

**community
junction**

COMMUNITY JUNCTION PRESENTS...

VIRTUAL WINTER SESSION 2021

JANUARY 4TH 2021 - FEBRUARY 12TH 2021



MyCommunityHub

MY TIME. MY ACTIVITIES. MY CHOICE.

You can now use MyCommunityHub to SEARCH, REGISTER and PAY for your favorite Community Junction classes, ONLINE!

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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Community Junction's Virtual Programming



YOGA

10:30 am - 11:30 am

Join **Paul Murali** in guided morning relaxation and meditation exercises alongside gentle warmup movements. Practicing Yoga regularly will promote good health in the body and a well-balanced mind.

\$42 13810

ZUMBA

10:30 am - 11:30 am

Join **Tammy Gunn** in our Virtual Zumba class! Work up a sweat from the comfort of your home as Tammy dives into the wonders of up-beat Latin Music and teaches students step-by-step!

\$36 13505

MUSIC JAM

1:30 pm - 2:30 pm

Join **Andre Tellier** in our Virtual Music Jam! Together we will explore popular songs, old favorites, and standards! Rocking out to our all-time favorites in a group setting!

\$24 13811

STRETCH & TONE

10:30 am - 11:30 am

Join **Tammy Gunn** in stretching out your body and feeling 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.

\$36 13809

COFFEE HOUSE

11 am - 12pm

Join Community Junction Staff in our Friday morning Coffee House! Bring your morning / unch drink and snack of choice and come chat! The hour will be filled with games, chats, and laughs!

Free 13812

AMERICAN SIGN LANGUAGE

1:30 pm- 2:30 pm

Join **Nora Benson** in our Virtual American Sign Language course where together we will explore the basics of ASL! We will be learning conversational communication that you can practice with the instructor and fellow students.

\$54 13814

IPAD 101

1 pm-2 pm

Discover everything you need to know about using an iPad with our iPad 101 class! This iPad class will cover the basics, downloading your favorite apps, along with advanced teachings and some common troubleshooting! *Delayed Start*

\$30 13815

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United Way
Greater Toronto

COMMUNITY LIVING
Toronto



CONTACT

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