

**community
junction**

**JOIN THE
FESTIVITIES**



***Holiday Mini-Session
2016***

November 28, 2016 - December 23, 2016



"THE HOLIDAY SEASON IS A PERFECT TIME
TO REFLECT ON OUR BLESSINGS
AND TO SEEK OUT WAYS TO MAKE LIFE BETTER
FOR THOSE AROUND US."

TERRI
MARSHALL

SPECIAL EVENTS



THE NUTCRACKER BALLET

Thursday Dec. 15, 2016
7pm

HOLIDAY PARTY
Friday Dec. 23, 2016
1pm-3pm



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

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 - 647-729-3508**



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.

Mondays (NOV. 28TH - DEC. 19TH) 10:00am - 11:00am

\$51.00

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.

Mondays (NOV. 28TH - DEC. 19TH) 11:00am - 12:00pm

\$51.00

Instructor: Tammy Gunn



Caroling & Jamming

Join us for a heaping helping of Holiday Cheer!!! We will be singing songs of joy to make your holiday season merry & bright! Come express yourself singing, percussion and dance. Feel free to bring your own instrument and jam along.

***Open to all, regardless of musical experience or ability.

Mondays (NOV. 28TH - DEC. 19TH) 1:00pm - 2:00pm

\$46.00

Instructor: Andre Tellier





Handmade Cards & Gift Tags

Handmade cards and gift tags are perfect for the holiday season! During this session we will learn different paper crafting techniques including stamping, punching and embossing.

Each class you will make beautiful projects that you can share with your friends and family.

Mondays (NOV. 28TH - DEC. 19TH) 4:00pm - 5:30pm
\$86.00

Instructor: Megan Munro



Papier Mache Holidayware

Explore the traditional method of Papier Mache to make bowls and platters for light functional use. We will use a basic method of building the object from a mould using paste coated strips. Then with acrylic paint we'll decorate with patterns and, or personal designs for that individual touch. Perfect for holiday season entertaining.

Tuesdays (NOV. 29TH - DEC. 20TH) 10:00am - 11:30am
\$86.00

Instructor: Ina Puchala



Singing for Holidays

Get in the festive spirit by joining Community Junction in song with the Holiday Singing class! We will sing popular carols and other holiday favourites. 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 a fun, supportive environment to begin singing yourself - the Holiday Singing class is for you!

Tuesdays (NOV. 29TH - DEC. 20TH) 11:00am - 12:00pm
\$46.00

Instructor: Paul Radelicki





DIY Wrapping Paper

Make your own one of a kind paper designs by using everyday objects to print and make marks. We'll also make our own stamps from scratch. The focus will be on making patterns and colour theory. Printing and stamping begins with one layer and develops into works with multiple layers. Explore the many variations of patterning and how works change with different colour combinations.

Tuesdays (NOV. 29TH - DEC. 20TH) 12:30pm - 2:00pm

\$86.00

Instructor: Ina Puchala

Warm, Winter Meals

From soups and stews to teas and hot chocolate, in this class students will learn to make nutritious comfort foods that will keep them warm and energized on chilly winter days.

Wednesdays (NOV. 30TH - DEC. 21ST) 10:00am - 1:00pm

\$145.00

Instructor: Monique Melanson



Holiday Movies

Spend time with old friends or get to know some new ones, while you relax and enjoy classic holiday films while sipping a nice cup of hot cocoa.

Wednesdays (NOV. 30TH - DEC. 21ST) 1:00pm - 3:00pm

FREE

Instructor: Community Junction Staff





Holiday Crafts & Ornaments

In this class we will create an assortment of holiday crafts that you can use to decorate your home or give as gifts. New crafting techniques will be used as we explore our inner artist to create new treasures.

Thursdays (DEC. 1ST - DEC. 22ND) 10:00am - 11:30am

\$86.00

Instructor: Stacie Bertacco

Happy Hands Drumming

In this class students will learn to prepare classic baked goods while increasing their nutritional value. We'll find out how to use less sugar while keeping treats tasty and appetizing.

Thursdays (DEC. 1ST - DEC. 22ND) 12:00pm - 1:00pm

\$46.00

Instructor: Hazel Newton



Mermaids 101

Mermaids unite! In this class we will explore our inner mermaid through storytelling, music, dance, and crafts. Fabrics will be used to dance with, chimes will be played to create watery sounds, and we will create unique mermaid hair crowns using seashells and trinkets. We finish off the session with a mermaid photo shoot that allows us to use our imagination and show off the creations we made.

Thursdays (DEC. 1ST - DEC. 22ND) 1:00pm - 2:30pm

\$86.00

Instructor: Stacie Bertacco





Winter Excursions

Come explore the city during this magical time of year. Take in the wonderful sights and sounds of the season while immersing yourself in cultures and traditions, new and old.

Fridays (DEC. 2ND - DEC. 23RD) 11:00am - 3:00pm
\$145.00

Instructor: Community Junction Staff

Holiday Baking

In this class students will learn to prepare classic baked goods while increasing their nutritional value. We'll find out how to use less sugar while keeping treats tasty and appetizing.

Fridays (DEC. 2ND - DEC. 23RD) 10:00am - 1:00pm
\$145.00

Instructor: Monique Melanson



Winter Excursions

Come explore the city during this magical time of year. Take in the wonderful sights and sounds of the season while immersing yourself in cultures and traditions, new and old.

Fridays (DEC. 2ND - DEC. 23RD) 11:00am - 3:00pm
\$145.00

Instructor: Community Junction Staff





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



HOLIDAY SCHEDULE AT A GLANCE

NOVEMBER 28TH, 2016 - DECEMBER 23RD, 2016

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

STRETCH & TONE
10:00AM - 11:00AM
\$51.00

PAPIER MACHE
10:00AM - 11:30AM
\$86.00

WARM WINTER MEALS
10:00AM - 1:00PM
\$145.00

HOLIDAY CRAFTS
10:00AM - 11:30AM
\$86.00

EXPLORE YOUR CITY
11:00AM - 3:00PM
\$145.00

ZUMBA
11:00AM - 12:00PM
\$51.00

HOLIDAY SINGING
11:00AM-12:00PM
\$46.00

HOLIDAY MOVIES
1:00PM - 3:00PM
FREE

DRUMMING
12:00PM - 1:00PM
\$46.00

HOLIDAY BAKING
10:00AM-1:00PM
\$145.00

CAROLING &
JAMMING
1:00PM - 2:00PM
\$46.00

DIY WRAPPING PAPER
12:30PM - 2:00PM
\$86.00

MERMAIDS 101
1:00PM - 2:30PM
\$86.00

CARDS & TAGS
4:00PM - 5:30PM
\$86.00

For office use only:	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"/> NO CASH



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

Individual's Full Name:			
Health Card Number:			
Alternate emergency contact: (Different name than one provided on registration)	Name:		
	Relationship:		
	Contact Number(s):		
Medical Considerations: (recent procedures, conditions, food allergies, medications effects, seizures, mental health, etc.)			
Behavioral Considerations: (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?)			
Support in challenging situations: (how can we best support the individual through a challenging situation?)			
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.			
Name of Person completing form:		Date	

Community Junction CANCELLATION & WITHDRAWAL INFORMATION

Reason	Notes	You Receive....
Activity Cancellation: 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"> ● a full credit or refund ● no administration fees
Medical: 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"> ● a pro-rated refund, less administration fees of \$35.
Activity Withdrawal 2 Weeks BEFORE Activity starts.	Requests must be made a minimum of 2 Weeks notice before activity start date.	<ul style="list-style-type: none"> ● a full refund less Administration fees of \$35
Activity Withdrawal 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"> ● a 50% refund, less administration fees of \$35.
Activity Withdrawal 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**

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junction**

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