

**community
junction**

COMMUNITY JUNCTION PRESENTS...

**VIRTUAL
MID-WINTER
SESSION 2021**

FEBRUARY 22ND 2021 - APRIL 2ND 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!

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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Community Junction's Virtual Programming

M

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 14133

T

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!

\$48 14134

W

JUNCTION SMOOTHIES

10 am-11 am

Join **Junction Staff** in our morning smoothie class! We will explore a bunch of well-balanced smoothies and will send out a grocery and recipe guide to follow along at home.

\$48 14135

T

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.

\$48 14132

F

COFFEE HOUSE

11 am - 12pm

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

Free 14130

BINGO HALL

12:30 pm- 1:30 pm

Join **Junction Staff** in our Monday afternoon Bingo Hall! Bring your snack of choice and your good luck charm! The hour will be filled with chats, bingo, and lots of laughter.

FREE 14104

ART

1:30 pm- 2:30 pm

Join **Ina Puchala** in a guided step-by-step art program! The program will ship a supply box with 6 weeks' worth of material **directly to your door** so you can virtually follow along with the instructor!

\$120 14136

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 14131

HUMAN SEXUALITY

1 pm-2 pm

Join us for open, inclusive learning and discussion about sexuality, our bodies, health, and relationships. This workshop will include evidence-based information, interactive activities, videos, and more!

\$42 14137

INTERNET SAFETY

1 pm-2 pm

Together we will be learning about the do's and don't around Internet Safety. As we attend more and more classes online it's important to have an open conversation about the dangers of the internet!

\$42 13813



VIRTUAL MID-WINTER SESSION 2021



United Way
Greater Toronto

COMMUNITY LIVING
Toronto



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CONTACT

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