

*NO CLASS MONDAY, MAY 21ST FOR VICTORIA DAY



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 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 647-729-3508





Special

EVENTS



WHEN?: APRIL 20TH 2018 6:30-8:30 P.M.

WHERE?: MEET AT COMMUNITY JUNCTION, THEN HEADED TO PINOT'S PALETTE (NEXT DOOR)

MUCH?:

PAINT NIGHT 2

WHEN?: JUNE 8TH 2018 6:30-8:30 P.M.

WHERE? - MEET AT COMMUNITY
JUNCTION, THEN
HEADED TO PINOT'S
PALETTE (NEXT DOOR)

HOW \$40 MUCH?:

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PUB NIGHT

\$40

When?: May 27th 2018 6-8 P.M.

Where?: Meet at Community Junction, then head to Gabby's (3026 Dundas St W)

How Much?:

Free to attend*

*Participants must bring money for their own food, drinks and tip.



6770-Stretch & Tone Level 1 - 10AM - 11AM

\$150.00 - Instructor: Tammy Gunn

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.

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6774 Zumba - 11 AM - 12 PM

\$150.00 - Instructor: Tammy Gunn

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.



6773 Music Jam - 1 PM - 2 PM

\$72.00Instructor: Andre Tellier

The Music Jam is your chance to relax, enjoy and express yourself in a social group setting. Individuals are encouraged to express themselves through singing, percussion and social dancing. We will be singing popular songs, old favorites and standards. The music jam promotes self-confidence and working together as a team in a social environment.



6868 Spring Smoothies - 2 PM - 3:30 PM

\$199 - Instructor: Monique Melanson

Join our class as we blend together the colours of spring! In this class we will experiment with the different colours and flavours of our favourite produce to make healthy and delicious smoothies and shakes. The class will discuss the nutritional value of each treat and get to take home a recipe!

6768 Junction Coffeehouse Jam - 7 PM - 9 PM

\$ FREE - Instructor: Andre Tellier

Come join us for our weekly night of music and fun. Bring your guitar or come as you are. We will be jamming 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 and percussion equipment. Music for the community to start the week with a smile!



6848 American Sign Language - 10 AM - 11 AM

\$136 - Instructor: Anthia Airall

Welcome to ASL for Beginners! The class where all you need is your hands! In this class you will learn the fundamentals of ASL as applicable to everyday life! This easy to learn beginner's class will provide you with confidence in signing, as well as equip you to teach/communicate with those around you!

6850 French Time - 11 AM - 12 PM

\$136 - Instructor: Sima Shamsi

Together we will be learning simple words and common phrases in French. We will be listening to and singing French songs and putting on short skits in French. Come practice la joie de vivre in a different Official Language of Canada!

6856 Yoga with Murali - 12 PM - 1 PM

\$109 - Instructor: Paul 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 warm up movements, and the holding of steady poses.

*We are no longer providing yoga mats, please feel free to bring your own or purchase one from Community Junction for \$12.

6853 All about Art - 1:30 PM - 2:30 PM

\$156 - Instructor: Shannon Hancock

Dabble in drawing, practice your painting, sample some sculpting, and cultivate creativity with crafting. In this class, we will explore a new visual art project every week. Learn techniques in different mediums, and discover your own artistic style.

6849 Drum Circle - 2:30 PM - 3:30 PM

\$136 - Instructor: Shannon Hancock

Drum beat, heartbeat, in your hands and in your feet! Explore rhythms and percussion instruments from around the world, and make some of your own. This class will focus on call & answer, lead & follow, solo & group techniques, and involve movement and dance in every jam!



\$267 - Instructor: Monique Melanson

This class provides participants with the opportunity to practice their food preparation skills. This class is ideal for those that live independently or are learning to cook and prepare food independently! As we experiment with a multitude of foods from varying cultures we discuss proper nutrition in class to benefit you at home!

6869 Floral Spring Crafting - 12 PM - 1 PM

\$112 - Instructor: Stacie Bertacco

One of the best parts about spring is all the colours blooming around us! Join us as the colours inspire us to create and craft seasonal pressed flowers, build our own terrariums and design our own flower arrangements that bring out what spring means to us!

6767 Junction Chorus - 1 PM - 2 PM

\$136 - Instructor: Paul Genyk - Berezowsky

Share your love of music with others in 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!

6851 Improvising Drama - 2 PM - 3 PM

\$136 - Instructor: Noelle Gibbs

Improvisation is great for building peer relationships, enhancing eye contact, listening and reacting to your partner, exploring emotions, stretching creative potential, learning confidence, and how to use impulses towards creating a scene! The most important part of improvisation to to have fun, be playful, and have a safe space where you can be who you truly are!



6771 Stretch and Tone Level 2 - 10 AM - 11 AM

\$120 Instructor: Tammy Gunn

This class is similar to Stretch and Tone Basic 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 ease!

6775 Zumba Choreography - 11 AM - 12 PM

\$100 - Instructor: Tammy Gunn

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.



6854 Strengthening Muscles - 1PM - 2 PM

\$120 - Instructor: Tammy Gunn

Do you want to take your fitness to the next level? Are you ready to give yourself a workout like no other? In our strength and conditioning classes Tammy will take the students through an aerobic conditioning while incorporating in how to build muscle strength using simple things you have at home. This class is designed for the active adult (young & old) and will take you through a rigorous and fun workout that will leave you feeling good all over and worked out from head to toe!



6852 Creative Dance - 2 PM - 3 PM

\$120 - Instructor: Tammy Gunn

Creating story through dance & music. This class incorporates music, movement and story telling through dance. In these sessions we will be learning about meditation, creativity through movement. Expressing ourselves in a class provides a safe and fun place to be creative and move!



6772 Springtime Excursions - 10:30 AM - 3 PM

\$355 - Instructor: Community Junction Staff

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!

*Please plan to arrive at Community Junction between 10 A.M. and 10:30 A.M. so that we can leave at 10:30 sharp!

Admission and TTC Fare included



6769 Meals To Go - 1 PM - 4 PM

\$298 -Instructor: Monique Melanson

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.

*Please note that containers MUST be brought back to class each week and a new set will not be given each week, if you have lost yours, feel free to bring your own.



6765 5 Class Pass \$80

10 Class Pass 6764 \$160





Not able to commit to a full 11 week session? Want to participate with the flexibility to try out a few classes within the session?

New to Fee for Service and would like to sample a few classes before you register for a full session?

*please note that class passes expire for the session in which they are purchased. *please contact Paris Gray to confirm the classes in which you would like to attend PRIOR as notice must be given to instructors.



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



REGISTRATION FORM

Community Junction

Please return the completed registration form along with payment (Payable to Community Living Toronto) and completed publicity and release form to:

By mail or in person:

By Email:

The Community Junction 2934 Dundas Street West, Toronto, ON M6P 1Y8 647-729-1153			communityjunction@cltoronto.ca				
Participant's Full N	lame:						
Date of Birth (m/d/	y):		Gender: Other□ Male□ Female□				
Street Address:							
City:		Pos	stal Code:				
Full Name of Parer	nt(s) / Guardian:						
Full Address (if diff	erent from that of Participa	ant):					
Phone Numbers:							
	Work: (mother):	(fathe	er):				
	Cell: (mother):	(fathe	er):				
E-mail Address(es):						
Emergency Contact:	Name:	Contact Number	Relationship to individual				
Medical or Behav or as conditions o		nation to be provided on Supple	emental information form for first registra				
PLEASE ENSUF	RE YOUR FAMILY MEM	MBER CARRIES EMERGENCY	ID WHEN ATTENDING A PROGRAM				
community excursi Living Toronto of a		eir attendance at the above progra juries that may occur on any outin	to go on ams. I / We hereby absolve Community gs. I / We give permission for my / our				
Parent/Guardian:	(print name & provide signal	Witness: gnature)	(print name & provide signature)				
Date:		,	(print name at provide digitality)				



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:

By Email:

The Community Junction 2934 Dundas Street West, Toronto, ON M6P 1Y8 647-729-1153 communityjunction@cltoronto.ca

Individual's Full Name:					
Health Card Number:					
Alternate emergency contact: (Different name than one	Name:				
provided on registration)	Relationship:				
	Contact Number(s):				
Medical Considerations: (recent procedures, conditions, food allergies, medications effects, seizures, mental health, etc.)	Number(3).				
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	



Name:

PUBLICITY AND RELEASE FORM

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. 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, Connections Newsletter, brochures, slide shows, videotapes, displays, posters or billboards, releases to newspapers, Community Living Toronto's Corporate or Connect**ABILITY** web sites, DVD production and television stations. My consent is for such purposes as the Association may consider appropriate, and is not limited to these examples.

		
Address:		
Phone:	Email:	
Location:		
Signature		Date
Signature of Witness		 Date
In the event that an individual is unde consent or lacks the ability to underst the parent or legal guardian or next o	and the issue of consenting	
I hereby state that I am the parent or I individual and give consent for this perpublicity as stated.		
Signature of Parent/Legal Guardian/Next of Ki	n	Date
Signature of Witness		Date

Community Junction CANCELLATION & WITHDRAWAL INFORMATION

Reason Activity Cancellation: We may cancel an activity due to low enrolment or unforeseen circumstances.	Notes Every effort is made to accommodate the participants in another activity, but if not possible, a refund will be issued.	You Receive • a full credit or refund • no administration fees
Medical: A medical certificate (Dr's Note) is required.	Request must be made BEFORE midway point of the activity/camp.	 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	 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	 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, 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.

