

**community  
junction**

*hello*  
**Summer 2016**

**Community Junction - Summer Session 2016**  
**June 20, 2016 - August 5, 2016**

“

**RALPH WALDO  
EMERSON**

**LIVE IN THE SUNSHINE  
SWIM IN THE SEA  
DRINK THE WILD AIR**

”

# SUMMER DAY TRIPS

**A Day at the  
Beach  
July 6, 2016**

**Medieval Times  
July 20, 2016**

**Blue Jays Game  
July 27, 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 OF 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:**

**[HTTP://CONNECTABILITY.CA/MYCOMMUNITYHUB/](http://connectability.ca/mycommunityhub/)**

**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/](http://cltoronto.ca/hubs/community-junction/)**

**FACEBOOK:**

**[HTTP://CLTORONTO.CA/HUBS/COMMUNITY-JUNCTION/](http://cltoronto.ca/hubs/community-junction/)**



## 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 August 1, 2016

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Mondays 9:45am - 10:45am

\$102.00

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 August 1, 2016

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Mondays 11am - 12pm

\$102.50

Instructor: Tammy Gunn





## 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 singing, or you love listening to music and want to make a step into expressing yourself by singing - the Chorus is for you!

\*\*\*No classes on Monday August 1, 2016

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Mondays 1pm-2pm

\$91.00

Instructor: Paul Radelicki

## 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.

\*\*\*No classes on Monday August 1, 2016

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Mondays 2-5pm

\$255.00

Instructor: Monique Melanson





## DRAMATIC ARTS

In this very interactive class. we will use different art disciplines (movement, visual arts, storytelling, music, drama exercises, etc) to explore different characters, tell stories to each other and will create simple props to express our inner selves in a creative and fun way.

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Tuesdays 10am-11:30am  
\$119.00  
Instructor: Norma Raiza

## SUMMER ARTS CAMP

Join us for 6 weeks of Summer Arts Camp. We'll make arts and crafts. For summertime fun we'll decorate Community Junction with handmade paper garlands and lanterns. We'll make gift tags and bags to share with your friends. We'll make flowers and our own puppets. Easy peasy and lots of activities.

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Tuesdays 11:30am-1pm  
\$137.00  
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 1-2pm  
\$91.00  
Instructor: Hazel Newton

## COME AS YOU ARE YOGA

Yoga routines have many benefits. It is beneficial in developing body awareness, motor skills, coordination of both sides of the body and balance. It has also been found to increase concentration and confidence, which helps improve function in day to day life. Caroline Zevy will be the instructor of this program. She is an Occupational Therapist with over 25 years of experience working with children, adults and seniors in a variety of settings including hospitals, schools and private clinics.

Tuesdays 2:30am-3:30pm  
\$91.00  
Instructor: Caroline Zevy







## SUMMER SALADS

Join us for a six week Summer Salad class, where we'll use the Canada Food Guide's four Food Groups to prepare fresh and seasonal salads and dressings from scratch. We'll try a variety of recipes from Black Bean Avocado Salad to Grilled Chicken Kale Caesar Salad to Fruit Salad. In each class we will prepare and eat yummy salads and discuss the nutritional value of our dishes. Participants will also receive a Summer Salads recipe book at the end of the course.

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Wednesdays 10:30am-12:30pm

\$182.00

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 required. Weekly sessions include an open discussion on music and current events, song suggestions and the basic rudiments of singing, listening, drumming and rhythm.

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Wednesdays 1:00pm-2:00pm

\$91.00

Instructor: Andre Tellier





## SUMMER JEWELLERY

Join us in hand crafting a new summer accessory wardrobe. In this workshop we will create a variety of pieces including rings, pierced and clip on earrings, 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.

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Wednesdays 2:30pm - 3:30pm

\$100.00

Instructor: Melissa McColl

## 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.

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Thursdays 10am-1pm

\$255.00

Instructor: Monique Melanson





## GLOBAL GROOVES

A movement and music class inspired by our global ancestry to gather in community and celebrate life! Every week you will be gently and playfully guided to explore various movement styles set to beautiful world beat music, including African, Salsa, Afro-Peruvian, Samba, Belly Dance, Middle Eastern, Folk dance, and Expressive/Contemporary. Throughout the program, musical instruments found around the world will be introduced to play with. Every class ends with deep relaxation to live music.

Thursdays 1:30pm - 3:00pm

\$91.00

Instructor: Stacie Bertacco

## LIGHTS, CAMERA, ACTION

Everyone has a story. Learn how to tell your story through the art of film. We'll get to know each other and explore our stories through the lens of the camera. Creating mini movies to share with friends and family.

July 7th, 14th, 21st, & 28th

3-5pm

\$128.00

Instructor: Gina Binetti





## EXPLORE YOUR CITY

Each week we will explore our city, through group directed excursions. Experience the museums, festivals, attractions, neighbourhoods and cultural landmarks that make our city, so diverse and exciting! TTC fare provided.

Please bring a lunch.

Please arrive at Community Junction by 10:15am, so that we may travel together. We return back to Community Junction at the end of every trip.

\*\*\*No Class on Friday July 1st, 2016

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Fridays 10:30am-3:30pm

\$306.00

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



# SUMMER 2016 CLASSES AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

STRETCH & TONE  
9:45AM – 10:45AM  
\$102.00

DRAMATIC ARTS  
10:00AM – 11:30AM  
\$119.00

SUMMER SALADS  
10:30AM – 12:30PM  
\$182.00

HEALTHY CHEF  
10:00AM – 1:00PM  
\$255.00

EXPLORE YOUR CITY  
10:30AM – 3:30PM  
\$306.00

ZUMBA  
11:00AM – 12:00PM  
\$102.00

SUMMER ARTS CAMP  
11:30AM – 1:00PM  
\$137.00

MUSIC JAM  
1:00PM – 2:00PM  
\$91.00

GLOBAL GROOVES  
1:30PM – 3:00PM  
\$91.00

JUNCTION CHORUS  
1:00PM – 2:00PM  
\$91.00

HAPPY HANDS DRUMMING  
1:00PM – 2:00PM  
\$91.00

SUMMER JEWELLERY  
2:30PM – 3:30PM  
\$100.00

LIGHTS, CAMERA, ACTION  
3:00PM – 5:00PM  
\$128.00

MEALS TO GO  
2:00PM – 5:00PM  
\$255.00

COME AS YOU ARE YOGA  
2:30PM – 3:30PM  
\$91.00

|                             |  |  |  |
|-----------------------------|--|--|--|
| <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>   | <b>Name:</b>              |             |  |
|  | <b>Relationship:</b>      |             |  |
|  | <b>Contact Number(s):</b> |             |  |
| <b>Medical Considerations:<br/>(recent procedures, conditions, food allergies, medications effects, seizures, mental health, etc.)</b>   |                           |             |  |
| <b>Behavioral Considerations:<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>  |                           |             |  |
| <b>Support in challenging situations:<br/>(how can we best support the individual through a challenging situation?)</b>  |                           |             |  |
| <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><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  
647-729-3508**

**Community  
Living  
Toronto**



Where choices change the lives  
of people with an intellectual disability