



# **NORTH YORK WINTER 2017**



January 9, 2017 to March 30, 2017



# **WE'RE BACK!!!**

**Our Fall 2016 classes at Fairlawn Avenue Church were such a success we are back for another session.**

**All classes listed in this brochure  
take place at**

**Fairlawn Avenue Church  
28 Fairlawn Avenue  
Toronto, Ontario  
M5M 1S7**

**All classes are 11 weeks**

**(no classes during March Break - March 13 to 17, 2017 - inclusive)**

**To register contact us at [communityjunction@cltoronto.ca](mailto:communityjunction@cltoronto.ca)  
or 647-729-3508**

**January 9, 2017 to March 30, 2017**





**"KINDNESS IS LIKE  
SNOW - IT BEAUTIFIES  
EVERYTHING IT  
COVERS."**

**KAHLIL GIBRAN**







# **HUGE NEWS!!!!**

**Here at Community Junction we believe  
that EVERYONE belongs.**

**Since the beginning, it has been our hope that one day, we would be able to strengthen our community by opening up classes to people of all abilities by creating a safe and inclusive space where people could come together to learn new skills, share experience and develop relationships.**

**That day has finally arrived and we are so happy to announce that ALL of our classes at Community Junction are 100% inclusive and welcoming people of all abilities.**

**Please contact us at [communityjunction@cltoronto.ca](mailto:communityjunction@cltoronto.ca) or 647-729-3508 for more information and to register.**

**Classes fill up quickly, so register early**

**We hope to see you all very soon!!!**





# SPECIAL EVENTS

**PLAYDIUM**

**Thursday**

**January 26th, 2016**

**11:30AM - 3:30PM**

**\$41.00**

**BIRD KINGDOM**

**Thursday**

**February 9th, 2016**

**9:00AM - 2:00PM**

**\$41.00**

**ONTARIO SCIENCE**

**CENTRE**

**Thursday**

**February 23rd, 2016**

**10:00AM - 3:00PM**

**\$40.00**

**MAPLE SYRUP FESTIVAL**

**Kortright Centre**

**Thursday**

**March 9th, 2016**

**10:00AM - 2:00PM**

**\$36.00**





**MyCommunityHub**

MY TIME. MY ACTIVITIES. MY CHOICE.

## Did you know...

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.

Still have questions? Feel free to contact us for help navigating MyCommunityHub or head over to our website or Facebook page to watch our step-by-step instructional video.

To access MyCommunityHub, please visit:

[mycommunityhub.ca](http://mycommunityhub.ca)

To watch our step-by-step instructional guide for searching, registering and paying for your classes at Community Junction, using MyCommunityHub, please visit:

Website:

<http://cltoronto.ca/hubs/community-junction/>

Facebook:

<https://www.facebook.com/Community-Junction-581016108587602/>

**Community Junction - 2934 Dundas Street West  
Toronto, ON, M6P 1Y8  
[communityjunction@cltoronto.ca](mailto:communityjunction@cltoronto.ca) - 647-729-3508**





# MONDAY

## **Belly Dancing**

Get ready to shimmy the winter away and learn the techniques of belly dance. We will work with movements in our hips and arms and learn to dance with our coin belts, fabrics, and tambourines. Each class begins with a warm up and ends with a special dance routine.

**Mondays (January 9 to March 27, 2017) 10:30AM – 11:30AM**

**\$150.00**

**Instructor: Stacie Bertacco**

**28 Fairlawn Avenue, Toronto**

## **Hula Hooping**

Hula hooping is a great way to keep active and move your body. In this class we will learn the basics of hula hooping working from your waist and onto your hands. We will learn hoops spins, poses, shape building, and hoop dance, and each class will open with a warm up and cool down.

**Mondays (January 9 to March 27, 2017) 12:00PM – 1:00PM**

**\$150.00**

**Instructor: Stacie Bertacco**

**28 Fairlawn Avenue, Toronto**

# TUESDAY

## **Healthy Eating**

Learn how to make healthy choices, plan, prepare and eat diverse, exciting and most of all nutritious meals. Lead by a certified nutritionist, we will explore healthy eating resources that will encourage planning a balanced meal and mindful shopping. Each week we will practice our cooking skills by preparing a balanced meal – which will enjoy together.

**Tuesdays (January 10 to March 28, 2017) 10:00AM - 1:00PM**

**\$202.00**

**Instructor: Monique Melanson**

**28 Fairlawn Avenue, Toronto**

## **The Junction Chorus**

Share your joy of music with others by singing in the 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, OR, you love music and want to take a step into expressing yourself musically The Junction Chorus is for you!

**Tuesdays (January 10 to March 28, 2017) 3:30PM – 4:30PM**

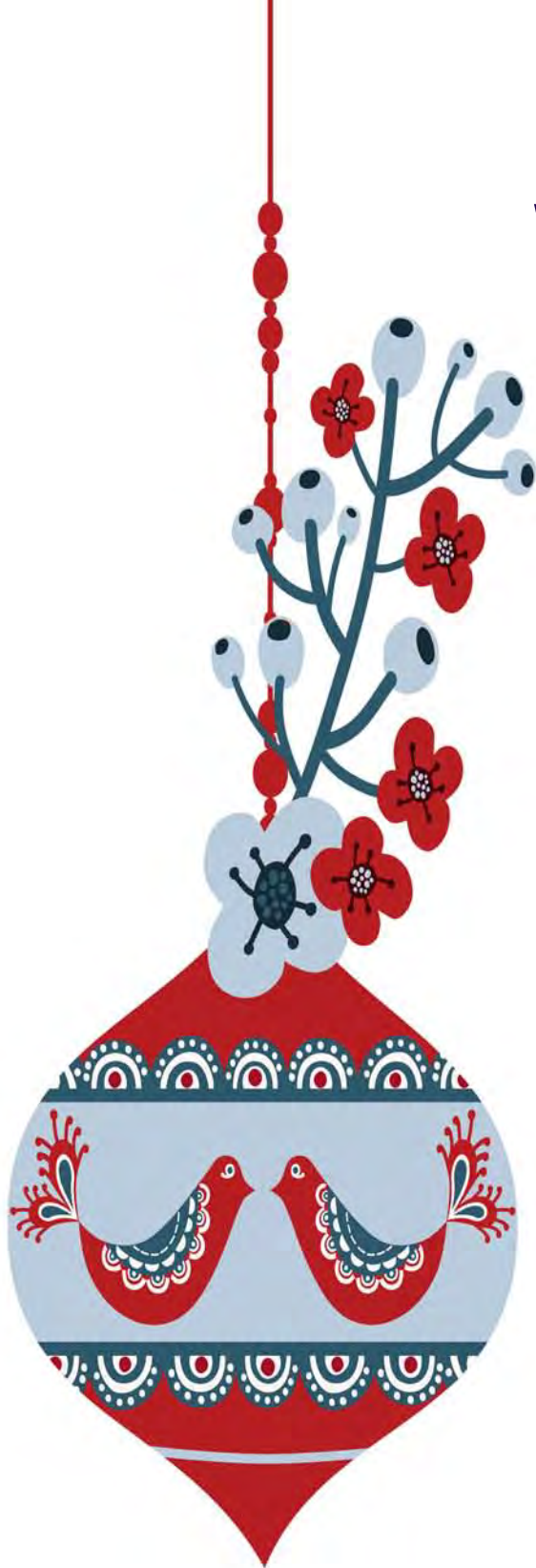
**\$150.00**

**Instructor: Paul Radelicki**

**28 Fairlawn Avenue, Toronto**







# WEDNESDAY

## **Loads of Art**

Join us each week in a fun and playful environment where we'll explore the versatile properties and possibilities of ink, paint and collage. Looking at various artist' works, we will create individual art pieces that speak to our own personal stories and identity. We will explore the art elements of line, color, shape, form, texture and value. There is ample room to make choices, mistakes and to be creative. The art produced throughout the session will be showcased in our front windows – a celebration of creative spirit.

**Wednesdays (January 11 to March 29, 2017) 10:00AM – 11:30AM**

**\$212.00**

**Instructor: Ina Puchala**

**28 Fairlawn Avenue, Toronto**

## **Happy Hands Drumming**

It's fun to make up your own drumbeats and create your own rhythms. Even if you've never played an instrument before, come and join us. We will use all kinds of world percussion instruments, including shakers, chimes, tambourines, wood blocks and hand drums. We will have fun learning to play together and will use our imaginations to develop a group beat. Come and groove! No experience necessary!!!

**Wednesdays (January 11 to March 29, 2017) 1:00PM – 2:00PM**

**\$150.00**

**Instructor: Hazel Newton**

**28 Fairlawn Avenue, Toronto**

# THURSDAY

## **Global Grooves**

This is a movement and music class inspired by our global ancestry. Each week you will be gently guided to explore various movement styles set to beautiful world beat music. Throughout the class musical instruments from around the world will be introduced and will be available for you to explore. Every class ends with a deep relaxation set to live music.

**Thursdays (January 12 to March 30, 2017) 10:00AM – 11:30AM**

**\$186.00**

**Instructor: Stacie Bertacco**

**28 Fairlawn Avenue, Toronto**

## **Zumba**

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.

**Thursdays (January 12 to March 30, 2017) 7:00PM – 8:00PM**

**\$186.00**

**Instructor: Marija Bojic**

**28 Fairlawn Avenue, Toronto**



<b>For office use only:</b>	Supplemental Information Form Completed	07-03-01A Publicity and Release Form Completed	Payment Made
	Attached <input type="checkbox"/> N/A <input type="checkbox"/>	Attached <input type="checkbox"/> Refused <input type="checkbox"/>	Cheque <input type="checkbox"/>
			Debit/Credit <input type="checkbox"/>
			<b><u>NO CASH</u></b>



## REGISTRATION FORM

### Community Junction

#### **WE NO LONGER ACCEPT CASH AS A PAYMENT METHOD**

Please return the completed registration form along with payment (cheque, money order, credit, debit) **(Cheques and money orders payable to Community Living Toronto)** and completed publicity and release form to:

**By mail or in person:**

**The Community Junction  
2934 Dundas Street West,  
Toronto, ON M6P 1Y8  
647-729-1153**

**By Email:**

**communityjunction@cltoronto.ca**

Participant's Full Name: \_\_\_\_\_

Date of Birth (m/d/y): \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Full Name of Parent(s) / Guardian: \_\_\_\_\_

Full Address (if different from that of Participant): \_\_\_\_\_

Phone Numbers: Home: \_\_\_\_\_

Work: (mother): \_\_\_\_\_ (father): \_\_\_\_\_

Cell: (mother): \_\_\_\_\_ (father): \_\_\_\_\_

E-mail Address(es): \_\_\_\_\_

Emergency Contact:

Name:	Contact Number	Relationship to individual

**Medical or Behavioural Alerts (More information to be provided on Supplemental information form for first registration or as conditions change.)**

#### **PLEASE ENSURE YOUR FAMILY MEMBER CARRIES EMERGENCY ID WHEN ATTENDING CLASS.**

I / We give permission for my / our child / family member \_\_\_\_\_ to go on community excursions if necessary during their attendance at the above programs. I / We hereby absolve Community Living Toronto of any responsibility for any injuries that may occur on any outings. I / We give permission for my / our child / family member to be photographed for promotional purposes.

Parent/Guardian: \_\_\_\_\_ (print name & provide signature)      Witness: \_\_\_\_\_ (print name & provide signature)

Date: \_\_\_\_\_ Date: \_\_\_\_\_





## SUPPLEMENTAL INFORMATION FORM

Community Junction

To be completed upon initial registration and as conditions change (attach to registration form) – This information is requested to help us to better support the individual registering for classes. Please complete as much as you feel comfortable sharing. This information will not be shared outside of the Community Junction.

**By mail or in person:**

**The Community Junction**  
2934 Dundas Street West,  
Toronto, ON M6P 1Y8  
647-729-1153

**By Email:**

**communityjunction@cltoronto.ca**

<b>Individual's Full Name:</b>			
<b>Health Card Number:</b>			
<b>Alternate emergency contact:</b> (Different name than one provided on registration)	<b>Name:</b>		
	<b>Relationship:</b>		
	<b>Contact Number(s):</b>		
<b>Medical Considerations:</b> (recent procedures, conditions, food allergies, medications effects, seizures, mental health, etc.)			
<b>Behavioral Considerations:</b> (does this person experience anxiety, high level of stress, or have any behaviours you feel we should be aware of? Are there any "triggers" – crowds, loud noise, etc. that should be avoided?)			
<b>Support in challenging situations:</b> (how can we best support the individual through a challenging situation?)			
<b>Our class instructors are not able to assist with challenging behavior or complex medical needs and our Community Living Toronto staff support is limited. If this person has high behavioral or medical needs and requires a lower ratio of staffing (such as 1:1) we are able to provide this support as a fee for service option. Please contact us for further information.</b>			
<b>Name of Person completing form:</b>		<b>Date</b>	



## Community Junction CANCELLATION & WITHDRAWAL INFORMATION

Reason	Notes	You Receive....
<b>Activity Cancellation:</b> We may cancel an activity due to low enrolment or unforeseen circumstances.	Every effort is made to accommodate the participants in another activity, but if not possible, a refund will be issued.	<ul style="list-style-type: none"> <li>• a full credit or refund</li> <li>• no administration fees</li> </ul>
<b>Medical:</b> A medical certificate (Dr's Note) is required.	Request must be made BEFORE mid-way point of the activity/camp.	<ul style="list-style-type: none"> <li>• a pro-rated refund, less administration fees of \$35.</li> </ul>
<b>Activity Withdrawal</b> 2 Weeks <b>BEFORE</b> Activity starts.	Requests must be made a minimum of 2 Weeks notice before activity start date.	<ul style="list-style-type: none"> <li>• a full refund less Administration fees of \$35</li> </ul>
<b>Activity Withdrawal</b> Without required notice before Activity.	We receive notification of withdrawal with less then 2 Weeks notice before activity start date	<ul style="list-style-type: none"> <li>• a 50% refund, less administration fees of \$35.</li> </ul>
<b>Activity Withdrawal</b> After Activity starts.	Once an activity has started with no attendance, a request for refund will not be accepted.	SORRY, no refund.

*Participants wishing a refund must notify the Community Junction in writing. Non-attendance does not constitute notice of withdrawal. Receipts issued, must be returned to be eligible for the appropriate refund.*

**Missed Classes:** In the event that a participant is unable to attend a class (es), we regret that make-up class (es), refunds or credits cannot be offered.

**Payment:** Full payment of activity fees must be made at the time of registration, debit, credit, cheque or money orders are acceptable methods of payment for all activities. **We do not accept cash.**

**Health and Safety:** We reserve the right to ensure the Health and Well being of all Participants. Participants will be sent home, if there is infectious illness identified that may pose a risk to other staff or Participants.

**Waiver of Liability:** We Shall not be liable, either directly or indirectly, for any claims, or any damages, costs and expenses, including but not limited to personal injury, property damage or lost or stolen property, arising from or connected with participation in any activity contemplated by a registration, whether or not such injury, damage or loss occurred as a result of any negligence, negligent misrepresentation, breach of statutory duty, breach of the Occupiers' Liability Act and/or breach of contract on the part of Community Junction.

**Inclement Weather:** In the event of inclement weather we will make every effort to add an additional class at a later date to make up for the missed class.





## Public Relations & Fundraising

### PUBLICITY AND RELEASE FORM \*External and Internal Purposes\*

I hereby authorize my name, likeness, image, voice, interview, and performance to be used for the education, public relations and fundraising purposes of the Association and our community partners. I also authorize pictures (photographs/videotape/film) of myself to be taken for these purposes.

I understand that some examples of such uses are: the Annual Report, newsletters, brochures and fact sheets, slide shows, videotapes, displays, posters or billboards, releases to newspapers, DVD/video production, and Community Living Toronto's Corporate or Connect **ABILITY** web sites. This also includes Community Living Toronto's social media channels, including, but not limited to facebook and twitter. My consent is for such purposes as the Association may consider appropriate, and is not limited to these examples. Third party consent, such as community partners' websites (e.g. United Way, Community Living Ontario, corporate or foundation boards, etc), and print/tv/radio media will be discussed in person, by phone or email.

Name \_\_\_\_\_ Date \_\_\_\_\_

Location \_\_\_\_\_

\_\_\_\_\_  
(Signature) (Signature of Witness)

Date: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**In the event that an individual is under 18 years of age or lacks the capacity to give consent or lacks the ability to understand the issue of consenting to publicity, consent of the parent or legal guardian is required.**

I hereby state that I am the legal guardian of the above-mentioned individual and give consent for this person to be involved in Community Living Toronto publicity as stated.

\_\_\_\_\_  
(Signature of Guardian) (Signature of Witness)

Date: \_\_\_\_\_ Date: \_\_\_\_\_



**2934 DUNDAS STREET WEST  
TORONTO, ON, M6P 1Y8**

**community  
junction**

**communityjunction@cltoronto.ca  
647-729-3508**