

**community  
junction**



September 11th 2017 - November 20th, 2017



Every *Leaf* <sup>all</sup> SPEAKS  
*Bliss* to me,  
FLUTTERING  
from the *le*  
*& Autumn*  
TREE. *\*emily bronte*

# COMMUNITY JUNCTION BELIEVES 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 can come together to learn new skills, share experiences and develop relationships.

That day has finally arrived and we are so happy to announce that ALL of our classes 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!





The background is a light cream color with a repeating pattern of small, stylized pumpkins and autumn leaves in shades of yellow, orange, and brown. At the top, a horizontal banner with a distressed, wood-like texture contains the text "SPECIAL EVENTS".

# **SPECIAL EVENTS**

**Centennial Park  
Mini-Golf & Batting Cage**  
Thursday September 21st  
10:00AM-2:00PM  
\$27.00

**Pumpkin Picking  
Downey's Farm Market**  
Thursday October 19th  
10:00AM-2:00PM  
\$22.00 + cost of chosen pumpkin

**Santa Claus Parade**  
Sunday November 16th  
11:30AM-3:00PM  
\$7.00





**MyCommunityHub**

MY TIME. MY ACTIVITIES. MY CHOICE.

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.

**To get started please visit:**

[www.mycommunityhub.ca](http://www.mycommunityhub.ca) and enter your class code, class title or Community Junction in the search bar

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

**Website:**

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

**Facebook:**

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



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



# MONDAY

## **5981 - Stretch & Tone Basics (Level 1)**

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

**Mondays (September 11th, 2017 to November 20th, 2017)**

**Time: 10:00AM – 11:00AM**

**\*\*\* No Class October 9th in observation of Thanksgiving**

**Fee: \$106.00**

**Instructor: Tammy Gunn**

## **5982 - Fun with Fabric**

Use cloth and ribbon to make projects to wear and use, with little or no sewing.

**Mondays (September 11th, 2017 to November 20th, 2017)**

**Time: 11:00AM – 12:00PM**

**\*\*\* No Class October 9th in observation of Thanksgiving**

**Fee: \$112.00**

**Instructor: Sima Shamsi**

## **5983 - 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 (September 11th, 2017 to November 20th, 2017)**

**Time: 1:00PM – 2:00PM**

**\*\*\* No Class October 9th in observation of Thanksgiving**

**Fee: \$92.00**

**Instructor: Andre Tellier**

## **5984 - Creating a Song**

In this course we will work as a group to create a melody, write rhyming lyrics, and add chords, to create a song that we can then sing together. Participants will receive a written version of the song to take home with them at the end of the course.

**Mondays (September 11th, 2017 to November 20th, 2017)**

**Time: 2:00PM – 3:00PM**

**\*\*\* No Class October 9th in observation of Thanksgiving**

**Fee: \$92.00**

**Instructor: Sima Shamsi**

## **5985 - Junction Coffeehouse Jam**

Presenting the Monday night community Junction coffeehouse sing-along. 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 (September 11th, 2017 to November 20th, 2017)**

**Time: 7:00PM – 9:00PM**

**\*\*\* No Class October 9th in observation of Thanksgiving**

**Fee: FREE**

**Instructor: Andre Tellier**





# T U E S D A Y

## **5986 - Mixed Media Explorations**

So what's the deal with mixed media? It's an experimental approach to making visual art works that combine a variety of art mediums such as painting with collage with printing, or painting, ink, and collage. We'll also explore adding everyday materials such as fabric, shells, glitter...anything that can be glued can be used to make a piece. Artists, both historical and contemporary, will be introduced to reveal the possibilities of mixed media. Join us in a relaxing, comfortable and supportive atmosphere. There's no right or wrong way. A desire to explore and play with materials is all you need. Mistakes lead to new discoveries. And we learn from one another.

**Tuesdays (September 12th, 2017 to November 14th, 2017)**

**Time: 10:30AM – 12:00PM**

**Fee: \$178.00**

**Instructor: Ina Puchala**

## **6014 - 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 (September 12th, 2017 to November 14th, 2017)**

**Time: 11:00AM – 12:00PM**

**Fee: \$92.00**

**Instructor: Paul Radelicki**

## **5987 - 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 (September 12th, 2017 to November 14th, 2017)**

**Time: 12:00PM – 1:00PM**

**Fee: \$92.00**

**Instructor: Paul-Julien Tanti**

## **5988 - Shadow Boxes and Mobiles**

The launch of this program was so successful that we'll do it again to further develop our individual interpretations of the subject. We'll revisit the artist Joseph Cornell, best known for his shadow boxes, to inspire our imagination in creating 'worlds of our own'. Using a collection of small objects (natural, found, pre-fabricated) and images (family photos, magazines, cards) we'll create assemblages inside a box. It's a wonderful way in which to visually tell our own stories. And we'll explore three dimensional movement by making mobiles. A look at Alexander Calder's mobiles will launch us into playing with a variety of approaches in making mobiles. Both projects allow for personal expression and exploration with ample room to make choices, make mistakes and be creative.

**Tuesdays (September 12th, 2017 to November 14th, 2017)**

**Time: 1:30PM – 3:00PM**

**Fee: \$178.00**

**Instructor: Ina Puchala**





# W E D N E S D A Y

## **5989 - Healthy Harvest Cooking**

In Healthy Harvest, each week students will gather for a healthy lunch and nutrition lesson. Meals will focus on in-season ingredients and lessons will include the economic, environmental and personal health benefits of local and seasonal eating.

**Wednesdays (September 13thth, 2017 to November 15th, 2017)**

**Time: 10:00AM – 1:00PM**

**Fee: \$310.00**

**Instructor: Monique Melanson**

## **5990 - 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 (September 13thth, 2017 to November 15th, 2017)**

**Time: 1:30PM – 2:30PM**

**Fee: \$92.00**

**Instructor: Stacie Bertacco**

## **5991 - Theatre Arts**

Learn the basics of drama, movement, and performance used in the theatre. We will play special drama games, create masks for storytelling, learn movement exercises inspired by circus, mime, and dance, and put on a little show!

**Wednesdays (September 13thth, 2017 to November 15th, 2017)**

**Time: 3:00PM – 4:00PM**

**Fee: \$112.00**

**Instructor: Stacie Bertacco**





# THURSDAY

## **5992 - Stretch and Tone Basics (Level 2)**

This class is similar to Stretch & Tone Basics Level 1 plus toning your 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 (September 14th, 2017 to November 16th, 2017)**

**Time: 10:00AM – 11:00AM**

**Fee: \$106.00**

## **5993 - 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 (September 14th, 2017 to November 16th, 2017)**

**Time: 11:00AM – 12:00PM**

**Fee: \$106.00**

**Instructor: Tammy Gunn**

## **5994 - Magazine Making**

Do you like reading about the latest topics in magazines? Join us to create your very own, filled with poetry, articles, art, fashion, comics, horoscopes, and more! Each week we will pick a theme and work on it together to produce a couples magazines.

**Thursdays (September 14th, 2017 to November 16th, 2017)**

**Time: 1:00PM – 2:30PM**

**Fee: \$178.00**

**Instructor: Stacie Bertacco**

## **5995 - Money Matters**

This workshop gives you basic and practical information about money. It will help you better understand spending, borrowing, and saving– how you can put the money you have, to work for you in your day-to-day life. This workshop also introduces you to ways to reach long-term goals for the futures well as learning about the Government of Canada's Registered Saving Plan. Topics covered will include spending plans, banking basics, borrowing money, and RESPs and other ways to save.

**Thursdays (Sept. 21st, Sept. 28th, Oct. 5th and Oct.12th, 2017)**

**Time: 1:30PM – 3:30PM**

**Fee: Free**

**Instructor: TD Volunteers**





# F R I D A Y

## **5996 - 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 (September 15th, 2017 to November 17th, 2017)**

**Time: 10:30AM – 3:30PM**

**Fee: \$332.00**

**Instructor: Community Junction Support Staff**

## **5997 - 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 (September 15th, 2017 to November 17th, 2017)**

**Time: 1:00PM – 4:00PM**

**Fee: \$317.00**

**Instructor: Monique Melanson**

## **5998 - Junction Pub Night**

### **Back by popular demand!!!**

Kickback and relax while taking in, all the night life, The Junction has to offer. We visit great local restaurants, bars and pubs where we sip on a great beverage, enjoy a delicious meal and dance the night away!

\*Please register through MyCommunityHub - or - Ashley Smith at Community Junction.

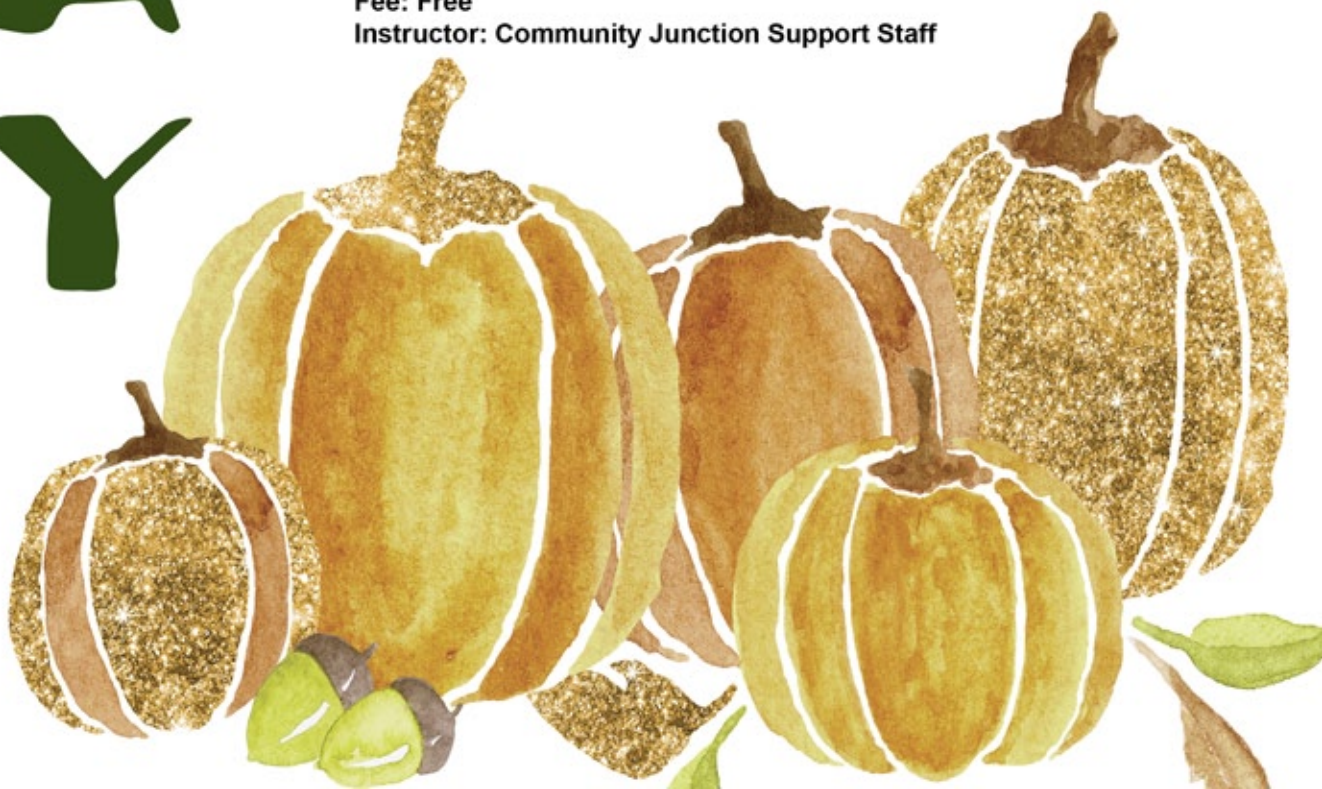
\*No cost to register, please bring money to each pub night to cover the cost of your meal and drinks.

**Fridays (Sept. 29th, Oct. 27th, and Nov. 24th, 2017)**

**Time: 6:00PM – 8:00PM**

**Fee: Free**

**Instructor: Community Junction Support Staff**







## **Fee for Service Support:**

**Interested in taking a class or joining a group at Community Junction, but you require 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? Are you 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**







# REGISTRATION FORM

For office use only:	Supplemental Info Form:		07-03-01A Publicity and Release Form:	Payment Made:
	Attached	Refused		
				Cheque Debit/Credit  Online

<b>Personal Information</b>	
Participant's Name	
Date of Birth (dd/mm/yy)	
Address	
Phone Number	
Email Address	
Parent/Guardian Name	
Address (if different from Participant)	
Phone Number (Best Number to reach you at.)	
Email Address	

<b>Emergency Contact Information</b>			
Please ensure Participant carries emergency ID and any required information, when attending class.			
Name		Name	
Phone Number		Phone Number	

I/We give permission for my/our child/family member/self _____ to go on community excursions if necessary during their attendance in Community Junction classes. I/We hereby absolve Community Living Toronto of any responsibility for any injuries that may occur in class or on the aforementioned excursions. I/We give permission for my/our child/family member/self to be photographed for online and print promotion of Community Junction programs.		
_____ Participant/Family Member - Print Name	_____ Signature	_____ Date
_____ Witness - Print Name	_____ Signature	_____ Date

**SAVE TIME - REGISTER ONLINE:**

[https://ca.apm.activecommunities.com/mycommunityhub/Activity\\_Search](https://ca.apm.activecommunities.com/mycommunityhub/Activity_Search)

Please Note - Receipts for your Community Junction Classes will say MyCommunityHub





# 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: (Different name than one provided on registration)</b>	<b>Name:</b>		
	<b>Relationship:</b>		
	<b>Contact Number(s):</b>		
<b>Medical Considerations: (recent procedures, conditions, food allergies, medications effects, seizures, mental health, etc.)</b>			
<b>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?)</b>			
<b>Support in challenging situations: (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>	





2934 Dundas Street West  
Toronto, Ontario  
M6H 1Y3  
647-729-3508  
communityjunction@cltoronto.ca

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 than 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, Cash, cheque or money order re acceptable methods of payment for all activities.

**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.





**community  
junction**

2934 Dundas Street West  
Toronto, ON, M6P 1Y8

[communityjunction@cltoronto.ca](mailto:communityjunction@cltoronto.ca)

647-729-3508