



WINTER SESSION 2020

**JANUARY 13TH 2020
MARCH 27TH 2020**

**REGISTRATION OPENS:
DECEMBER 16TH 2019**

Warm Tea



and

Fuzzy

Socks





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 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/>



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647-729-3508

SPECIAL EVENTS

SLEEPOVER AT RIPLEY'S AQUARIUM

WHEN: MARCH 14TH 2020-
MARCH 15TH 2020
7:30 PM - 9 AM

PRICE: \$160*

*SUPPORT STAFF NEEDED WILL
BE ADDED AT AN EXTRA \$55

SUGARBUSH MAPLE SYRUP FESTIVAL

KORTRIGHT CENTRE

WHEN: MARCH 19TH 2020
10 AM - 2:30 PM

PRICE: \$40*

* STAFF CAN BE ADDED AT
\$20 MUST RESERVE A SEAT

DAY TRIP RIPLEY'S AQUARIUM

WHEN: JANUARY 23RD 2020
10 AM - 2:30 PM

PRICE: \$45*

*TRANSPORTATION WILL BE
THROUGH TTC AND IS INCLUDED

MONDAY



10988 **AMERICAN SIGN LANGUAGE** **10 AM - 11:30AM** **\$279**

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

INSTRUCTOR: NORA BENSON

10990 **ARCTIC ART CLASS** **11:30 AM - 12:30 PM** **\$300**

Welcome to Arctic Art Class! As snow begins to cover the ground, our class will be working on vibrant and one of a kind pieces to take home! Join us as we create exciting pieces using different textiles to build, model and explore!

Each week will be something new and exciting!

INSTRUCTOR: OCAD STUDENT

10998 **MUSIC JAM** **1 PM - 2 PM** **\$251**

Express yourself through singing, percussion and social dancing! We will be jamming out to popular songs, old favourites and the standards! Weekly class will consist of an open discussion of music and song suggestions! Join us as we sing, dance and drum to our hearts desire!

INSTRUCTOR: ANDRE TELLIER

10991 **WINTER SOUPS AND STEWS** **2 PM - 3:30 PM** **\$296**

Brrr, It's cold outside! What better way to warm up than a nice hot cup of soup! In this class students will learn to make homemade broth and create a tasty soup each week. We'll explore different cuisines from all around the globe!

INSTRUCTOR: COMMUNITY JUNCTION STAFF





TUESDAY

11000 STRETCH AND TONE LEVEL 1 10 AM - 11 AM \$283

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 slower pace and will involve working and strengthening your core. Our hope is that you will leave the class feeling rejuvenated and strong!

INSTRUCTOR: TAMMY GUNN

11003 ZUMBA 11 AM - 12 PM \$283

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.

INSTRUCTOR: TAMMY GUNN

11002 YOGA WITH MURALI 12 PM - 1 PM \$277

Yoga is a practice that connects the mind and body with the pure self. These gentle classes will introduce exercise that the student can learn and add to their everyday life. Classes will include: Guided relaxation and meditation exercises alongside a gentle warm up movement.

INSTRUCTOR: PAUL-JULIEN TANTI

10993 WINTER WONDERLAND ART 1:30 PM - 3 PM \$317

In this crafting class students will take on multi-medium projects that reflect the season! We will work on nature inspired structures and everyone will be allowed to take home their individual pieces. There will be a special group project for the Community Junction!

INSTRUCTOR: OCAD STUDENT





WEDNESDAY

10995

WINTER COOKING CLASS

10:30 PM - 1:30 PM

\$512

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!

INSTRUCTOR: MONIQUE MELANSON

10996

JUNCTION'S CHOIR

1:30 PM - 2:30 PM

\$283

Share your love of music with others in Junction Choir! 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, Junction Choir is the place for you.

INSTRUCTOR: ANDRE TELLIER

10994

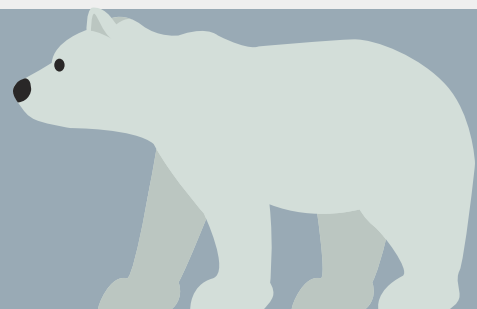
THEATRE - ACT IT OUT!

2:30 PM - 3:30 PM

\$299

ACTION! In this fun entry into the theatre world you will learn how to create yourself as a character, project your voice while building confidence. Team building skills will take you on a journey to completing a dramatic theatre debut to share with your friends & family at the end of this 11 week session!

INSTRUCTOR: TAMMY GUNN



THURSDAY

11001 STRETCH AND TONE LEVEL 2 10 AM - 11 AM \$284

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 slower pace and will involve working and strengthening your core. Our hope is that you will leave the class feeling rejuvenated and strong!

INSTRUCTOR: TAMMY GUNN

11004 ZUMBA CHOREOGRAPHY 11 AM - 12 PM \$280

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.

INSTRUCTOR: TAMMY GUNN

10999 STRENGTHENING MUSCLES 1 PM - 2 PM \$298

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 how to build muscle strength using simple you have at home.

INSTRUCTOR: TAMMY GUNN

10997 JUNCTION DRUMMING 2 PM - 3 PM \$247

Express yourself through a shared love of drumming! Join the class as we create awesome rhythms, make our own drums and dance to our own beat! We will be drumming along to classics, creating our own beats and just enjoying ourselves!

No musical experience is required!

INSTRUCTOR: ANDRE TELLIER

FRIDAY

10989 WINTER WONDERLAND ADVENTURES 10 AM - 3 PM \$712

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!

*TTC Fare is provided

*Participants must be dressed appropriately or they will not be permitted to join

INSTRUCTOR: COMMUNITY JUNCTION STAFF

10992 WINTER COOKBOOK CLASS 1 PM - 4 PM \$482

In this class students will learn to prepare classic winter meals while increasing the foods nutritional value. Each week we will be creating (and eating) delicious recipes that we come up with! At the end of the session we will combine our recipes to create personalized cookbooks!

INSTRUCTOR: MONIQUE MELANSON

CLASS PASSES

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 a year after which they are purchased and are not eligible for Friday's excursion group.

*Please contact Jennifer Nicolucci to confirm the classes in which you would like to attend PRIOR as notice must be given to instructors.

10987 5 CLASS PASSES \$150

10986 10 CLASS PASSES \$300





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MARCH 27TH 2020

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