



Fall Schedule 2018

SEPTEMBER 10TH - DECEMBER 7TH



MyCommunityHub

MY TIME. MY ACTIVITIES. MY CHOICE.

You can now use MyCommunityHub to SEARCH, REGISTER and PAY for your favorite Community Junction classes, ONLINE!

If you don't have access to a computer, or do not have a credit or debit card, you can still register and pay in person.

To get started please visit:

www.mycommunityhub.ca and enter your class code, class title or Community Junction in the search bar

Still have questions? Feel free to contact us for help navigating MyCommunityHub or head over to our website or

Facebook page (@MyCommunityHub.ca) to watch our step-by-step instructional video

Website: cltoronto.ca/hubs

Instagram: [@communityjunction](https://www.instagram.com/communityjunction)



2934 Dundas Street West
Toronto, ON, M6P 1Y8
communityjunction@cltoronto.ca
647-729-3508

Special Events

Apple Picking 7646

Thursday, September 27th
2018

10 a.m. - 2 p.m.

\$35

Pumpkin Picking 7647

Thursday, October 18th 2018
10 a.m. - 2 p.m.

Downey's Farm

\$35

CoffeeHouse Jam 7590

Every Monday Night
except October 8th!

5 p.m. - 7 p.m.

Free

Pub Nights 7593

September 28th
October 26th
November 30th

6 p.m. - 8 p.m.

\$ Free to join*

*Participants are asked to bring a
minimum of \$20 to cover their food,
drink and tip!

Stay Tuned for our Halloween Dance Date!

Monday

7599 - Sign Language - 10 a.m. - 11 a.m.

\$209 - Instructor: Anthia Airall

Welcome to ASL for Beginners! The class where all you need is your hands! From this class you will learn the fundamentals of ASL as applicable to everyday life! This easy to learn beginner's class will provide you with confidence in signing, as well as equip you to teach/communicate with those around you!

7639 - Autumn Crafting - 11 a.m. - 12 p.m.

\$236 - Instructor: Stacie Bertacco

In this class we will work on autumn themed crafts which will include house decor and jewelry making. We will work with many mediums such as painting, beading, and sculpting, all with an autumn flair. Projects include candle holders, Halloween decorations, necklaces and more!

7592 - Music Jam - 1 p.m. - 2 p.m.

\$112 - Instructor: Andre Tellier

The Music Jam is your chance to relax, enjoy and express yourself in a social group setting. Individuals are encouraged to express themselves through singing, percussion and social dancing. We will be singing popular songs, old favorites and standards. No previous musical experience is required. Weekly sessions include an open discussion on music and current events, song suggestions and the basic rudiments of singing, listening, drumming and rhythm. The music jam promotes self-confidence and working together as a team in a social environment.

7640 - Fall Preserving - 2 p.m. - 3 p.m.

\$302 - Instructor: Monique Melanson

In this class we will explore recipes that make our fresh food last longer. We will make things like jam, pickles, dried fruit and homemade granola while learning about proper food storage from canned to frozen foods!

Tuesday

7644 - Steps to Independence - 10 a.m. - 11:30 a.m.

Free - Instructor: Community Junction Staff

Community Living Toronto's STEPS to Independence is a holistic guidebook that will prepare someone for supported independent living. It builds skills, confidence and self-esteem; provides feedback on current life skills; and identifies any areas for learning to increase readiness. This class will focus on Health and Medical Skills such as medication administration, healthy eating, and sexual education.

7595- Stretch and Tone Level 1 - 10 a.m. - 11 a.m.

\$181 - Instructor: Tammy Gunn

It is important to learn the proper ways to stretch out your body and feel good all over. In this class we will do standing stretches along with chair and mat work. This class moves at a slower pace and will involve working and strengthening your core. Our hope is you will leave each class feeling rejuvenated and strong.

7602- Zumba - 11 a.m. - 12 p.m.

\$181 - Instructor: Tammy Gunn

Zumba is a Latin-based dance fitness program, involving both dance and aerobic elements. This class provides stress relief and exercise to the participants. Classes are designed to create an energetic community that is fun and playful! During this class you will find yourself smiling uncontrollably and enjoying the music as you move your body to the rhythm.

7601- Yoga with Murali - 12 p.m. - 1 p.m.

\$209 - Instructor: Paul Murali

Yoga is a practice that connects the mind and body with the pure self. These gentle classes will introduce exercises that the student can learn and add to their daily life. Every class will include: Guided relaxation and meditation exercises alongside gentle warm up movements, and the holding of steady poses.

7597 - Autumn Artists - 1:30 p.m. - 3 p.m.

\$268 - Instructor: Stacie Bertacco

Join us as we make art and crafts! For some fall fun we'll decorate Community Junction with handmade paper garlands and lanterns. We'll create paintings and sculpting to share with your friends. Fall is the perfect time to put our creativity to the test using nature as inspiration. Our skills will be put to the test on our end of the session project!

Wednesday

7589 - Flavorful Fall Cooking - 10:30 a.m. - 1:30 p.m.

\$497 - Instructor: Monique Melanson

This class provides participants with the opportunity to practice their food preparation skills. This class is ideal for those that live independently or are learning to cook and prepare food independently! As we experiment with a multitude of foods from varying cultures we discuss proper nutrition in class to benefit you at home!

7591 - Music and Melody - 1:30 p.m. - 2:30 p.m.

\$209- Instructor: Paul Genyk-Berezowsky

Share your love of music with others in Junction Chorus! Explore your voice and musicality in a supportive environment. Whether you sing every day and are looking for a group of enthusiastic people to join in singing, or you love listening to music and want to make a step into expressing yourself by singing - the Chorus is for you!

7645 - Dramatic Arts - 2:30 p.m. - 3:30 p.m.

\$209 - Instructor: Shannon Hancock

Drama is great for building peer relationships, enhancing eye contact, listening and reacting to your partner, exploring emotions, stretching creative potential, learning confidence, and how to use impulses towards creating a scene! The most important part of improvisation is to have fun, be playful, and have a safe space where you can be who you truly are!

7638 - Dinner and a Movie - 5 p.m. - 8 p.m.

\$497 - Instructor: Monique Melanson

In this class students will watch a movie of choice for the week with a themed dinner to match! Each week will have a brand new theme! Dinner will be followed by a discussion about the meal eaten and the movie watched. The class will end with clean up and discussion for the following weeks choices!

Thursday

7596 - Stretch and Tone Level 2 - 10 a.m. - 11 a.m.

\$181 - Instructor: Tammy Gunn

It is important to learn the proper ways to stretch out your body and feel good all over. In this class we will do standing stretches along with chair and mat work. This class moves at a slower pace and will involve working and strengthening your core. Our hope is you will leave each class feeling rejuvenated and strong.

7603 - Zumba Choreography - 11 a.m. - 12 p.m.

\$181 - Instructor: Tammy Gunn

Zumba is a Latin-based dance fitness program, involving both dance and aerobic elements. This class provides stress relief and exercise to the participants. Classes are designed to create an energetic community that is fun and playful! During this class you will find yourself smiling uncontrollably and enjoying the music as you move your body to the rhythm.

7594 - Strengthening Muscles - 1 p.m. - 2 p.m.

\$227 - Instructor: Tammy Gunn

Do you want to take your fitness to the next level? Are you ready to give yourself a workout like no other? In our strength and conditioning classes Tammy will take the students through an aerobic conditioning while incorporating in how to build muscle strength using simple things you have at home. This class is designed for the active adult (young & old) and will take you through a rigorous and fun workout that will leave you feeling good all over and worked out from head to toe!

7641 -Let's Speak Italian! - 2 p.m. - 3 p.m.

\$196 - Instructor: Sima Shamsi

Let's Speak Italian! - Parliamo Italiano!

In this course we will learn simple phrases, common Italian expressions, and recognize terms that we have adopted into our everyday speech from this expressive language of words and gestures! We will also listen to Italian songs and learn about Italian food and fine art. Che bello!

Friday



7598 - Autumn Excursions - 10:30 a.m. - 3 p.m.

\$630 - Instructor: Community Junction Staff

Join us and explore everything your city has to offer! Experience the museums, festivals, attractions, neighborhoods and cultural landmarks that make our city so diverse and exciting!

***Please plan to arrive at Community Junction between 10 A.M. and 10:30 A.M. so that we can leave at 10:30 sharp!**

TTC Fare Provided.

***Disclaimer; please note that once Friday's excursion group reaches capacity another date will be provided if enough interest is shown**

7600- Autumn Treats - 1 p.m. -4 p.m.

\$557 - Instructor: Monique Melanson

This class will provide students with the duty and skill sets of meal preparation. As we venture through what autumn spices and foods have to offer we will be working on a unique set of skills used in the kitchen. Each week we will work on a new recipe and provide each student with a copy!

7588- 5 Class Pass

\$80

7587- 10 Class Pass

\$160

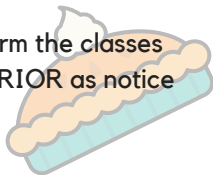


Want to participate with the flexibility to try out a few classes within the session?

New to Fee for Service and would like to sample a few classes before you register for a full session?

***please note that class passes expire a year after which they are purchased.**

***please contact Paris Gray to confirm the classes in which you would like to attend PRIOR as notice must be given to instructors.**





Fall Schedule 2018

SEPTEMBER 10TH - DECEMBER 7TH



United Way
Greater Toronto

COMMUNITY LIVING
Toronto

Community Junction
2934 Dundas Street West
Toronto, Ontario
M6P1Y8
Paris Gray

