



Welcome to CPS Experience Guide Summer Edition

Registration for Funded*: June 5th 2023

Registration for Fee-Based options: June 15th 2023**

CPS experiences (programs) will be offered at:

- 📍 Finch - 1122 Finch Avenue West
- 📍 Fairfax - 50 Fairfax Crescent
- 📍 Gooderham - 62 Gooderham Drive
- 📍 The East Mall - 65 The East Mall
- 📍 Advance - 102 Advance Road
- 📍 Foster Connection - 164 Main Street

Packages Available for funded spots (up to 15 hours a week):

- ✓ 3 days/week @ 5 hrs/day
- ✓ 5 days/week @ 3 hrs/day
- ✓ 2 days/week @ 5 hrs/day + 3 virtual classes weekly
Eligible for one session per day

Note: Fee-Based option is eligible to purchase any available program.

Registration Options:

📞 Phone

👤 In Person

🌐 Online

[See page 2 for details](#)

*Funded includes the following groups:

- Previously held a spot in former "day programs" (ADP, SWACA, ETS, Gooderham)
- Individuals living with families/caregivers, Supported Independent Living, ISP, External (non-CLTO) Group Homes
- Previous Y2W and Community First SWACA individuals (can choose packages up to 6 hours per week).

**Fee-Based options includes the following groups:

- Fee for Service
- Open to all, including CLTO supported living sites

How To Register

Online

Go to mycommunityhub.ca or scan the barcode.

Register for an account

Click on links from the experience guide to add to cart and check out

Need help creating an account on MyCommunityHub? Click [HERE](#) for demonstration.



Phone

Call 647-729-2976 to speak with a member of the CPS team.

In Person

Visit any of the CPS locations on:

Monday, June 5th - 10:00AM - 6:00PM

Thursday, June 15th - 10:00AM - 6:00PM

Alternative times can be arranged with CPS location supervisors by calling 647-729-2976.

More Information

Join us for our info webinar to learn more about the registration process, packages, and to learn about the new model on:

Wednesday, May 31st

6:30PM - 8:00PM

[Click here to register](#)

Wednesday, June 7th

6:30PM - 8:00PM

[Click here to register](#)

Wednesday, June 14th

6:30PM - 8:00PM

[Click here to register](#)

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GOODERHAM

62 Gooderham Drive

9

FAIRFAX

50 Fairfax Crescent

15

FOSTER CONNECTIONS

164 Main Street

21

FINCH

1122 Finch Avenue West

27

THE EAST MALL

65 The East Mall

33

ADVANCE

102 Advance Road

MONDAY

Music & Movement

Mondays | 9:30AM - 2:30PM | \$750

Barcode: 23310
Starting July 10th | 10 weeks (Please note: no program on Aug. 7th or Sept.4th)

Get up, move your body, and groove to the music! Join us for a variety of activities that will keep you active and enjoying the rhythm. Let's have fun and keep the energy flowing together!



Register Here

Monday Music & Drama: Travel Through the Decades

Mondays | 9:30AM - 12:30PM | \$500

Barcode: 23313
Starting July 10th | 10 weeks (Please note: no program on Aug. 7th or Sept.4th)

Travel through time with us as we explore the decades through music, drama, videos, and dancing. Join in the fun as we celebrate the iconic moments and trends that shaped each era. Get ready to dance, sing, and immerse yourself in the nostalgia of the past!



Register Here



TUESDAY

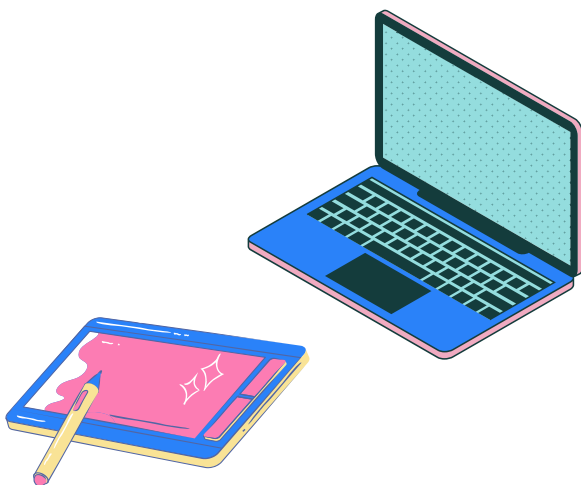
Technology Tuesdays

Tuesdays | 9:30AM - 2:30PM | \$975

Barcode: 23317

Starting July 4th | 13 weeks

Discover the fascinating world of technology with us every Tuesday! Dive into the Mobi platform, create emails, explore iPads and tablets, and more. Join us for a fun-filled exploration of digital tools and gadgets. Let's unlock the potential of technology together!



Register Here

Creative Arts Tuesdays

Tuesdays | 2:30PM - 5:30PM | \$650

Barcode: 23296

Starting July 4th | 13 weeks

Explore creative arts like painting, beading, and seasonal activities. Unleash your creativity, learn new techniques, and connect with fellow art enthusiasts. Don't miss out on this artistic journey!



Register Here



WEDNESDAY

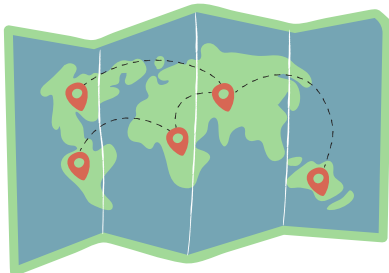
Around the World Wednesdays

Wednesdays | 9:30AM - 2:30PM | \$975

Barcode: 23318

Starting July 5th | 13 weeks

Join us on a global exploration as we learn about Canada, China, Egypt, France, Greece, India, Italy, Jamaica, Japan, and the USA. We'll dive into their history, food, enjoy vibrant music, and discover so much more. Get ready to discover the fascinating aspects of each country and their rich cultural heritage. Come along as we embark on an exciting journey around the world!



Register Here

Wednesday Music & Drama: Travel Through the Decades

Wednesdays | 9:30AM - 12:30PM | \$650

Barcode: 23390

Starting July 5th | 13 weeks

Travel through time with us as we explore the decades through music, drama, videos, and dancing. Join in the fun as we celebrate the iconic moments and trends that shaped each era. Get ready to dance, sing, and immerse yourself in the nostalgia of the past!



Register Here

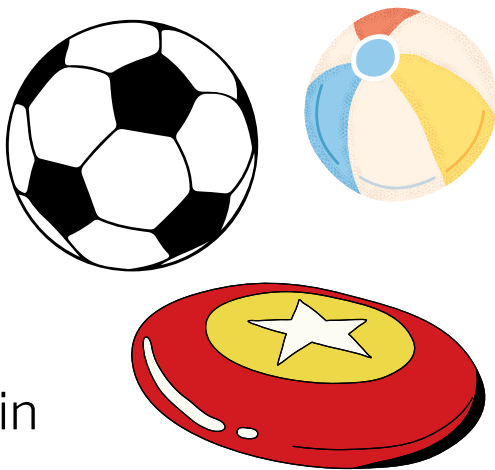
Fun Field Games Wednesdays

Wednesdays | 2:30PM - 5:30PM | \$650

Barcode: 23335

Starting July 5th | 13 weeks

Get ready for an unforgettable summer filled with outdoor fun! From soccer to frisbee and everything in between, we'll engage in thrilling outdoor activities that will keep you active and entertained. Join us for a season of non-stop fun in the field! Be sure to wear comfortable running shoes, as the ground may be unleveled. Don't forget to bring water to stay hydrated and sunscreen to protect yourself from the sun's rays.



Register Here

THURSDAY

Healthy Mind, Body & Spirit

Thursdays | 9:30AM - 2:30PM | \$975

Barcode: 23319

Starting July 6th | 13 weeks

Join us every Thursday to prioritize your well-being in mind, body, and spirit. We'll explore the beauty of nature through regular walks while engaging in physical activity and connecting with the outdoors, so wear appropriate footwear. We'll also plan swimming options. Let's come together to cultivate a healthy and supportive community.

Please note: We will plan in advance for swimming options and will ask that each swimmer has their own swimsuit and towel.



Register Here

Creative Arts Thursdays

Thursdays | 9:30AM - 12:30PM | \$650

Barcode: 23336

Starting July 6th | 13 weeks

Explore creative arts like painting, beading, and seasonal activities. Unleash your creativity, learn new techniques, and connect with fellow art enthusiasts. Don't miss out on this artistic journey!



Register Here

Social Club: Spilling the Tea

Thursdays | 2:30PM - 5:30PM | \$650

Barcode: 23321

Starting July 6th | 13 weeks

Join us on Thursdays for "Spill your Tea" and socialize with friends new and old. Enjoy a cup of tea or coffee as we connect and discuss our favorite topics together. It's a relaxed and friendly gathering where conversations flow and connections are made. Don't miss out on this opportunity to engage and have a great time!



Register Here

FRIDAY

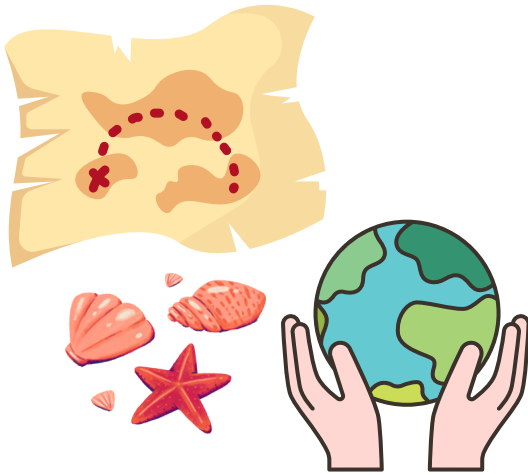
Healthy Planet

Fridays | 9:30AM - 2:30PM | \$975

Barcode: 23320

Starting July 7th | 13 weeks

Join us in the pursuit of a Healthy Planet! Explore with us as we walk on the beach, visit parks and gardens, engage in nature scavenger hunts, interact with animals, and discover healthy food options. Let's learn how to protect our environment and make sustainable choices while enjoying the wonders of nature. Come along and be part of creating a healthier world!



Register Here

Friday Music & Drama: Travel Through the Decades

Fridays | 9:30AM - 12:30PM | \$650

Barcode: 23391

Starting July 7th | 13 weeks

Travel through time with us as we explore the decades through music, drama, videos, and dancing. Join in the fun as we celebrate the iconic moments and trends that shaped each era. Get ready to dance, sing, and immerse yourself in the nostalgia of the past!



Register Here

Fun Field Games Fridays

Fridays | 2:30PM - 5:30PM | \$650

Barcode: 23389

Starting July 7th | 13 weeks

Get ready for an unforgettable summer filled with outdoor fun! From soccer to frisbee and everything in between, we'll engage in thrilling outdoor activities that will keep you active and entertained. Join us for a season of non-stop fun in the field! Be sure to wear comfortable running shoes, as the ground may be unlevelled. Don't forget to bring water to stay hydrated and sunscreen to protect yourself from the sun's rays.



Register Here

FAIRFAX

50 FAIRFAX CRESCENT

MONDAY

Let The Good Times Roll

Mondays | 9:30AM - 2:30PM | \$750

Barcode: 23340

Starting July 10th | 10 weeks (Please note: no program on Aug. 7th or Sept.4th)

Come join us for a variety of activities: Rec Room: Pool table, Air Hockey, Lawn Axe Throwing; The End Zone: Sport zone with Volleyball, Basketball and Floor Hockey; Centre Stage for Music, Dance, Yoga and Karaoke.

Everyday is different, you decide how it rolls.



[Register Here](#)

A Star Is Born

Mondays | 9:30AM - 12:30PM | \$500

Barcode: 23346

Starting July 10th | 10 weeks

(Please note: no program on Aug. 7th or Sept.4th)

Casting call for all to come and express yourself through music, singing, instruments, theatre and story telling. Bring your creativity and have fun!



[Register Here](#)



FAIRFAX

50 FAIRFAX CRESCENT

TUESDAY

Over The Rainbow

Tuesdays | 9:30AM - 2:30PM | \$975

Barcode: 23348

Starting July 4th | 13 weeks

Creative Arts: Come join us and release the artist in you and let your imagination run wild through art. We offer painting, jewelry making, rug hooking and seasonal themed options. The afternoon we will head to the End Zone and check out volleyball, floor hockey, ring toss and parachute amongst other options to get your body moving.



[Register Here](#)

It's My Life

Tuesdays | 9:30AM - 12:30PM | \$650

Barcode: 23350

Starting July 4th | 13 weeks

Self Esteem: Live your best life, let's journey together and explore topics of self care, wellness and nutrition as we learn and practice what is important to you.



[Register Here](#)

Good Vibrations

Tuesday | 2:00PM - 5:00PM | \$650

Barcode: 23352

Starting July 4th | 13 weeks

Healthy Mind Body and Spirit!

Come align your mind, body and spirit once a week through yoga, meditation, deep breathing, gentle movement and connecting through nature.



[Register Here](#)

FAIRFAX

50 FAIRFAX CRESCENT

WEDNESDAY

We Are the World

Wednesdays | 9:30AM - 2:30PM | \$975

Barcode: 23354

Starting July 5th | 13 weeks

Cultural Awareness: Come together to share and learn about each others backgrounds, traditions, and customs, while we explore the world and people around us in our neighborhoods and virtually.



[Register Here](#)

A Star Is Born

Wednesdays | 9:30AM - 12:30PM | \$650

Barcode: 23358

Starting July 5th | 13 weeks

Casting Call for all to come and express yourself through music, singing, instruments, theatre and story telling. Bring your creativity and have fun!



[Register Here](#)

Get Your Game On

Wednesdays | 2:00PM - 5:00PM | \$650

Barcode: 23359

Starting July 5th | 13 weeks

Get your game on: Come hang out and connect with friends old and new and the Fairfax "Clairlea" Crew! Play board games, trivia, name that tune, bowling, bingo you decide. Come join us and show your silly side.



[Register Here](#)

FAIRFAX

50 FAIRFAX CRESCENT

THURSDAY

Let the Good Times Roll

Thursdays | 9:30AM - 2:30PM | \$975

Barcode: 23360

Starting July 6th | 13 weeks

Come join us for a variety of different activities from our rec room: Pool table, Air Hockey, Lawn Axe Toss. The End Zone: Volleyball, Basketball and Floor Hockey and Centre Stage: Music, Dance, Yoga and Karaoke, each day is different you decide how it rolls.



[Register Here](#)

Over The Rainbow

Thursdays | 9:30AM - 12:30PM | \$650

Barcode: 23362

Starting July 6th | 13 weeks

Creative Arts: Come join us and release the artists in you and let your imagination run wild through art. We offer painting jewelry making, rug hooking and seasonal themed creative arts.



[Register Here](#)

Good Vibration

Thursdays | 2:00PM - 5:00PM | \$650

Barcode: 23365

Starting July 6th | 13 weeks

Healthy Body, Mind & Spirits

Come Align your mind, body & spirit once a week through yoga, meditation, deep breathing exercises, gentle movement and connecting through nature.



[Register Here](#)

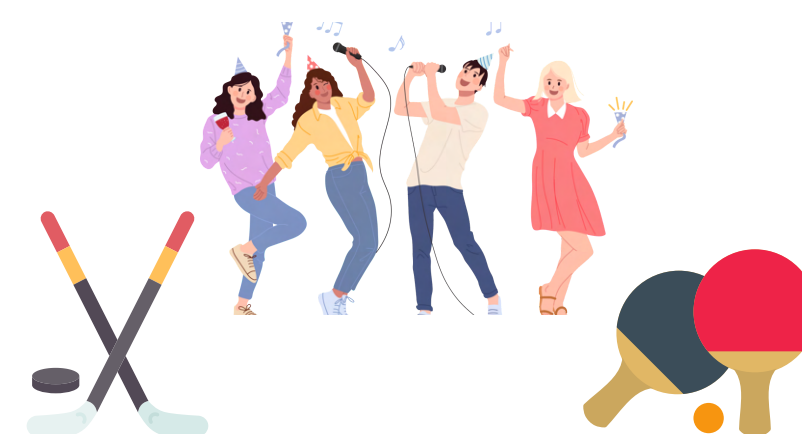
Come Join The Clairlea Circuit

Thursdays | 6:00PM - 9:00PM | \$650

Barcode: 23370

Starting July 6th | 13 weeks

Join friends old and new to check out our Clairlea Circuit: Rotating weekly through The Centre Stage: Dance Party & Karaoke; The End Zone: Sports and movement; The Rec Room; Pool table and Ping Pong; and show your competitive side in trivia & board games.



[Register Here](#)

FAIRFAX

50 FAIRFAX CRESCENT

FRIDAY

Planet Earth

Fridays | 9:30AM - 2:30PM | \$975

Barcode: 23375

Starting July 7th | 12 weeks

Join us to increase your awareness and learn how to be a friend for planet earth and care for our world. By exploring topics such as recycling, pollution, air/water, wildlife and how we can each make a difference.



[Register Here](#)

A Star Is Born

Fridays | 9:30AM - 12:30PM | \$650

Barcode: 23377

Starting July 7th | 12 weeks

Casting call for all to come to express yourself through music, singing, theatre and storytelling. Bring your creativity and have fun!



[Register Here](#)

Get Your Game On

Fridays | 2:00PM - 5:00PM | \$650

Barcode: 23380

Starting July 7th | 12 weeks

Fun & Games Social: Come hang out and connect with friends old and new and the Clairlea Crew. Play board games, trivia, name the tune, bowling, bingo you decide. Come join us and show your silly side.



[Register Here](#)

SATURDAY

Explore Your City - Day Trippers

Saturdays | 10:30AM - 3:30PM | \$750

Barcode: 23382

Starting July 8th | 10 weeks

(Please note: no excursions on Aug. 5th or Sept. 2nd)

[Register Here](#)

Get out and about and join friends exploring your city! Check out local attractions, parks, events & festivals, Experience all our city has to offer!



FOSTER CONNECTIONS

164 MAIN STREET

MONDAY

Main Music Connections

Mondays | 9:30AM - 12:30PM | \$750

Barcode: 23301

Starting July 10th | 10 weeks

(Please note: no program on Aug. 7th or Sept. 4th)

Come and express yourself through music, instruments, theatre and story telling. Bring your creativity and have fun! Come join us for a variety of activities and connect with new and old friends. Catch up, reconnect, explore and have fun!



[Register Here](#)

Fostering Connections

Mondays | 9:30AM - 2:30PM | \$500

Barcode: 23315

Starting July 10th | 10 weeks (Please note: no program on Aug. 7th or Sept. 4th)

Join us for a variety of activities and connect with new & old friends. Catch up, reconnect, explore & have fun. Healthy Relationship: Let your true colours shine through and share with us the unique and beautiful you. We will talk about selfcare, working on goals & connecting with others in a safe and healthy way.



[Register Here](#)



FOSTER CONNECTIONS

164 MAIN STREET

TUESDAY

Fostering Connections

Tuesdays | 9:30AM - 2:30PM | \$975

Barcode: 23531

Starting July 4th | 13 weeks

Join us for a variety of activities and connect with new & old friends. Catch up, reconnect, explore & have fun.. Activities will include exploring your inner chef. We will make and enjoy your favourite meals and snacks to share with friends. You can also let your imagination run wild through art. We offer painting, beading, rug hooking, and seasonal craft themes.



[Register Here](#)

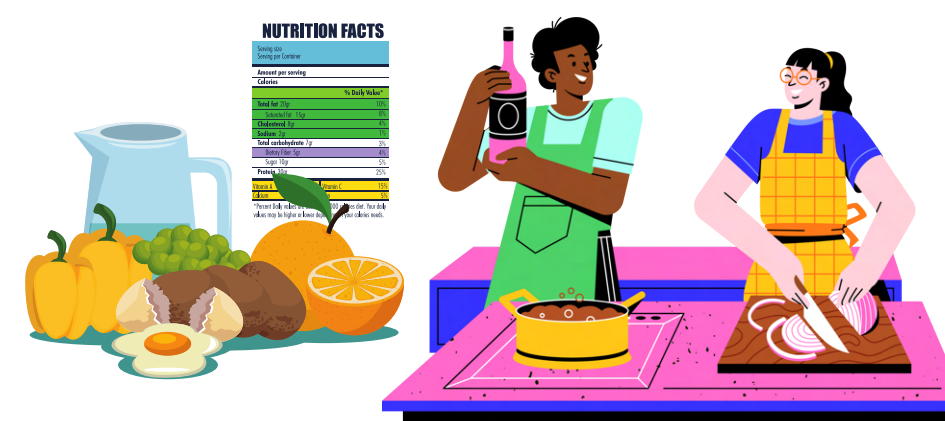
Foster your Cuisine

Tuesdays | 9:30AM - 12:30PM | \$650

Barcode: 23302

Starting July 4th | 13 weeks

Life Skills - Cooking & Nutrition. Let's eat! Meet with friends and make your favourite easy to prepare meals. Live, love, eat!



[Register Here](#)

Over The Rainbow

Tuesdays | 2:00PM - 5:00PM | \$650

Barcode: 23307

Starting July 4th | 13 weeks

Creative Arts: Come join us and release the artist in you. Let your imagination run wild through art. We will be offering a variety of mediums to choose from painting, jewellery making, rug hooking and seasonal themes.



[Register Here](#)

FOSTER CONNECTIONS

164 MAIN STREET

WEDNESDAY

Fostering Connections

Wednesday | 9:30AM - 2:30PM | \$975

Barcode: 23532

Starting July 5th | 13 weeks

Join us for a variety of activities and connect with new & old friends. Catch up, reconnect, explore & have fun.. Come and express yourself through music, instruments, theater, and story telling. Bring your creativity and have fun. We will spill the tea amongst new and old friends. Get together, reconnect, play games/sports, and explore your community.



[Register Here](#)

Main Music Connections

Wednesdays | 9:30AM - 12:30PM | \$650

Barcode: 23533

Starting July 5th | 13 weeks

Come and express yourself through music, instruments, theatre and story telling. Bring your creativity and have fun! Come join us for a variety of activities and connect with new and old friends. Catch up, reconnect, explore and have fun!



[Register Here](#)

Spilling The Tea

Wednesdays | 2:00PM - 5:00PM | \$650

Barcode: 23309

Starting July 5th | 13 weeks

Fun and Games Social: Social group where we spill the tea reconnect through playing board game, sports and exploring our community. Let's talk about current events and what's happening in the world around us. Explore diversity in through education, exploration and cuisine.



[Register Here](#)

FOSTER CONNECTIONS

164 MAIN STREET

THURSDAY

Fostering Connections

Thursday | 9:30AM - 2:30PM | \$975

Barcode: 23534

Starting July 6th | 13 weeks

Join us for a variety of activities and connect with new & old friends. Catch up, reconnect, explore & have fun. Healthy Planet Club; Join us to increase your awareness and learn how to be a friend to the planet earth and care for the world. By exploring topics such as recycling, pollution, air /water, wildlife and how we can each make a difference.



[Register Here](#)

We Are The World

Thursdays | 9:30AM - 12:30PM | \$650

Barcode: 23304

Starting July 6th | 13 weeks

Cultural Awareness: Come together to share and learn about each others backgrounds, traditions, and customs, while we explore the world and people around us in our neighborhoods and virtually.



[Register Here](#)

Over The Rainbow

Thursdays | 2:00PM - 5:00PM | \$650

Barcode: 23535

Starting July 6th | 13 weeks

Creative Arts: Come join us and release the artist in you. Let your imagination run wild through art. We will be offering a variety of mediums to choose from painting, jewelry making, rug hooking and seasonal themes.



[Register Here](#)

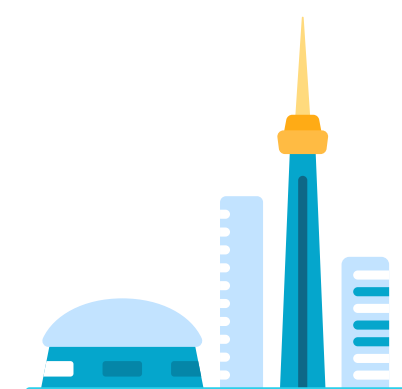
We Built This City

Thursdays | 6:00PM - 9:00PM | \$650

Barcode: 23314

Starting July 6th | 13 weeks

Come and join us to explore your city. We will visit local events and festivals in our neighbourhood and city.



[Register Here](#)

FOSTER CONNECTIONS

164 MAIN STREET

FRIDAY

Fostering Connections

Fridays | 9:30AM - 2:30PM | \$975

Barcode: 23536

Starting July 7th | 13 weeks

We will align our minds, body, and spirit once a week through yoga, meditation, deep breathing exercises, gentle movements and connecting through nature. Join us to spill the tea amongst new and old friends. Get together, reconnect, play games/sports, and explore your community.



[Register Here](#)

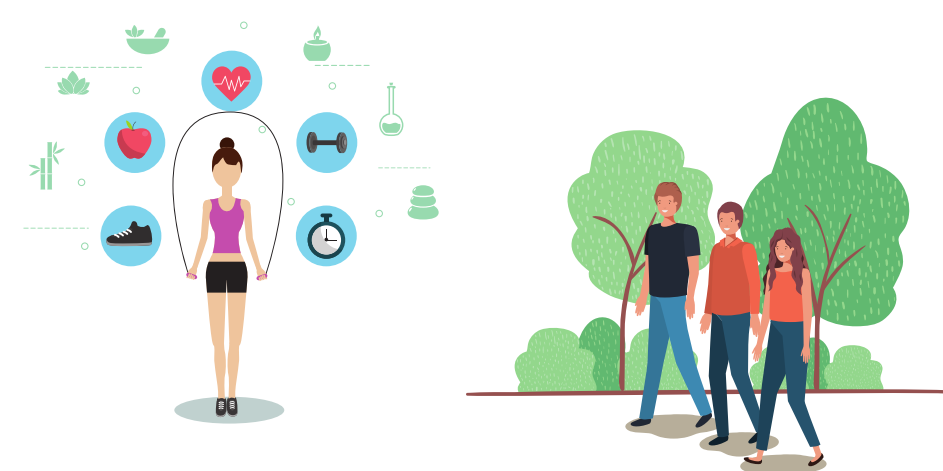
Good Vibrations

Fridays | 9:30AM - 12:30PM | \$650

Barcode: 23308

Starting July 7th | 13 weeks

Healthy body, mind & spirit: Come align your mind, body & spirit once a week through yoga, meditation, deep breathing exercises, gentle movements and connecting through nature.



[Register Here](#)

Spilling the Tea

Fridays | 2:00PM - 5:00PM | \$650

Barcode: 23537

Starting July 7th | 12 weeks

Fun and Games Social group where we spill the tea reconnect through playing board game, trivia, bingo and exploring current events and seasonal themes



[Register Here](#)

FOSTER CONNECTIONS

164 MAIN STREET

SATURDAY

We Built This City

Saturdays | 10:30AM - 3:30PM | \$750

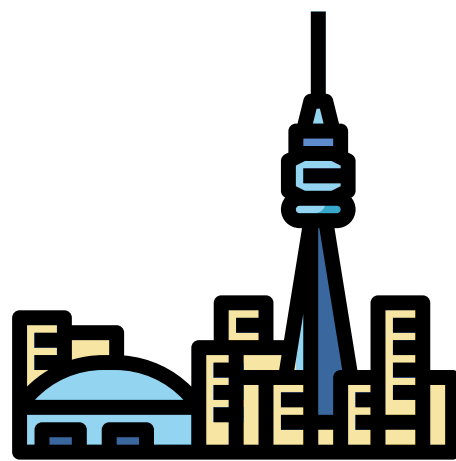
Barcode: 23538

Starting July 8th | 10 weeks

(Please note: no excursions on Aug. 5th or Sept. 2nd)

[Register Here](#)

Come and explore your city! We will attend festivals in the Beaches, Woodbine Beach and other local neighborhood & community events!



MONDAY

Life Rhythms

Mondays | 9:30AM - 2:30PM | \$750

Barcode: 23337

Starting July 10th | 10 weeks

(Please note: no program on Aug. 7th or Sept. 4th)

Enhance the rhythms of your life by exploring a variety of daily living activities such as financial literacy, internet safety, cooking and nutrition, creative arts and music, all while having fun!



[Register Here](#)

Artistic Adventures with Lisa

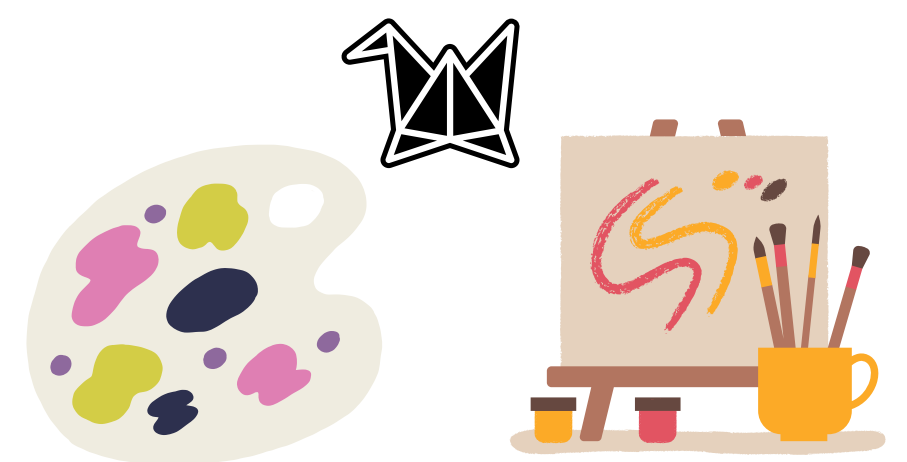
Mondays | 9:30AM - 12:30PM | \$500

Barcode: 23353

Starting July 10th | 10 weeks

(Please note: no program on Aug. 7th or Sept. 4th)

Join us on an artistic adventure with Lisa Fong. You will explore of a variety of art mediums and techniques; then combine them into interesting grounds and finishes. Lisa will bring out your creative side that you never thought you had!



[Register Here](#)



TUESDAY

Life Rhythms

Tuesdays | 9:30AM - 2:30PM | \$975

Barcode: 23339

Starting July 4th | 13 weeks

Enhance the rhythms of your life by exploring a variety of daily living activities such as financial literacy, internet safety, cooking and wellness, creative arts and music all while having fun!



[Register Here](#)

My Health, My Choice

Tuesdays | 9:30AM - 12:30PM | \$650

Barcode: 23356

Starting July 4th | 13 weeks

We will explore healthy living and nutrition while gaining an understanding of what it means to be in good health. Topics will include: physical health, mental health, hydration, body positivity, the impacts of fast food, healthy eating habits, diet, nutrition, metabolism and the food guide. Opportunities for short works and healthy cooking to be included.



[Register Here](#)

Body Alive

Tuesdays | 2:00PM - 5:00PM | \$650

Barcode: 23372

Starting July 4th | 13 weeks

Participants will be able to practice gentle movements adapted for both seated and standing positions. We will explore Yoga, meditation, toning and other range of motion exercises.



[Register Here](#)

WEDNESDAY

Life Rhythms

Wednesdays | 9:30AM - 2:30PM | \$975

Barcode: 23343

Starting July 5th | 13 weeks

Enhance the rhythms of your life by exploring a variety of daily living activities such as financial literacy, internet safety, cooking and wellness, creative arts and music all while having fun!



[Register Here](#)

Global Citizens

Wednesdays | 9:30AM - 12:30PM | \$650

Barcode: 23378

Starting July 5th | 13 weeks

Welcome Citizens! Come and explore what it means to be a Global Citizen and make a positive impact! We will dive into food and water sustainability, agriculture, climate change, rights & responsibilities, endangered animals and habitats, recycling and how to be proactive in your local community.



[Register Here](#)

Musicology

Wednesdays | 2:00PM - 5:00PM | \$650

Barcode: 23379

Starting July 5th | 13 weeks

Hello music lovers! Come and join us for an exploration for all things music. We will delve into aspects of music in culture and historical periods. We will explore instruments, your favourite songs, rhythm and movements. Come tap in to your inner musician.



[Register Here](#)

THURSDAY

Life Rhythms

Thursdays | 9:30AM - 2:30PM | \$975

Barcode: 23342

Starting July 6th | 13 weeks

Enhance the rhythms of your life by exploring a variety of daily living activities such as financial literacy, internet safety, cooking and wellness, creative arts and music all while having fun!



Register Here

Cultural Explorers

Thursdays | 9:30AM - 12:30PM | \$650

Barcode: 23412

Starting July 6th | 13 weeks

Calling all explorers! Join us on a journey of learning different cultures, celebrations and events worldwide, or perhaps you take the lead and teach us about your own culture. Come with an open mind to discuss and try new things.



Register Here

My Health, My Choice

Thursdays | 2:00PM - 5:00PM | \$650

Barcode: 23367

Starting July 6th | 13 weeks

We will explore healthy living and nutrition while gaining an understanding of what it means to be in good health. Topics will include: physical health, mental health, hydration, body positivity, the impacts of fast food, healthy eating habits, diet, nutrition, metabolism and the food guide. Opportunities for short walks and healthy cooking to be included.



Register Here

Coffee, Tea and Me

Thursdays | 6:00PM - 9:00PM | \$650

Barcode: 23383

Starting July 6th | 13 weeks

Enjoy an evening spilling the beans over a warm latte , your favorite coffee or nice cup of tea. Participants will have the opportunity to explore local coffee shops in Duke Heights or participate in preparing a hot beverage of choice while relaxing and socializing with new and old friends.



Register Here

FRIDAY

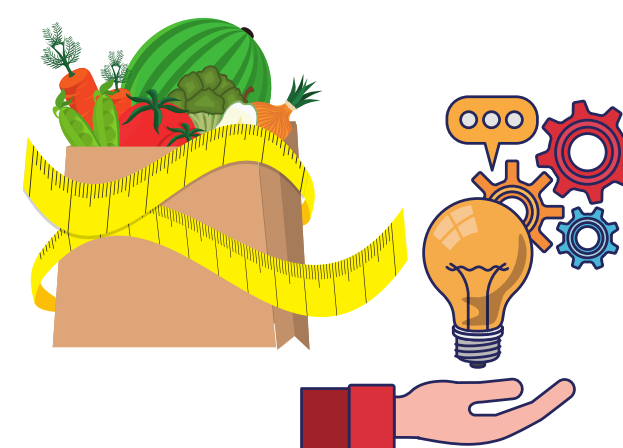
Life Rhythms

Fridays | 9:30AM - 2:30PM | \$975

Barcode: 23341

Starting July 7th | 13 weeks

Enhance the rhythms of your life by exploring a variety of daily living activities such as financial literacy, internet safety, cooking and wellness, creative arts and music all while having fun!



[Register Here](#)

Body Alive

Fridays | 9:30AM - 12:30PM | \$650

Barcode: 23373

Starting July 7th | 13 weeks

Participants will be able to practice gentle movements adapted for both seated and standing positions. We will explore Yoga, meditation, toning and other range of motion exercises.



[Register Here](#)

Affirmations and Positivity

Fridays | 2:00PM - 5:00PM | \$650

Barcode: 23381

Starting July 7th | 13 weeks

This one is for our mental fortitude. For the past 3 years we have felt the impacts of COVID. Participants will have the opportunity to reflect discuss and learn techniques to empower and boost self confidence and self esteem using mindful meditation, breathing techniques, journaling and conversation you can manifest positivity and self awareness.



[Register Here](#)

SATURDAY

Sensational Saturdays

Saturdays | 10:30AM - 3:30PM | \$ 750

Barcode: 23349

Starting July 8th | 10 weeks

Please note: no excursions on Aug. 5th or Sept. 2nd)

Register Here

Saturdays are going to be sensational! We will be exploring our local community and various places of interests.



MONDAY

Monday Madness

Mondays | 9:30AM - 2:30PM | \$750

Barcode: 23344

Starting July 10th | 10 weeks

(Please note: no program on Aug. 7th or Sept.4th)

A day of fun filled activities, including singing, dancing, and social skill building.



[Register Here](#)

Shakers and Bakers with Tammy

Mondays | 9:30AM - 12:30PM | \$500

Barcode: 23338

Starting July 10th | 10 weeks (Please note: no program on Aug. 7th or Sept.4th)

This program is comprised of learning to follow simple recipes and box directions, with the goal being functional, basic cooking skills. After the “baking” is done, we will be “shaking” to our favourite tunes with Tammy doing Zumba!



[Register Here](#)

Mixed Media with Lisa Fong

Mondays | 2:00PM - 5:00PM | \$500

Barcode: 23345

Starting July 10th | 10 weeks (Please note: no program on Aug. 7th or Sept.4th)

Participants will have the opportunity to explore a variety of art mediums and techniques; then combine them into interesting grounds and finishes.



[Register Here](#)

TUESDAY

Let the Good Times Roll

Tuesdays | 9:30AM - 2:30PM | \$975

Barcode: 23355

Starting July 4th | 13 weeks

Tuesdays are great at OUR SPACE!! Come and enjoy crafts, music, and games!



[Register Here](#)

Singing with the Stars

Tuesdays | 9:30AM - 12:30PM | \$650

Barcode: 23347

Starting July 4th | 13 weeks

Have you ever dreamed of being the next Canadian Idol?? Well then this is the group for you! Join us as we practice your favourite songs Karaoke Style! Vocal warmups and lyric learning will be part of the fun. Microphone techniques and stage presence will be worked on in a fun, recreational environment! Come sing your heart out!



[Register Here](#)

Coffee, Tea and Me

Tuesdays | 2:00PM - 5:00PM | \$650

Barcode: 23351

Starting July 4th | 13 weeks

This group makes a different warm drink every week. Each week has a new self discovery challenge. Learn all about what makes you unique! Using a variety of mixed media techniques, we will create a “self portrait” that is all about YOU!



[Register Here](#)

WEDNESDAY

Wacky Wednesday

Wednesdays | 9:30AM - 2:30PM | \$975

Barcode: 23361

Starting July 5th | 13 weeks

Wacky Wednesday is the name of the game! Jumbo sized games and Chocolate Bar Bingo are up for claim. Come join us for a wacky time!!



Register Here

Music with Valerie

Wednesdays | 9:30AM - 12:30PM | \$650

Barcode: 23357

Starting July 5th | 13 weeks

Come and explore your favorite tunes, rhythms, and other musical skills, in a welcoming sing-a-long environment.



Register Here



THE EAST MALL

65 THE EAST MALL

THURSDAY

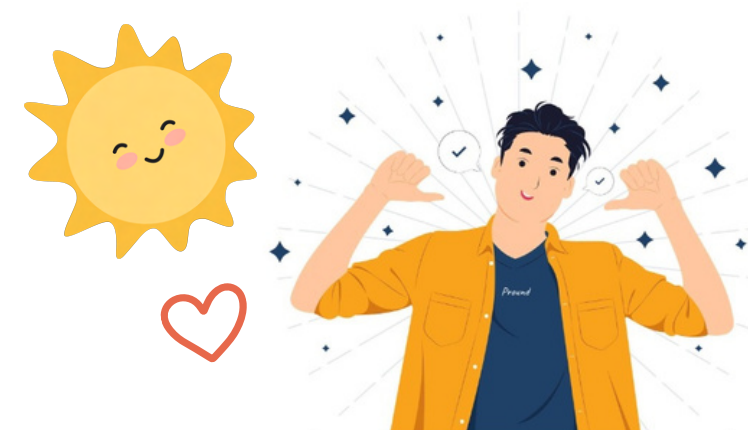
Good Vibes Only

Thursdays | 9:30AM - 2:30PM | \$975

Barcode: 23366

Starting July 6th | 13 weeks

Come and enjoy a positive space where you can relax and pamper yourself. Participants will have the opportunity to enjoy facials, manicures, pedicures. We will explore positive ways to boost our self esteem and confidence. Each session will end with an affirmation that will set your week in a positive motion.



[Register Here](#)

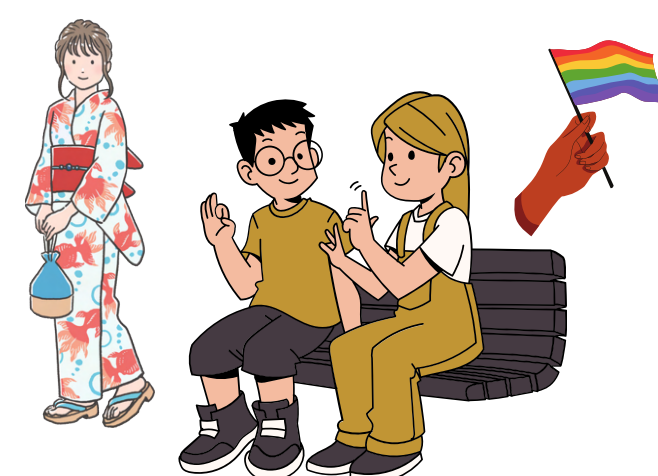
Culturally Speaking

Thursdays | 9:30AM - 12:30PM | \$650

Barcode: 23363

Starting July 6th | 13 weeks

This class explores different cultures that are not related to countries. We will be learning sign language, pop culture, 2SLGBTQIA+, Anime, classic movies and so much more, in a safe and respectful environment.



[Register Here](#)

Yoga with Hannah

Thursdays | 2:00PM - 5:00PM | \$650

Barcode: 23364

Starting July 6th | 13 weeks

Every body is different — shape, size, ability and strength. We adapt the instruction and practice of our virtual Hatha Chair yoga class to ensure safety and effectiveness for everybody. During the latter part of the class, participants are guided to learn and practice techniques that will aim to help with self regulation and to experience a sense of peace in both the mind and the body through the use of breath work, visualization and relaxation techniques.



[Register Here](#)

Thriving Thursdays

Thursdays | 6:00PM - 9:00PM | \$650

Barcode: 23368

Starting July 6th | 13 weeks

Come on out to the pub to cheer on your favorite team or just hang out with your friends.



[Register Here](#)

FRIDAY

Crafty Conversations

Fridays | 9:30AM - 2:30PM | \$975

Barcode: 23374

Starting July 7th | 13 weeks

Participants will have the opportunity to engage in fun topics of conversations while making a craft. Current affairs, conversation starters.



Register Here

Nurture Nature

Fridays | 9:30AM - 12:30PM | \$650

Barcode: 23369

Starting July 7th | 13 weeks

Join us as we learn about the important aspects of nature and recycling. Using a variety of fun activities, participants will also engage in growing something to bring home.



Register Here

Gamers Gather

Fridays | 2:00PM - 5:00PM | \$650

Barcode: 23371

Starting July 7th | 13 weeks

Greetings fellow gamers!! Come out and join like minded friends for an afternoon of games. Bingo, checkers, puzzles, monopoly, and many more will be played. Come out and try your luck...some games have prizes!!!



Register Here

THE EAST MALL

65 THE EAST MALL

SATURDAY

City Sights Saturday

Saturdays | 10:30AM - 3:30PM | \$750

Barcode: 23376

Starting July 8th | 10 weeks

(Please note: no excursions on Aug. 5th or Sept. 2nd)

Register Here

Want to explore the city and see different locations every weekend. This fun and exciting time will be co-designed, and self directed by you. So come on out and explore Toronto and it’s surrounding neighbors.



MONDAY

Become a Community Expert

Mondays | 9:30AM - 2:30PM | \$750

Barcode: 23507

Starting July 10th | 10 weeks (Please note: no program on Aug. 7th or Sept.4th)

Join us in exploring various neighbourhoods in Toronto that highlight the various architectures, social centres, and community attractions while getting to know each neighbourhood in a brand-new way. Explore new corners of our city that are usually hidden and nestled away from common, and more visited, attractions. We hope to make YOU the expert of your communities.



Register Here

Word on the Street

Mondays | 9:30AM - 12:30PM | \$500

Barcode: 23508

Starting July 10th | 10 weeks (Please note: no program on Aug. 7th or Sept.4th)

We will be exploring the amazing world of language, discourse and art through literacy while incorporating elements of pop culture and classics into the mix.



Register Here

Shake Your Groove Thang!

Mondays | 2:00PM - 5:00PM | \$500

Barcode: 23510

Starting July 10th | 10 weeks

Join us in moving and grooving to the sweet, sweet, vibes of the Zumba beats while getting some unnoticed exercise done at the same time!



Register Here

TUESDAY

Creative Collective

Tuesdays | 9:30AM - 2:30PM | \$975

Barcode: 23512

Starting July 4th | 13 weeks

Paint like Picasso. Create like Salvador Dali. Make works of true majesty like Vincent Van Gogh. We welcome you to be a part of our Creativity Project where your creativity and inner artist can shine through. We will be painting, making Paper Mache, and Collages that will go towards a special project that will be show cased at the end of our term.



Register Here

Are You Ready to Work?

Tuesdays | 9:30AM - 12:30PM | \$650

Barcode: 23511

Starting July 4th | 13 weeks

Come join us and learn about our new employment skills training where we will learn about employment skills like creating resumes, how to conduct job searches, exploring different job opportunities and so much more.



Register Here

Rockers & Ravers

Tuesdays | 2:00PM - 5:00PM | \$650

Barcode: 23513

Starting July 4th | 13 weeks

Are you tired at being at home? Just want to get out and do something fun? Come join us in reconnecting with friends each week while rocking out on the dance floor and letting your inner Raver/Rocker out. Dance your heart out and mingle with old and new friends, alike. Let the good times roll and let's have fun!



Register Here

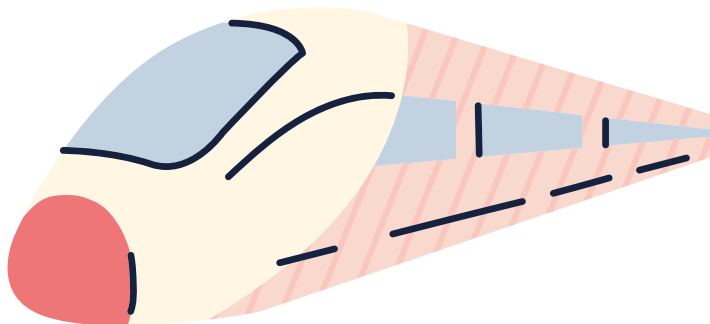
WEDNESDAY

Riding the Rocket

Wednesdays | 9:30AM - 2:30PM | \$975

Barcode: 23515
Starting July 5th | 13 weeks

As things open and transit becomes more widely used, we are extending the opportunity for you all to join us in creating a fun filled experience, where we learn about street and transit safety while also practicing various major routes to different destinations around the city. Let us be your guide to your next destination.
[TTC Announcement] “Next Stop”: You decide.



Register Here

Reach your Zen

Wednesdays | 9:30AM - 12:30PM | \$650

Barcode: 23514
Starting July 5th | 13 weeks

Sometimes our lives are filled with too many things going on with the hustle and bustle of everyday life. Join us in a relaxing and in a stress-free setting where you can unwind, be mindful of the moment, and go to your Zen-filled happy place. We will be using Mindfulness, Meditation and Yoga to achieve a state of relaxation and mental clarity.



Register Here



THURSDAY

Munch Masters

Thursdays | 9:30AM - 2:30PM | \$975

Barcode: 23517
Starting July 6th | 13 weeks

We welcome you to join our collective foodie group where we will air fry various scrumptious and healthy meals that will make even Gordon Ramsey say its delicious. It will have your body saying thank but your belly craving for more!



Register Here

The Three R's

Thursdays | 9:30AM - 12:30PM | \$650

Barcode: 23516
Starting July 6th | 13 weeks

Come join us in discussing our Rights, Responsibilities, and our Relationships as it pertains to our daily living. We will also be learning about social skills, active listening, communication skills and much more.



Register Here

Running Through the Six

Thursdays | 2:00PM - 5:00PM | \$650

Barcode: 23518
Starting July 6th | 13 weeks

Are you interested to see various places, peoples, and things from all parts of the world, within the GTA. We will explore the rich value of the GTAs diversity, while also learning about different religions, customs, cultures, music, foods, and peoples. Come join us and let us be your guide to a new world outside your immediate communities.



Register Here

FRIDAY

The Toronto Tourist

Fridays | 9:30AM - 2:30PM | \$975

Barcode: 23521

Starting July 7th | 13 weeks

Have you every wondered what it would be like to visit your own city through the eyes of a tourist? Participants will have the opportunity to visit various tourist attractions in various locations throughout the city. Join us for a fun filled time seeing our city in a brand new light!



[Register Here](#)

Music & Melody

Fridays | 9:30AM - 12:30PM | \$650

Barcode: 23520

Starting July 7th | 13 weeks

We welcome you to join our special music collective where we will be singing to live music while also having a chance to request your favourite song be played, all in a friendly group setting.



[Register Here](#)

Uno Lounge

Fridays | 2:00PM - 5:00PM | \$650

Barcode: 23522

Starting July 7th | 13 weeks

Come join us for some games, snacks, prizes, and social time. Here at Uno Lounge we aim to have a low-key vibe with a variety of board games, video games, and general games to your disposal. Come on down and have a fun time with old and new friends. Beat them at Uno, checkers or connect four. And for those who like video games we have interactive video games that will be sure to make you move around!



[Register Here](#)