

community
junction

WINTER 2017



January 9, 2017 to March 20, 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
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

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**

MONDAY

Stretch & Tone Basics - Level 1

Stretching is fundamental to feeling good every day! In this class, Tammy takes the students through performing basic stretches that can be done while sitting or standing. We will focus on good posture techniques that will help to strengthen your core and ways to warm the body up which can be used in regular day to day activities.

Mondays (January 9 to March 20, 2017) 10:00AM - 11:00AM

*** No Class February 20th, 2017 – in observation of Family Day

\$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.

Mondays (January 9 to March 20, 2017) 11:00AM – 12:00PM

*** No Class February 20th, 2017 – in observation of Family Day

\$106.00

Instructor: Tammy Gunn

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 events, song suggestions and the basic fundamentals of singing, drumming and rhythm.

Mondays (January 9 to March 20, 2017) 1:00PM – 2:00PM

*** No Class February 20th, 2017 – in observation of Family Day

\$92.00

Instructor: Andre Tellier

Eating for Health

This class is for people wanting to take their nutrition knowledge to the next level. In Eating for Health, we look at how certain foods help or hinder healthy living. Each class will include a homemade meal and a lesson on common health concerns including diabetes, high cholesterol, high/low blood pressure, weight management, colds and flu's as well as the important relationship between food and mental health.

Mondays (January 9 to March 20, 2017) 2:00PM – 5:00PM

*** No Class February 20th, 2017 – in observation of Family Day

\$310.00

Instructor: Monique Melanson

Junction Coffeehouse Jam

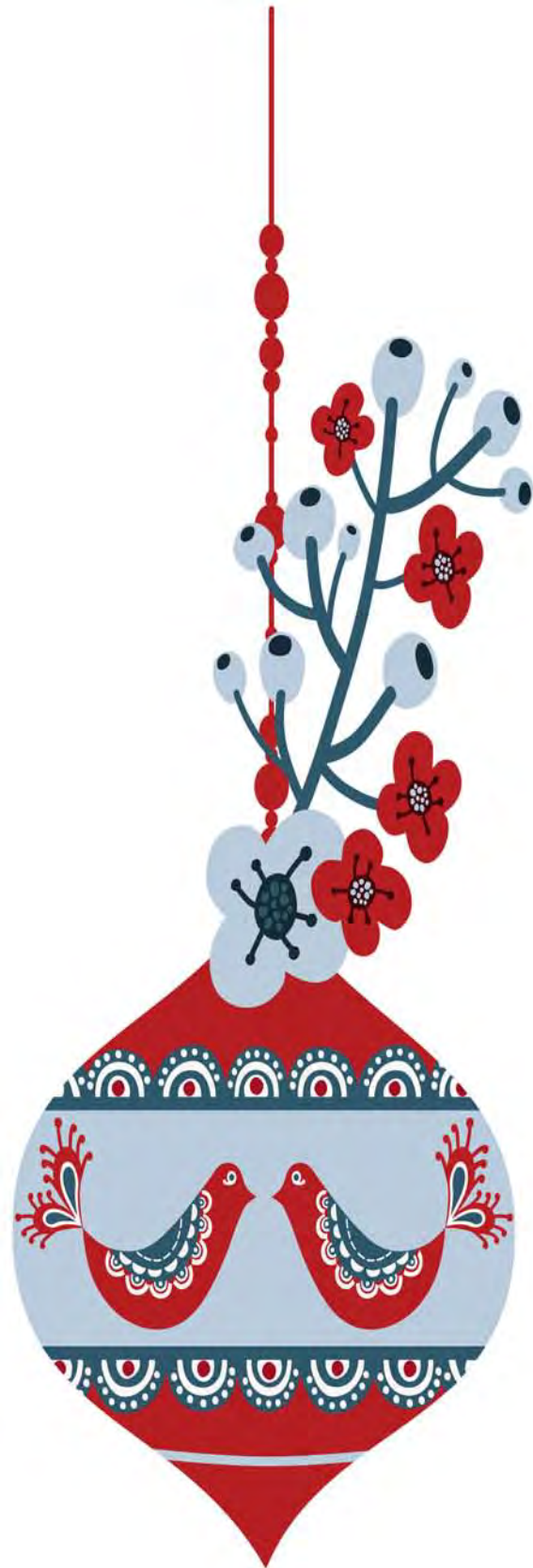
Presenting the Monday night community Junction coffeehouse singalong. Come join us for our weekly night of music and fun. Bring your guitar or come as you are. We will be jamming to pop music standards, old and new favorites and styles from all over the world. No experience required. Bring your singing voice and be ready to have a jolly good time!!! We have Tambourines, percussion equipment and a portable keyboard in house, or feel free to bring your own instrument. Music for the community to start the week with a smile!

Mondays (January 9 to March 20, 2017) 7:00PM – 9:00PM

*** No Class February 20th, 2017 – in observation of Family Day

FREE

Instructor: Andre Tellier





TUESDAY

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.

Tuesdays (January 10 to March 14, 2017) 10:30AM - 12:00PM

\$178.00

Instructor: Ina Puchala

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 14, 2017) 11:00am - 12:00pm

\$92.00

Instructor: Paul Radelicki

Yoga with 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 warmup movements, and the holding of steady poses. Practicing Yoga regularly will promote good health in the body and a well-balanced mind bringing added joy to one's life.

Tuesdays (January 10 to March 14, 2017) 12:00PM – 1:00pm

\$84.00

Instructor: Paul-Julien Tanti

Exploring Form and Space through Sculpture

A highly creative opportunity to learn how to build sculptures in a fun and supportive class. Using a variety of materials from simple explorations using food, to modeling with play dough/clay, and working with assemblage. We'll explore textures with a variety of found materials. We'll play with methods of fastening such as wrapping, twisting, folding, gluing and tying. Assemblages will be constructed implementing found and collected items to speak to something personal. There is ample room to make choices, make mistakes and be creative. Constructions made throughout the class will be curated for a window exhibition – a celebratory gesture of the creative spirit.

Tuesdays (January 10 to March 14, 2017) 1:30PM – 3:00PM

\$178.00

Instructor: Ina Puchala

Song Writing

Come explore what makes a good melody and interesting lyrics, learn how to expand hooks and add chords, and create a unified song! Get inspired and put pencil to paper in a non-judgmental environment. Ability to read music is an asset but not required.

Tuesdays (January 10 to March 14, 2017) 7:00PM – 8:30PM

\$125.00

Instructor: Sima Shamsi

WEDNESDAY

Healthy Chef

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.

Wednesdays (January 11 to March 15, 2017) 10:00AM – 1:00PM

\$310.00

Instructor: Monique Melanson

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.

Wednesdays (January 11 to March 15, 2017) 1:30PM – 2:30PM

\$92.00

Instructor: Stacie Bertacco

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.

Wednesdays (January 11 to March 15, 2017) 3:00PM – 4:00PM

\$92.00

Instructor: Stacie Bertacco





THURSDAY

Stretch and Tone Basics – Level 2

This class is similar to Stretch & Tone Basics Level 1 but adds instruction on toning muscles and strengthening your core to be able to do your daily activities with strength and ease. This class also teaches you how to relax your body so you can make it through your day with more relax and ease!

Thursdays (January 12 to March 16, 2017) 10:00AM – 11:00AM

\$106.00

Instructor: Tammy Gunn

Zumba Choreography

Have fun learning how to put moves to music! With her passion for Latin cardio dance music, Tammy incorporates in not only learning new moves but putting you, the student, in the driver's seat to create choreography to some of your favorite songs. This class supports student in mastering dance steps, teaches how to create steps to songs, develops counting skills to music and builds confidence while promoting teamwork!

By the end of these sessions, you will feel confident in taking your new moves and music out to any event where music is played!

Thursdays (January 12 to March 16, 2017) 11:00AM - 12:00PM

\$106.00

Instructor: Tammy Gunn

Jewelry Making

In this workshop, we will create a variety of pieces including rings, pierced and clip on earrings, necklaces, broaches, 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.

Thursdays (January 12 to March 16, 2017) 1:00PM – 2:00PM

\$119.00

Instructor: Stacie Bertacco

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.

Thursdays (January 12 to March 16, 2017) 2:30PM – 4:00PM

\$138.00

Instructor: Stacie Bertacco



FRIDAY

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!

Admission & TTC FARE PROVIDED

***Please bring a lunch with you. Plan to arrive at Community Junction between 10:00 and 10:15 am so that we can leave at 10:30am sharp.**

Fridays (January 13 to March 17, 2017) 10:30AM – 3:30PM

\$232.00

Instructor: Community Junction Support Staff

Meals to Go

This class provides participants with the opportunity to practice their food preparation skills by cooking multiple “take home” meals per week. Meals are planned and prepped to provide students with a number of meals they can take home and eat throughout the week. A great and affordable alternative to meal delivery services, this class is ideal for those that are living individually or like to plan meals ahead. Each participant will receive a complete set of reusable containers to use for the class.

***Please bring your clean containers to class each week.**

Fridays (January 13 to March 17, 2017) 1:00PM – 4:00PM

\$317.00

Instructor: Monique Melanson

Paint Night

Come enjoy a fun night out at Community Junction's Paint Night! Canvas, pottery and more, embrace your inner artist while enjoying the company of your neighbors.

Friday January 20th, February 17th and March 17th - 6:00PM – 8:00PM

\$15.00/class

Instructor: Natasa and Neb - from Artistic Way



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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