



Virtual Spring Session 2021

APRIL 12 2021 - JUNE 4 2021

**Registration Opens:
March 30 2021 at 10 a.m.**



Spring
is in the
Air

This graphic features the phrase "Spring is in the Air" in a black, elegant script font. The text is centered on a white background. Surrounding the text are several large, soft pink watercolor washes and detailed illustrations of pink and white peonies with yellow centers. The entire design is framed by a solid yellow border at the top and bottom.



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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14489 YOGA WITH MURALI 10:30A.M. - 11:30A.M.

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 Murali

\$ 56

14481 BINGO HALL 1 P.M. - 2P.M.

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.

Win a prize each week!

Instructor: CJ Staff

\$ 8

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14490 ZUMBA
10:30A.M. - 11:30A.M.

Join Tammy Gunn in our virtual Zumba Class!! Zumba is a Latin based dance fitness program, involving both dance and aerobic elements. This class provides stress relief and exercise to participants in their own home. During this class you will find yourself smiling uncontrollably and enjoying the music as you move your body.

Instructor: Tammy Gunn

\$ 64

14486 SPRING TIME ART
2P.M. - 3P.M.

Join Dani DeAngelis 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.

Instructor: Dani DeAngelis

\$128

WEDNESDAY

14493 SPRING TIME DESSERTS 10A.M. - 11A.M.

Do you have a sweet tooth? Is baking, decorating and devouring something sweet something you would enjoy? Join us in our Spring time Desserts class where we will bake, design and decorate! Our class will work on new creations each week with a virtual recipe book included. ***You will need to purchase your own groceries***

Instructor: CJ Staff

\$64

14487 MUSIC JAM 1:30P.M. - 2:30P.M.

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!

Instructor: Andre Tellier

\$32

THURSDAY

● 14488 STRETCH AND TONE ● 10:30A.M. - 11:30A.M.

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.

● Instructor: Tammy Gunn

\$64

● 14483 HUMAN SEXUALITY ● 1P.M. - 2P.M.

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!

***Participants will receive an activity box for following along with materials that relate to human anatomy and the lesson.**

● Instructor: LeeAnn Fillipi

\$56

FRIDAY

14482 COFFEE HOUSE
10:30A.M. - 11:30A.M.

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!

● **Instructor: CJ Staff**

FREE

14492 KARAOKE
1P.M. - 2:30 P.M.

Join Junction Staff in our virtual version of Karaoke! Together we'll come up with the weeks playlist and give everyone their time to shine on stage! The perfect way to finish off the week!

● **Instructor: CJ Staff**

FREE



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