

community  
junction

# Autumn Classes 2016

September 12, 2016 - November 21, 2016



# Autumn

*Autumn* is a second spring,  
when every leaf is a flower.

Albert Camus



# SPECIAL EVENTS

**Windreach Farms  
Sept. 15, 2016**

**Apple Picking  
Sept. 22, 2016**

**Jungle Cat World  
Sept. 29, 2016**

**Thanksgiving  
Lunch  
Oct. 6, 2016**

**Pumpkin Picking  
Oct. 20, 2016**



**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/>



## Stretch & Tone

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.

\*\*\*No classes on Monday October 10, 2016 - in observation of Thanksgiving Day

Mondays (Sept 12-Nov 21) 9:45am - 10:45am  
\$106.00

Instructor: Tammy Gunn

## 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.

\*\*\*No classes on Monday October 10, 2016 - in observation of Thanksgiving.

Mondays (Sept 12-Nov 21) 11am - 12pm  
\$106.00

Instructor: Tammy Gunn



## Circus Arts

In this class we will learn a variety of tricks including hula hooping, ribbon twirling, and juggling. We will use our new skills to create works of drama, mime, and clowning. This class will allow us to explore our creative sides, through stretching, movement and acting.

\*\*\*No classes on Monday October 10, 2016 - in observation of Thanksgiving Day

Mondays (Sept 12-Nov 21) 12:30pm - 2pm  
\$136.00

Instructor: Stacie Bertacco





## Money Matters

Are you interested in learning practical information about money, spending plans, banking basics, borrowing money, and ways to save? If so, this class is for you. Best of all, it's free to attend which means more money in your pocket for you to practice your new money management skills.

\*\*\* Not a weekly class - Dates: Oct. 3rd, Oct. 17th, Oct. 31st, Nov. 14th, 2016

**Mondays (Sept 12-Nov 21) 2pm-4pm**

**FREE**

**Instructor: TD Bank Volunteers**

## 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 everyday 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, - Junction Chorus is for you!

**Tuesdays (Sept 13-Nov 22) 11am - 12pm**

**\$192.00**

**Instructor: Paul Radelicki**



## 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 artists' works, we'll create individual art pieces that speak to our own personal stories and identity. We'll explore the art elements of line, color, shape/form, space, texture, and value. There is ample room to make choices, make mistakes, and be creative. The art produced throughout the session will be showcased in the window - a celebration of the creative spirit.

**Tuesdays (Sept 13-Nov 22) 11am - 12:30pm**

**\$178.00**

**Instructor: Ina Puchala**





## Mask Making

What is it about masks that capture our attention and curiosity? In this session, you will be introduced to the history and function of the mask in various cultures. We will explore a variety of styles of mask making and materials. We will start with simpler decoration and work our way up to the creation of 3D masterpieces.

Tuesdays (Sept 13-Nov 22) 1:30pm-3pm

\$178.00

Instructor: Ina Puchala

## Happy Hands Drumming

It's fun to make up our own drumbeats and create our own rhythms. Even if you've never played an instrument before, come and join us if you like music! 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 use our imaginations to develop a group beat. We can also take turns dancing to the beats we have created. Come and get in the groove! No experience necessary.

Tuesdays (Sept 13-Nov 22) 1pm - 2pm

\$92.00

Instructor: Hazel Newton



## Healthy Chef

Learn how to make healthy choices, plan, prepare and eat diverse, exciting and most of all, nutritional 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 we will enjoy together.

Tuesdays (Sept 13-Nov 22) 2pm-5pm

OR

Thursdays (Sept 15 - Nov 24) 10am-1pm

\$310.00

Instructor: Monquie Melanson





## Meals to Go

This class provides participants with the opportunity to practice their food preparation skills by cooking multiple meals each week. Meals will be planned to take home and eat throughout the week. This class is ideal for those that are living independently or like to plan meals ahead. Each participant will receive a complete set of containers to transport food home.

Wednesdays 10am-1pm

\$317.00

Instructor: Monique Melanson

## Music Jam

Express yourself through singing, percussion and social dancing. We will be singing popular songs, old favorites and standards. No previous musical experience is necessary. Weekly sessions will include open discussion on music and current event, song suggestions and the basic fundamentals of singing, listening, drumming and rhythm.

Wednesdays 1pm - 2pm

\$92.00

Instructor: Andre Tellier



## Jewelry Making

In this workshop, we will create a variety of pieces including rings, pierced and clip on earring, necklaces, brooches, bracelets and hair accessories. Show off your skill and style with wearable art, as you learn new techniques to create one of a kind accessories.

Wednesdays 2:30pm-3:30pm

\$119.00

Instructor: Melissa McColl







## 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 classes 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 1:30pm-3pm  
\$92.00

Instructor: Stacie Bertacco

## Explore Your City

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!

TTC Fare provided

\*\*\*Please bring a lunch.

Please arrive at the Community Junction at 10:30am sharp so that we may leave on time.

Fridays 11am - 3pm  
\$285.00

Instructor: Community Junction Staff



## PUB NIGHT!!!

Back by popular demand! Join us for a night out at some of our local pubs. Get familiar with the Junction area, meet neighbors and business owners. Have fun with old friends. or make some new ones.

\*\*\* This group is FREE, but you are required to pay for your meal and beverages.

\*\*\* Dates: Sept. 23, Oct. 21, Nov. 18, 2016





## Fee for Service Staff Support

Interested in taking a class or joining a group at Community Junction, but you require a 1:1 support? We can help! Talk to our staff and we can arrange for personalized fee for service support.

## Class Pass

Not able to commit to a full 10 week session? Want to participate in Community Junction's classes but would like the flexibility to try a couple of different classes per session? Brand new to fee for service or you would like to sample a class before you register for a full session? We've got you covered!!!

Purchase our Class Pass!

10 Classes for \$140.00

5 classes for \$70.00



# AT A GLANCE - AUTUMN 2016 CLASSES

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**STRETCH & TONE**  
9:45AM - 10:45AM  
\$106.00

**JUNCTION CHORUS**  
11:00AM - 12:00PM  
\$92.00

**MEALS TO GO**  
10:00AM - 1:00PM  
\$317.00

**HEALTHY CHEF**  
10:00AM - 1:00PM  
\$310.00

**EXPLORE YOUR CITY**  
11:00AM - 3:00PM  
\$285.00

**ZUMBA**  
11:00AM - 12:00PM  
\$106.00

**LOADS OF ART**  
11:00AM-12:30PM  
\$178.00

**MUSIC JAM**  
1:00PM - 2:00PM  
\$92.00

**GLOBAL GROOVES**  
1:30PM - 3:00PM  
\$92.00

**PUB NIGHT**  
6:00PM-8:00PM  
FREE

**CIRCUS ARTS**  
12:30PM - 2:00PM  
\$138

**MASK MAKING**  
1:30PM - 3:00PM  
\$178.00

**JEWELRY MAKING**  
2:30PM-3:30PM  
\$119.00

**MONEY MATTERS**  
2:00PM - 4:00PM  
FREE

**HAPPY HANDS  
DRUMMING**  
1:00PM -  
2:00PM  
\$92.00

**HEALTHY CHEF**  
2:00PM -  
5:00PM  
\$310.00

|                             |                                                                |                                                                    |                                                                                            |
|-----------------------------|----------------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| <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"/><br>Debit/Credit <input type="checkbox"/><br><b>NO CASH</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:<br/>(Different name than one provided on registration)</b>                                                                                                                                                                                                                                                                                             | Name:              |      |  |
|                                                                                                                                                                                                                                                                                                                                                                                        | Relationship:      |      |  |
|                                                                                                                                                                                                                                                                                                                                                                                        | Contact Number(s): |      |  |
| <b>Medical Considerations:</b><br>(recent procedures, conditions, food allergies, medications effects, seizures, mental health, etc.)                                                                                                                                                                                                                                                  |                    |      |  |
| <b>Behavioral Considerations:</b><br>(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> |                    |      |  |
| Name of Person completing form:                                                                                                                                                                                                                                                                                                                                                        |                    | Date |  |

## Community Junction CANCELLATION & WITHDRAWAL INFORMATION

| Reason                                                                                                       | Notes                                                                                                                   | You Receive....                                                                                               |
|--------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| <b>Activity Cancellation:</b><br>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><br>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><br>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><br>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><br>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



[communityjunction@cltoronto.ca](mailto:communityjunction@cltoronto.ca)  
647-729-3508

Community  
Living  
Toronto



Where choices change the lives  
of people with an intellectual disability