



VIRTUAL WINTER SESSION

**JANUARY 10th -
MARCH 25th 2022**

Register at www.mycommunityhub.ca

Registration opens December 24th at 10am



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

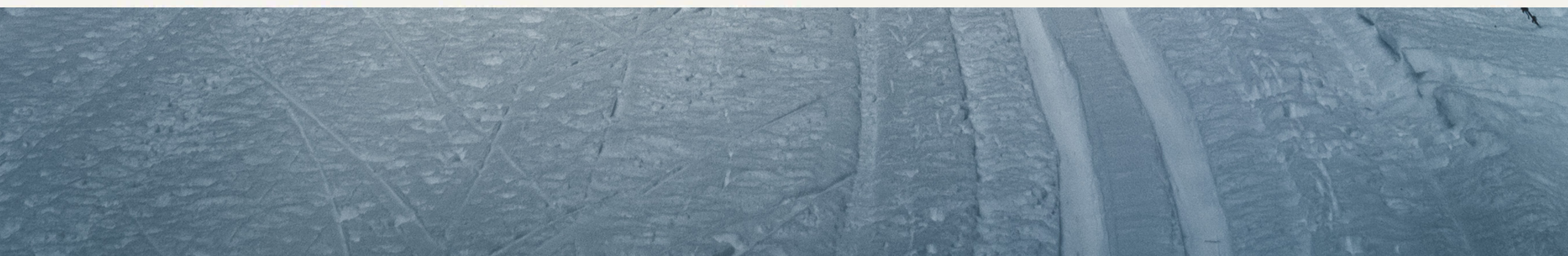
Still have questions? Feel free to contact us for help navigating MyCommunityHub or head over to our website or Facebook page to watch our step-by-step instructional video

Website:

<http://cltoronto.ca/hubs/community-junction/>



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647-729-3508



MONDAY

16691 Yoga with Murali \$77
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.

16683 Bingo Hall \$11
1 p.m. - 2 p.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. A prize will be given to first place each week!

****In an effort to play fair, if a winner has won a previous game (this session), the prize will be given to the runner up****

Tuesday

16692 Zumba

\$88

10:30A.m. - 11:30A.m.

Join Tammy Gunn and friends 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

16688 Winter Art Class

\$176

1p.m. - 2p.m.

Join Yona Resnick in a guided art program! The program will ship a supply box with 11 weeks' worth of material directly to your door so you can virtually follow along with the instructor.

Art boxes will be delivered to your door

Wednesday

16684 Bingo Hall

\$11

10:30a.m. - 11:30a.m.

Join Junction Staff in our Wednesday morning Bingo Hall! Bring your good luck charm! The hour will be filled with chats, bingo, and lots of laughter.

A prize will be given to first place each week!

In an effort to play fair, if a winner has won a previous game, the prize will be given to the runner up

-

16689 Music Jam

\$44

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!

Thursday

16690 STRETCH AND TONE

\$88

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.

16687 EXPRESS YOURSELF!

\$176

1P.M - 2P.M

Join Expressive Art Therapist Yona Reznick for a creative and fun weekly art experience! We will work individually and as a group to create engaging and inspiring works of art. At the end of the program, participants will have a portfolio full of the incredible art that was created!

Art box will be sent to your home

Follow her on Instagram @arthelps.ca

Friday



1 6 6 8 5 COFFEE HOUSE Free
1 0 : 3 0 A . M . - 1 1 : 3 0 A . M .

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

1 6 6 8 6 KARAOKE Free
1 P . M . - 2 : 3 0 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!



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January 10th- March 25th
2022

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