Walks

We live in a beautiful city with many outdoor spaces with paved walking paths, outdoor picnic areas and forest walks. There are obvious destinations like Toronto Beaches boardwalk, Centre Island and High Park but there are many other destinations that are less crowded that offer a quieter, more peaceful appreciation of nature. A few that are close to Aptus homes, schools and day services include:



**Centennial Park** – 550 Centennial Park Blvd

<https://www.toronto.ca/data/parks/prd/facilities/complex/798/index.html>

- Trails, outdoor track, picnic shelters, playgrounds, cricket pitch fields, batting cages, go kart track, wading pool, disc golf course, greenhouse, ponds, ski hill, mini putt golf, golf driving range

**Downsview Park** - close to Aptus (Keele & Sheppard) <https://downsviewpark.ca/>

- Site for urban agriculture, small orchard, walking paths, urban forest, birders, man-made pond
- Newly paved wide pathways - ideal for biking, scooting, rollerblading, walking, running, wheelchairs

**Earl Bales Park** - close to Aptus 4169 Bathurst Street (Bathurst south of Sheppard Ave.) <https://www.toronto.ca/data/parks/prd/facilities/complex/337/index.html>

- Special Olympics taught skiing here for many years
- Walking trails, small pond, outdoor theatre

**The Beltline Trail** - a beautiful tree-lined trail that extends down to Evergreen Brickworks and includes the Kay Gardner Beltline Trail near Yonge and

Davisville <https://www.alltrails.com/trail/canada/ontario/belt-line-trail--2>

- Wide trails through natural forested areas
- Pay parking at Evergreen Brickworks, residential street parking and access at different points of the trail - Heath Street, Douglas St., South Drive
- Washroom facilities at Evergreen Brickworks in the summer season

[Royal Botanical Gardens](#) in Burlington has programs as well as outdoor concerts in July and August on Tuesday and Thursday nights. May likely start again in 2022.

## Outdoor Walks (continued)

**Toronto Botanical Gardens/Sunnybrook Park/Wilket Creek Park** - Leslie St & Lawrence Ave south to Leslie & Eglinton Ave <https://torontobotanicalgarden.ca/get-gardening/public-gardens/edwards-gardens/>

- a series of interconnected parks on the west side of Leslie St. that offer many trails for walking, picnics, barbeques, forested walk to York University Glendon Campus
- washroom facilities in the summer season

**G Ross Lord Park** - 4801 Dufferin

Street <https://www.toronto.ca/data/parks/prd/facilities/complex/11/index.html>

- near the Coppa grocery store where they can buy food for a picnic lunch
- washroom facilities available in the summer months

**Rouge National Urban Park and Rouge Beach Park** - near Metro Zoo and Rouge Hill Go Station, Scarborough, ON <https://www.pc.gc.ca/en/pn-np/on/rouge/visit/se-rendre-get-there/toronto/ontario>

- Paved pathways that follow along Lake Ontario, small beach
- washroom facilities in the summer season

**Richmond Green Sports Centre and Park** - east of Bayview on Elgin Mills

Road <https://www.richmondhill.ca/en/things-to-do/Richmond-Green-Sports-Centre-and-Park.aspx>

- beautiful public space for walking, outdoor skating in the winter, picnic area, benches, children's playground
- washroom facilities in the summer season, close to restaurants



Dozens of other local and interesting walks can be found at: <https://nowtoronto.com/tag/pandemic-walks>, including:

- Toronto Underground Path System (downtown)
- Toronto Waterfront
- Marie Curtis Park & Etobicoke Valley Park
- Scarborough Hydro Corridor

**Conservation Areas** like [Crawford Lake](#) (in Milton) or [Ball's Falls](#) (in the Niagara Peninsula) offer lots of options for hiking and scenic places to enjoy a picnic.

## Camps

**Very Special Camps** (a resource dedicated exclusively to identifying camps that serve individuals with one special needs) - <https://www.veryspecialcamps.com/>

**Adapted & Inclusive Recreation – City of Toronto** – registration begins Tuesday April 12<sup>th</sup> – For individuals who may require some additional assistance to participate in standard recreational programs, an inclusive recreation program staff is available to assist participants by providing modifications in areas such as program instruction, movement, equipment, communication & promote socialization amongst peers. [https://www.toronto.ca/data/parks/pdf/funguide/to/TEY\\_Adapted.pdf](https://www.toronto.ca/data/parks/pdf/funguide/to/TEY_Adapted.pdf)

**Camps.ca** (an additional resource for identifying camps that serve individuals with special needs) - [https://www.camps.ca/special\\_needs\\_camps.php-gotocontent](https://www.camps.ca/special_needs_camps.php-gotocontent)

**Holland Bloorview Spiral Garden** (an integrated outdoor art, play, music and garden program for all children; support can be provided for a set number of children who need support around activities of daily living, medication routines, mobility and self-regulation) - <https://hollandbloorview.ca/services/programs-services/spiral-garden>

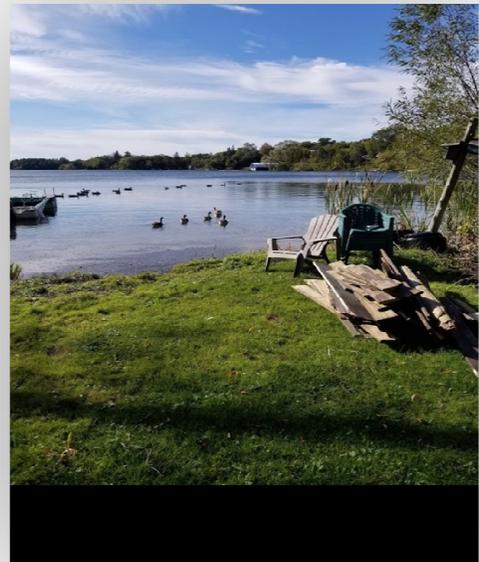
**Kids CAN Centre** (providing social and emotional learning opportunities for children and youth) - <https://kidscentre.com/home/>

**Belwood Lodge and Camp** (for people with intellectual disabilities ages 7 – Adult; applicants are screened to ensure they can be safely supported at our facility; the camp cannot support/admit individuals requiring 1:1 care cannot be supported, G-Tube feeding, who have been physically restrained in the last year, or require assistance transferring from wheelchairs) - <https://www.belwoodlodgeandcamp.com>

**Shadow Lake Centre** (a summer camp for children, youth & adults with intellectual/developmental disabilities, with activities including swimming, arts & crafts, and music) - <https://www.shadowlakecentre.ca/>

**Camp Kirk** (Recreational programs designed for kids with ADHD, autism, learning disabilities and other exceptionalities; summer camp and year-round programs) - <https://campkirk.com/>

**Camp Kee-Mo-Kee** - <https://www.keemokee.com>



## Home or Local Community Based Activities

**Riding Public Transit** (Bus or Subway or transferring between both):

- Reading a subway map to find a destination
- Buying a ticket
- Riding the bus to a subway station
- Transferring from a bus to a subway to reach a destination



**Grocery Shopping and Preparing Food Items**, for example:

- Making Pizza or a Sandwich or Soup or Salad or Muffins or Cookies
- Making a grocery list
- Going to the grocery store, finding the grocery items
- Self-check-out- scanning grocery items and paying for groceries through tap
- At home/centre, following a recipe and helping to prepare grocery items to make or add to a meal
- Learning how to cook or bake (based on ability)

**Restaurant Experiences**—spotting restaurant of interest, reading info about restaurant or looking at pictures of the food online, ordering, discussing food, paying

**Apple Picking** – September is a great time for apple picking. This blog highlights popular apple-picking locations near Toronto:

[https://www.blogto.com/eat\\_drink/2016/08/12\\_orchards\\_for\\_apple\\_picking\\_near\\_toronto/](https://www.blogto.com/eat_drink/2016/08/12_orchards_for_apple_picking_near_toronto/)

**Home-based Activities:**

- Gardening
- Snow shovelling
- Raking leaves/bagging leaves
- Sewing
- Knitting
- Embroidery
- Art
- Use of iPad

**Going to the Library:**

- Choosing books, magazines, or CDs
- Sharing or enjoying the borrowed resources with friends/peers/staff/families
- Returning items and taking out more

## Home or Local Community Based Activities (cont'd)

**Social & Friendship Time**—finding time to get out in the community to engage with others, strengthening friendships and making new friends. Rebuilding our social habits after Covid-19.

**Emotional regulation**—finding new places or ways to practice calming and coping strategies



**Learning to manage finances** (based on interest and goals) - paying for items, managing a bank account, planning a bigger purchase or trip with a budget (for example, saving \$5 each month with the goal to buy new running shoes by year-end)

**Movies at theatre** - <https://www.cineplex.com/>

**Volunteering, for community programs and/or neighbourhood activities:**

- Meals on Wheels - <https://www.mealsonwheels.ca/>
- Fall yard cleanup for neighbours
- Cleaning up litter in a park or other greenspace





