



Welcome to CPS Experience Guide Fall Edition

Registration for Funded*: Tuesday, September 5th 2023

Registration for Fee-Based options: September 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) **and**
- Live 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:

Tuesday, September 5th - 10:00AM - 4:00PM

Monday, September 18th - 10:00AM - 4:00PM

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:

Monday, August 28th
6:30PM - 7:30PM
[Click here to register](#)

Webinar will be recorded
and posted on cltoronto.ca

4

GOODERHAM
62 Gooderham Drive

7

FAIRFAX
50 Fairfax Crescent

13

FOSTER CONNECTIONS
164 Main Street

19

FINCH
1122 Finch Avenue West

25

THE EAST MALL
65 The East Mall

31

ADVANCE
102 Advance Road

MONDAY

Gentle Movements

Mondays | 9:00AM - 2:00PM | \$750

Barcode: 24738

Starting October 16th | Ending December 18th | 10 weeks

(Please note: no programs on Statutory Holidays)

Gentle Movements: Yoga, chair fitness, Variety Village, Swim, dance and walks
On-site & Community; Meet our new Yoga Instructor 1030-1130.



[Register Here](#)

Bingo & Bowling

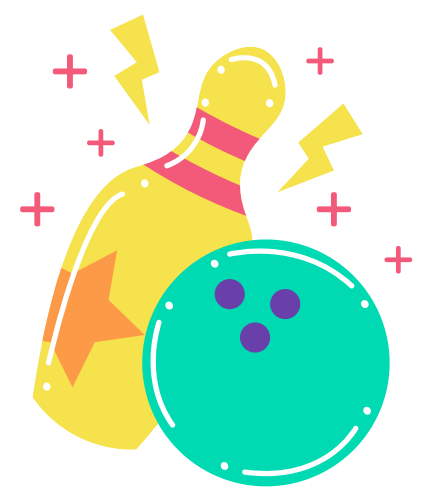
Mondays | 2:30PM - 5:30PM | \$500

Barcode: 24755

Starting October 16th | Ending December 18th | 10 weeks

(Please note: no programs on Statutory Holidays)

We will be offering a variety of Bingo and Bowling opportunities on site and in the community.



[Register Here](#)

TUESDAY

Technology Tuesday

Tuesdays | 9:00AM - 2:00PM | \$825.00

Barcode: 24740

Starting October 10th | Ending December 19th | 11 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](#)

Seasonal Crafts

Tuesdays | 2:30PM - 5:30PM | \$ 550

Barcode: 24751

Starting October 10th | Ending December 19th | 11 weeks

We will explore a variety of crafts with a focus on Fall and Seasonal Celebrations. 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

Sensory Sensations

Wednesdays | 9:00AM - 2:00PM | \$750

Barcode: 24741

Starting October 11th | Ending December 20th | 11 weeks

Join us for a variety of sensory experiences; using sand, water, Mobi, music, Sensory rooms, and many more unique sensations!



[Register Here](#)

Science & Healthy Snacks

Wednesdays | 2:30PM - 5:30PM | \$550

Barcode: 24747

Starting October 11th | Ending December 20th | 11weeks

Join us for a weekly science experiment and healthy snacks that we will prepare together!



[Register Here](#)

THURSDAY

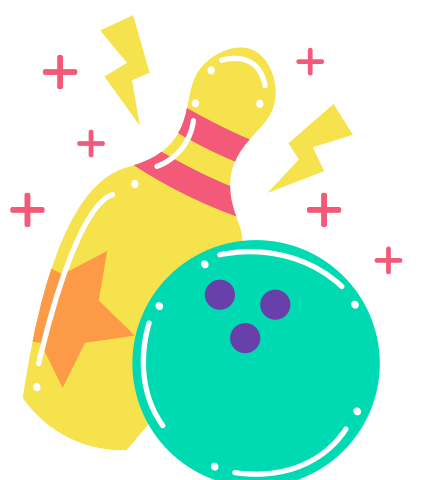
Bingo & Bowling

Thursdays | 9:00AM - 2:00PM | \$750

Barcode: 24754

Starting October 13th | Ending December 22nd | 11 weeks

We will be offering a variety of Bingo and Bowling opportunities for all to have fun and play, on site and in the community!



[Register Here](#)

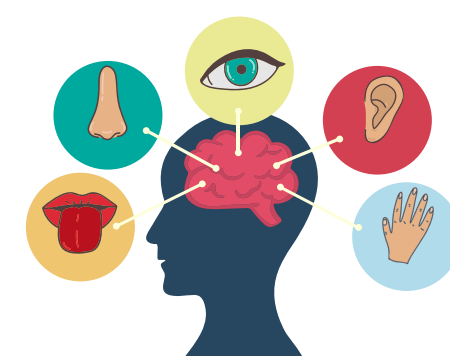
Sensory Sensations

Thursdays | 2:30PM - 5:30PM | \$550

Barcode: 24744

Starting October 12th | Ending December 21st | 11 weeks

Join us for a variety of sensory experiences; using sand, water, Mobi, music, Sensory rooms, and many more unique sensations!



[Register Here](#)

FRIDAY

Science & Healthy Snacks

Fridays | 9:00AM - 2:00PM | \$550

Barcode: 24747

Starting October 11th | Ending December 20th | 11weeks Join us for a weekly science experiment and healthy snacks that we will prepare together!

Join us for a weekly science experiment and healthy snacks that we will prepare together!



Register Here

Seasonal Crafts

Fridays| 2:30PM - 5:30PM | \$550

Barcode: 24752

Starting October 13th | Ending December 22nd | 11 weeks

We will explore a variety of crafts with a focus on Fall and Seasonal Celebrations. 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



FAIRFAX

50 FAIRFAX CRESCENT

MONDAY

Move & Groove

Mondays | 9:30AM - 2:30PM | \$675

Barcode: 24821

Starting October 16th | Ending December 18th | 10 weeks
(Please note: no programs on Statutory Holidays)

Join us for yoga, dance, fitness, meditation and wellness.



[Register Here](#)

Sip & Social

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

Barcode: 24808

Starting October 16th | Ending December 18th | 10 weeks
(Please note: no programs on Statutory Holidays)

Come join us for a fall beverage, table games and connecting with friends new and old.



[Register Here](#)



FAIRFAX

50 FAIRFAX CRESCENT

TUESDAY

Kitchen Creations

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

Barcode: 24824

Starting October 10th | Ending December 19th | 11 weeks

Each week we will create simple dishes to enjoy with friends.



[Register Here](#)

Music Maestros

Tuesdays | 9:30AM - 12:30PM | \$550

Barcode: 24809

Starting October 10th | Ending December 19th | 11 weeks

Join friends for karaoke, music, dance and playing instruments.



[Register Here](#)

Art Adventures

Tuesdays | 2:00PM - 5:00PM | \$550

Barcode: 24831

Starting October 10th | Ending December 19th | 11 weeks

Explore a variety of art mediums. From canvas painting and rug hooking to seasonal themed activities.



[Register Here](#)

FAIRFAX

50 FAIRFAX CRESCENT

WEDNESDAY

Move & Groove

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

Barcode: 24826

Starting October 11th | Ending December 20th | 11 weeks

Join us for yoga, dance, fitness, meditation and wellness.



[Register Here](#)

Sip & Social

Wednesdays | 9:30AM - 12:30PM | \$550

Barcode: 24815

Starting October 11th | Ending December 20th | 11 weeks

Come join us for a fall beverage, table games and connecting with friends new and old.



[Register Here](#)

Book Club

Wednesdays | 2:00PM - 5:00PM | \$550

Barcode: 24835

Starting October 11th | Ending December 20th | 11 weeks

Gather with friends to enjoy reading books, storytelling and improv.



[Register Here](#)

FAIRFAX

50 FAIRFAX CRESCENT

THURSDAY

Kitchen Creations

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

Barcode: 24827

Starting October 12th | Ending December 21st | 11 weeks

Each week we will create simple dishes to enjoy with friends.



[Register Here](#)

Friends & Fitness

Thursdays | 9:30AM - 12:30PM | \$550

Barcode: 24817

Starting October 12th | Ending December 21st | 11 weeks

Join us for fitness onsite and in the community.



[Register Here](#)

Fairfax Junket

Thursdays | 3:30PM - 8:30PM | \$750

Barcode: 24838

Starting October 12th | Ending December 21st | 11 weeks

Circle through a variety of activities, join friends old and new to check out our Fairfax Junket: 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

Fairfax Orbit

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

Barcode: 24829

Starting October 13th | Ending December 22nd | 11 weeks

Join us to experience a variety of sports, games, music, Zumba & karaoke and dance your way into the weekend. Each week will have a new tweak.



[Register Here](#)

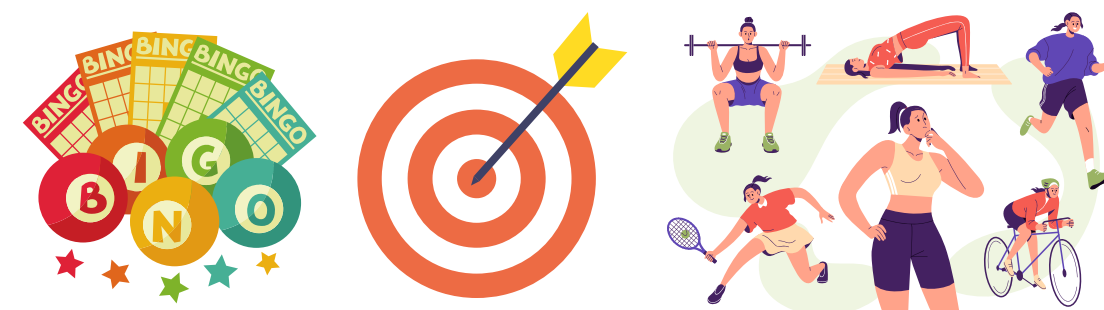
Fun Fridays

Fridays | 9:30AM - 12:30PM | \$550

Barcode: 24818

Starting October 13th | Ending December 22nd | 11 weeks

Onsite and in the community with games, sports, and music you choose. Let's get out and about in our neighbourhood and in the city.



[Register Here](#)

Music Maestros

Fridays | 2:00PM - 5:00PM | \$550

Barcode: 24837

Starting October 13th | Ending December 22nd | 11 weeks

Join friends for karaoke, music, dance and playing instruments.



[Register Here](#)

FAIRFAX

50 FAIRFAX CRESCENT

SATURDAY

Saturday Circuit

Saturdays | 10:30AM - 3:30PM | \$825

Barcode: 24839

Starting October 14th | Ending December 23rd | 11 weeks

Join us for a variety of activities from our end zone, centre stage, rec room and community activities



[Register Here](#)



FOSTER CONNECTIONS

164 MAIN STREET

MONDAY

Party Planning Mondays

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

Barcode: 24739

Starting October 16th | Ending December 18th | 10 weeks

(Please note: no programs on Statutory Holidays)

A mix of seasonal party planning, arts and crafts & community Fall adventures.
We will be celebrating Halloween, Thanksgiving, and the Winter Holidays.



[Register Here](#)

Monday Fostering Connections

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

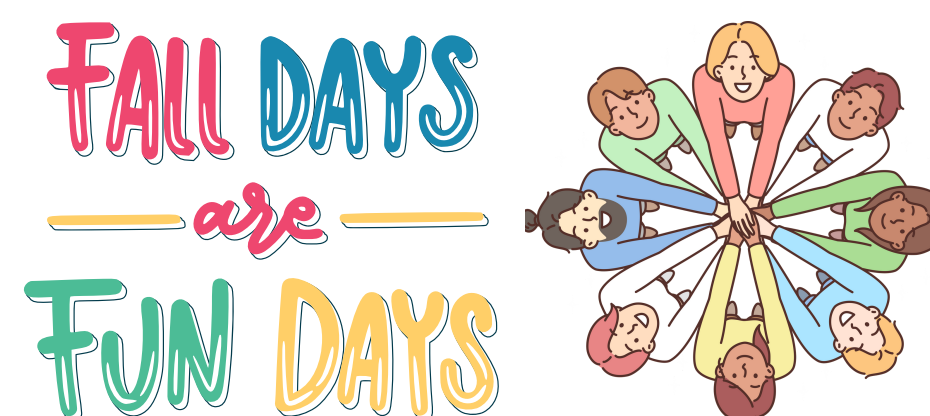
Barcode: 24743

Starting October 16th | Ending December 18th | 10 weeks

(Please note: no programs on Statutory Holidays)

Join us for a variety of activities and connect with new and old friends.

Participants will plan for the Fall holidays like Halloween, Thanksgiving, and the Winter Holidays. Enjoy seasonal crafts, treats and socials.



[Register Here](#)



FOSTER CONNECTIONS

164 MAIN STREET

TUESDAY

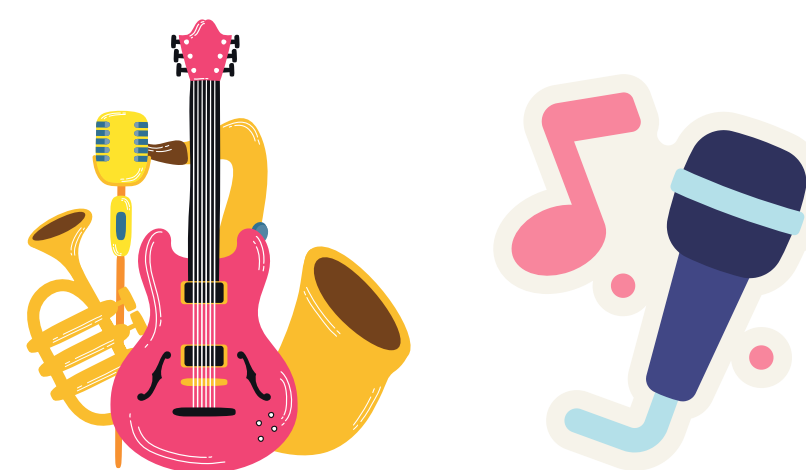
Tuesday Fostering Connections

Tuesdays | 9:30AM - 2:30PM | \$725

Barcode: 24748

Starting October 10th | Ending December 19th | 11 weeks

Join us for a variety of activities and connect with new and old friends. Listen to your favourite music, dance, sing Karaoke, and explore instruments. Participants will also play exciting games while sipping a warm Fall beverage.



[Register Here](#)

Main Music Connection Tuesdays

Tuesdays | 9:30AM - 12:30PM | \$550

Barcode: 24745

Starting October 10th | Ending December 19th | 11 weeks

Join us to connect with friends and socialize while listening to your favourite music, dancing, singing Karaoke and exploring instruments.



[Register Here](#)

Tuesday Sip & Social

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

Barcode: 24750

Starting October 10th | Ending December 19th | 11 weeks

Enjoy a warm Fall beverage and connect with friends over games like Bingo, Axe throwing, and darts. Activities will take place in & outdoors.



[Register Here](#)

FOSTER CONNECTIONS

164 MAIN STREET

WEDNESDAY

Wednesday Fostering Connections

Wednesdays | 9:30AM - 2:30PM | \$825

Barcode: 24757

Starting October 11th | Ending December 20th | 11 weeks

Enjoy a warm Fall beverage while connecting with friends and learning to cook or bake a simple and delicious recipe. There will be Fall themed games, crafts, and music.



[Register Here](#)

Foster Your Cuisine Wednesdays

Wednesdays | 9:30AM - 12:30PM | \$550

Barcode: 24753

Starting October 11th | Ending December 20th | 11 weeks

Join us to make and bake simple and delicious Fall recipes. We will make seasonal themed cuisine.



[Register Here](#)

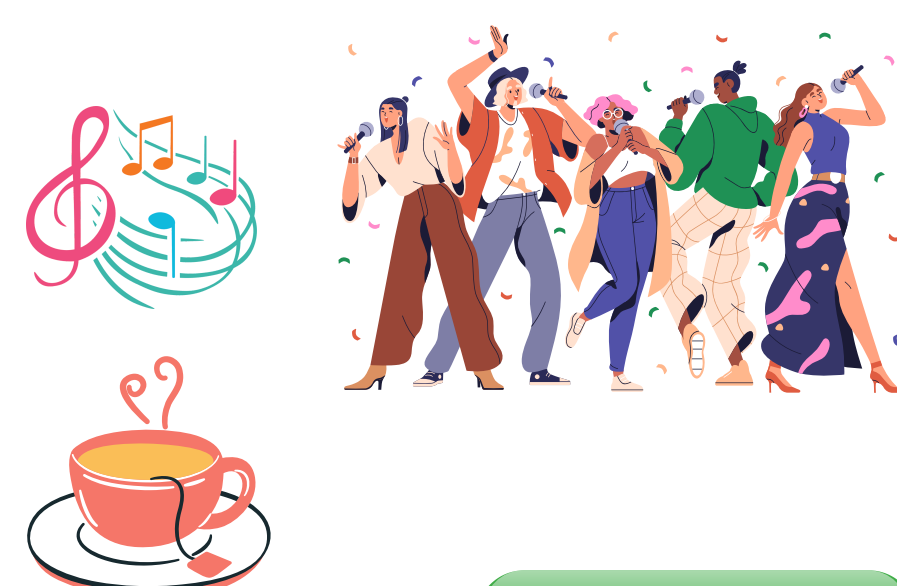
Main Music Connections Wednesday

Wednesdays | 2:00PM - 5:00PM | \$550

Barcode: 24758

Starting October 11th | Ending December 20th | 11 weeks

Join us to connect with friends and socialize while listening to your favourite music, singing Karaoke and exploring instruments.



[Register Here](#)

FOSTER CONNECTIONS

164 MAIN STREET

THURSDAY

Thursday Focusing on Fun and Fitness

Thursdays | 9:30AM - 2:30PM | \$825

Barcode: 24759

Starting October 12th | Ending December 21st | 11 weeks

Join us for a variety of activities and connect with new and old friends. We will focus on Fitness & Wellness. There will be sports, board games, Bingo, and games of your choice. Activities will take place on site and in the community.



[Register Here](#)

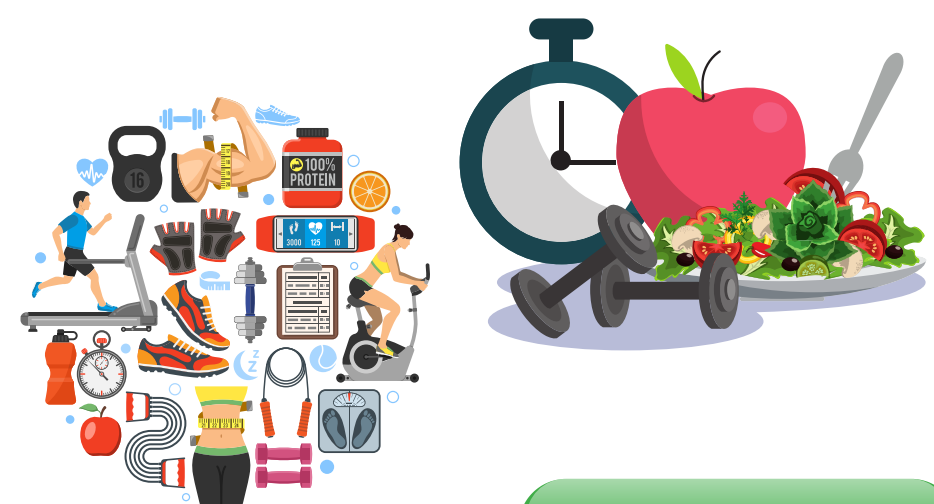
Fitness & Wellness Thursdays

Thursdays | 9:30AM - 12:30PM | \$550

Barcode: 24760

Starting October 12th | Ending December 21st | 11 weeks

Join us for gentle fitness and wellness. Participants will explore adapted yoga and meditation while listening to calming and soothing music.



[Register Here](#)

App's & Entertainment

Thursdays | 3:30PM - 8:30PM | \$825

Barcode: 24761

Starting October 12th | Ending December 21st | 11 weeks

Come out and join us to make appetizers and enjoy various types of entertainment in our large lounge space. We will play games, use different types of media and enjoy each other's company.



[Register Here](#)

FOSTER
CONNECTIONS
164 MAIN STREET

FRIDAY

Friday Fun Connections

Friday | 9:30AM - 2:30PM | \$825

Barcode: 24763

Starting October 13th | Ending December 22nd | 11 weeks

A mix of seasonal party planning, arts and crafts, and community Fall adventures. We will be celebrating Thanksgiving, Halloween, and many more Winter Holidays.



Register Here

Party Planning Fridays

Fridays | 9:30AM - 12:30PM | \$550

Barcode: 24762

Starting October 13th | Ending December 22nd | 11 weeks

A mix of seasonal party planning, arts and crafts, and community Fall adventures. We will be celebrating Halloween, Thanksgiving, and the Winter Holidays.



Register Here

Friday Sip & Social

Fridays | 2:00PM - 5:00PM | \$550

Barcode: 24756

Starting October 13th | Ending December 22nd | 11 weeks

Enjoy a warm Fall beverage and connect with friends over games like Bingo, Axe throwing, and darts. Activities will take place in & outdoors.



Register Here



FOSTER CONNECTIONS

164 MAIN STREET

SATURDAY

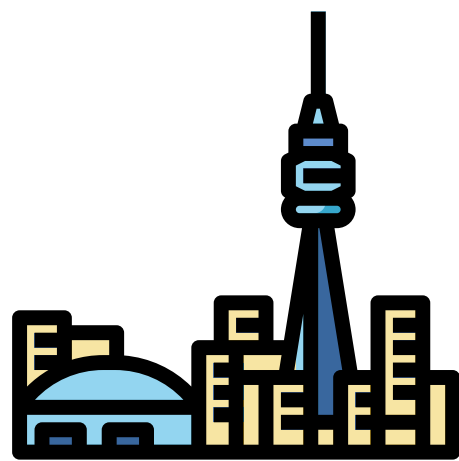
Create Your Own Adventure Saturdays

Saturdays | 10:30AM - 3:30PM | \$825

Barcode: 24764

Starting October 14th | Ending December 23rd | 11 weeks

Come and explore your community. We will attend local neighbourhood and Community events.



[Register Here](#)



MONDAY

Life Rhythms Art Discovery Mondays

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

Barcode: 24724

Starting October 16th | Ending December 18th | 10 weeks

(Please note: no programs on Statutory Holidays)

Embark on a captivating journey of self-discovery through art in this Life Rhythms session. Unleash your creativity and explore the expressive power of colours and shapes to connect with your inner emotions and experiences.



[Register Here](#)

Artistic Adventures with Lisa

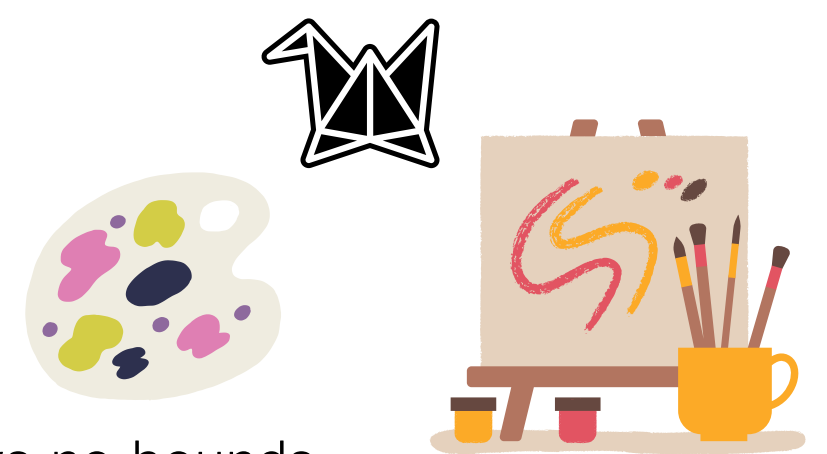
Mondays | 9:30AM - 12:30PM | \$500

Barcode: 24729

Starting October 16th | Ending December 18th | 10 weeks

(Please note: no programs on Statutory Holidays)

Embark on a colourful journey of artistic adventures with artist Lisa, where creativity knows no bounds. You will explore a variety of art mediums and techniques; then combine them into interesting grounds and finishes. Lisa's warm and encouraging approach will make you feel right at home. Discover the joy of bringing your imagination to life and get ready for a series of unforgettable artistic adventures with Lisa.



[Register Here](#)



TUESDAY

Life Rhythms: Health and Well Being Tuesdays

Tuesdays | 9:30AM - 2:30PM | \$825

Barcode: 24727

Starting October 10th | Ending December 19th | 11 weeks

Health and Well Being is the focus of this Life Rhythms session. You will be immersed in a rejuvenating experience that combines mindful practices, fitness, and nutrition to nourish your body and mind. You will learn how to embrace self-care and cultivate positive habits that will empower you to lead a healthier, happier life.



[Register Here](#)

Inclusive Serenity Yoga and Meditation

Tuesdays | 9:30AM - 12:30PM | \$550

Barcode: 24780

Starting October 10th | Ending December 19th | 11 weeks

Welcome to Inclusive Serenity, where the power of yoga and meditation is accessible to all. Embrace a warm and welcoming space that celebrates diversity and encourages self-discovery. Our experienced instructors will ensure that every session is thoughtfully adapted to meet individual needs, making it a joyful and inclusive experience for everyone. Embrace the harmony of body and mind, and let your journey towards peace and well-being begin here.



[Register Here](#)

Cultural Explorers

Tuesdays | 2:00PM - 5:00PM | \$550

Barcode: 24732

Starting October 10th | Ending December 19th | 11 weeks

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



[Register Here](#)

FINCH

1122 FINCH AVENUE WEST

WEDNESDAY

Life Rhythms: Midweek Masterpieces

Wednesdays | 9:30AM - 2:30PM | \$825

Barcode: 24728

Starting October 11th | Ending December 20th | 11 weeks

Discover the joy of self-expression as you unleash your imagination and bring your visions to life on canvas and other art mediums. You will be able to experiment, learn and grow as an artist. Whether you're seeking to nurture your artistic skills or simply indulge in a creative escape, this session promises to ignite your passion for art and appreciation for the beauty of creation.



[Register Here](#)

Fresh and Fit Foodie Studio

Wednesdays | 9:30AM - 12:30PM | \$550

Barcode: 24779

Starting October 11th | Ending December 20th | 11 weeks

Join us as we discover a world of nutritious and scrumptious dishes that will tantalize your taste buds and nourish your body. Each week we will explore various nutrition topics such as Canada Food Guide, safe food handling, etc. We will also create various healthy recipes for your enjoyment. Join us on this delightful adventure and become a Fresh and Fit Foodie today!



[Register Here](#)

Musicology

Wednesdays | 2:00PM - 5:00PM | \$550

Barcode: 24734

Starting October 11th | Ending December 20th | 11 weeks

Hello music lovers! Come and join us for an exploration of 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](#)

FINCH

1122 FINCH AVENUE WEST

THURSDAY

Life Rhythms: Thursday Tune Up
Thursdays | 9:30AM - 2:30PM | \$825
Barcode: 24726
Starting October 12th | Ending December 21st | 11 weeks

Enhance the rhythms of your life by exploring a variety of activities such as, daily living skills including financial literacy, cooking, health and wellness topics. We will also participate in expressive art therapy, which involves a unique therapeutic approach that will harness the power to unlock emotions and cultivate inner strength , growth and self-expression.



Register Here

See It, Say It, Sign It, Scribe It
Thursdays | 9:30AM - 12:30PM | \$550
Barcode: 24781
Starting October 12th | Ending December 21st | 11 weeks

This engaging and inclusive experience celebrates the beauty of diverse communication styles. Whether you prefer visual learning, verbal expression, sign language, or written communication, we've designed this session to accommodate all preferences. Let's bridge the gap and celebrate the beauty of human expression in See It, Say It, Sign It, Scribe It.



Register Here

Thrilling Thursdays at Twilight
Thursdays | 4:00PM - 7:00PM | \$550
Barcode: 24782
Starting October 12th | Ending December 21st | 11 weeks

Get ready to elevate your Thursdays to new heights with Thrilling Thursdays at Twilight. Say goodbye to the mid week slump and embrace an evening filled with a variety of experiences. Each week , we will curate an action-packed lineup of activities that cater to all interests. Let the thrills begin!



Register Here

FINCH

1122 FINCH AVENUE WEST

FRIDAY

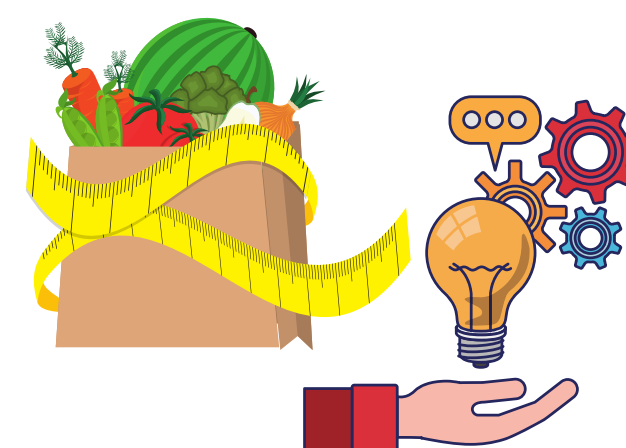
Life Rhythms: Funtastic Friday

Fridays | 9:30AM - 2:30PM | \$825

Barcode: 24725

Starting October 13th | Ending December 22nd | 11 weeks

Kickstart your weekend with a delightful array of activities designed to put a smile on your face. Engage in interactive games, creative workshops, and other activities designed to enhance your life skills.



[Register Here](#)

Body Alive Fitness and Nutrition

Fridays | 9:30AM-12:30PM | \$550

Barcode: 24730

Starting October 13th | Ending December 22nd | 11 weeks

Participants will be able to practice gentle movements adapted for both seated and standing position. We will explore yoga, meditation, toning and other range of motion exercises. You will also explore healthy living and nutrition. You will gain understanding of what it means to be in good health. Topics can include, physical health, mental health, body positivity, hydration, the impact of fast food, food guides, healthy eating habits, diets, nutrients, metabolism. Healthy cooking component will be included every other week.



[Register Here](#)

Zen Doodle with Friends

Fridays | 2:00PM - 5:00PM | \$550

Barcode: 24783

Starting October 13th | Ending December 22nd | 11 weeks

This is where tranquility meets creativity. Unwind after a long week as you draw intricate patterns and design, allowing your thoughts to flow freely and your stress to melt away. This delightful session is not just about creating artwork but also about fostering meaningful connections with friends old and new. See you there!



[Register Here](#)

FINCH

1122 FINCH AVENUE WEST

SATURDAY

Sensational Saturdays

Saturdays | 10:30AM - 3:30PM | \$ 825

Barcode: 24736

Starting October 14th | Ending December 23rd | 11 weeks

Saturdays are going to be sensational. Participants will have the opportunity to explore the local community and places of interest. You can also expect to participate in a variety of different fun activities including, crafts, games, karaoke, trivia, and so much more.

Register Here



MONDAY

Manic Mondays

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

Barcode: 24903

Starting October 16th | Ending December 18th | 10 weeks

(Please note: no programs on Statutory Holidays)

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: 24901

Starting October 16th | Ending December 18th | 10 weeks

(Please note: no programs on Statutory Holidays)

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: 24902

Starting October 16th | Ending December 18th | 10 weeks

(Please note: no programs on Statutory Holidays)

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

Spill The Tea Tuesdays

Tuesdays | 9:30AM - 2:30PM | \$825

Barcode: 24905

Starting October 10th | Ending December 19th | 11 weeks

Enjoy a hot beverage and... spill the tea. What do you want to talk about? Current events, celebrity gossip? Politics? Books? Music? The choices are endless. Once we have discussed a variety of topics, it's time to relax your body and mind with yoga and spa treatments, like face masks and manicures.



[Register Here](#)

Singing Sensation!!

Tuesdays | 9:30AM - 12:30PM | \$550

Barcode: 24904

Starting October 10th | Ending December 19th | 11 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](#)

Brainy Bookworms

Tuesdays | 2:00PM - 5:00PM | \$550

Barcode: 24906

Starting October 10th | Ending December 19th | 11 weeks

This is a facilitator led Book Club! We will be exploring novels that have a corresponding movie and comparing the differences. The facilitator will read a chapter and then we will watch the movie clip. For the first book, we will be reading Wonder by R.J. Palacio. The group will talk about each character and have lively interactive conversations. Do you have a favourite book? Come out, pull up a comfy chair and get ready to learn and have fun.



[Register Here](#)

WEDNESDAY

Wonderous Wednesday
Wednesdays | 9:30AM - 2:30PM | \$825
Barcode: 24908
Starting October 11th | Ending December 20th | 11 weeks

Learn about the seven wonders of the world through interactive and fun games, activities and by making your own workbook.



Register Here

Music with Valerie
Wednesdays | 9:30AM - 12:30PM | \$550
Barcode: 24907
Starting October 11th | Ending December 20th | 11 weeks

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



Register Here



THURSDAY

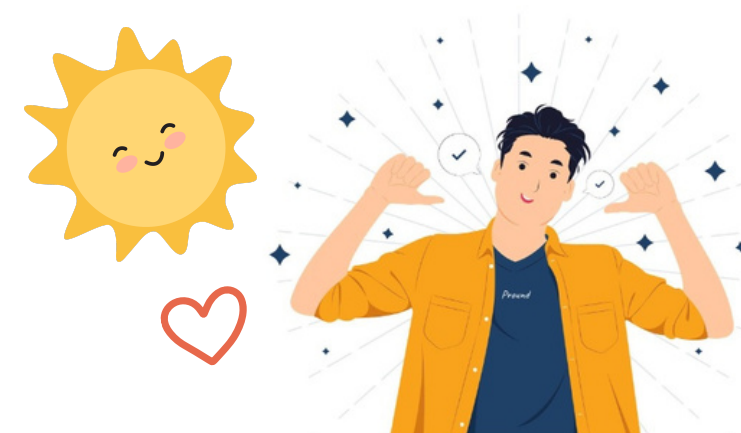
Throwback Thursdays

Thursdays | 9:30AM - 2:30PM | \$825

Barcode: 24910

Starting October 12th | December 21st | 11 weeks

Let's go back in time and learn about different eras, starting with the roaring 20's till now, exploring everything in the past. On the last class of the session, you can come dressed up from your favourite eras, so dust off your poodle skirts and get ready for a fun time!



[Register Here](#)

Let's Get Ready To Rumble

Thursdays | 9:30AM - 12:30PM | \$550

Barcode: 24909

Starting October 12th | Ending December 21st | 11 weeks

Calling all wrestling fans!! This group is all about the WWE. Each week we will learn the biography of famous wrestling superstars. Fun activities will include coming up with your own entrance song, stage name and catch phrase! Through worksheets and video clips this will be a fun and interactive program! Meet new friends with the same interests! Guaranteed to be a slamming good time.



[Register Here](#)

Cooking Creations and Conversation

Thursdays | 2:00PM - 7:00PM | \$660

Barcode: 24911

Starting October 12th | Ending December 21st | 11 weeks

Welcome to the basics of cooking. Here you will learn simple cooking techniques, how to make a grocery list, understanding labels/expiration dates, and kitchen safety. This class is great for someone who has never cooked before.



[Register Here](#)

FRIDAY

Funky Fridays

Fridays | 9:30AM - 2:30PM | \$825

Barcode: 24913

Starting October 13th | Ending December 22nd | 11 weeks

"It's time to get Funky!!" This class is more fun than a barrel of monkeys!! Each week we will have a theme... maybe it will be crazy hair day, maybe it will be crazy sock day! This group will play games, watch funny animal videos, dance, try our hand at telling jokes... anything to have a good time and get ready for the weekend!!



[Register Here](#)

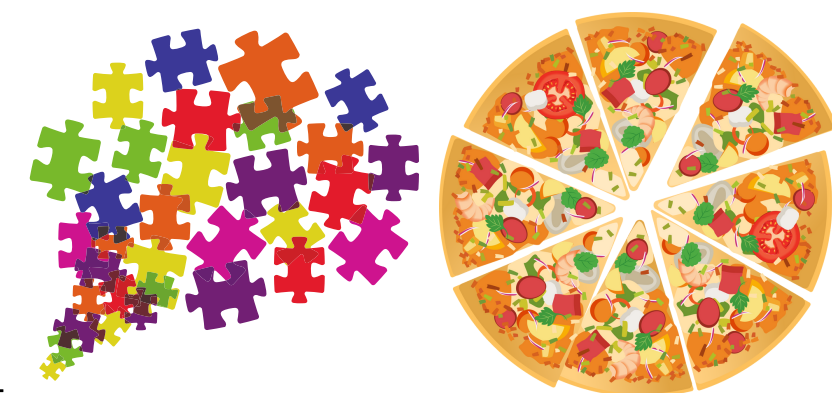
Pizza and Puzzles Fridays

Fridays | 9:30AM - 12:30PM | \$550

Barcode: 24912

Starting October 13th | Ending December 22nd | 11 weeks

Have lunch with your friends! Try new pizza and make your own pizzas! After you eat, play Pictionary, and do puzzles and other games with the staff! A great way to spend your Friday!



[Register Here](#)

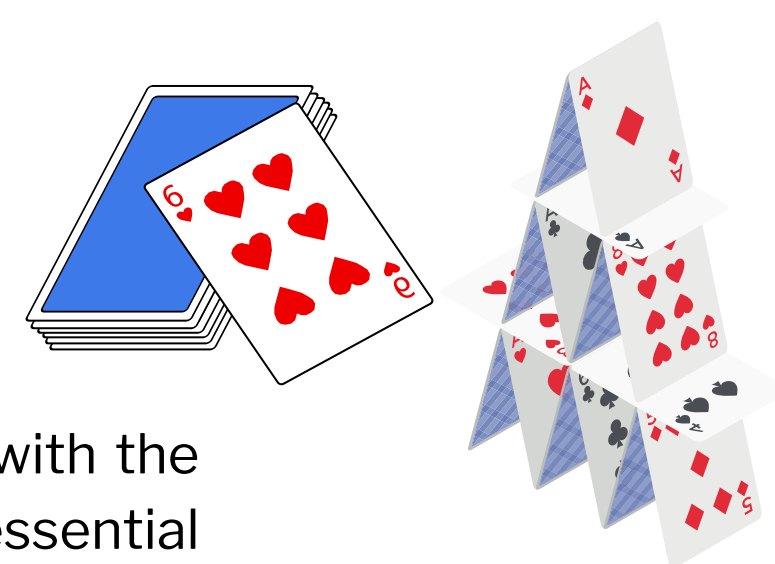
House of Cards

Fridays | 2:00PM - 5:00PM | \$550

Barcode: 24914

Starting October 13th | Ending December 22nd | 11 weeks

This engaging course will introduce you to the fascinating world of cards and equip you with the knowledge and skill to excel in various card games. Our staff will guide you through the essential strategies, tips and tactics to improve your gameplay. We will explore the social aspect of card playing. This class offers something for everyone. Join us for this interactive experience.



[Register Here](#)



THE EAST MALL

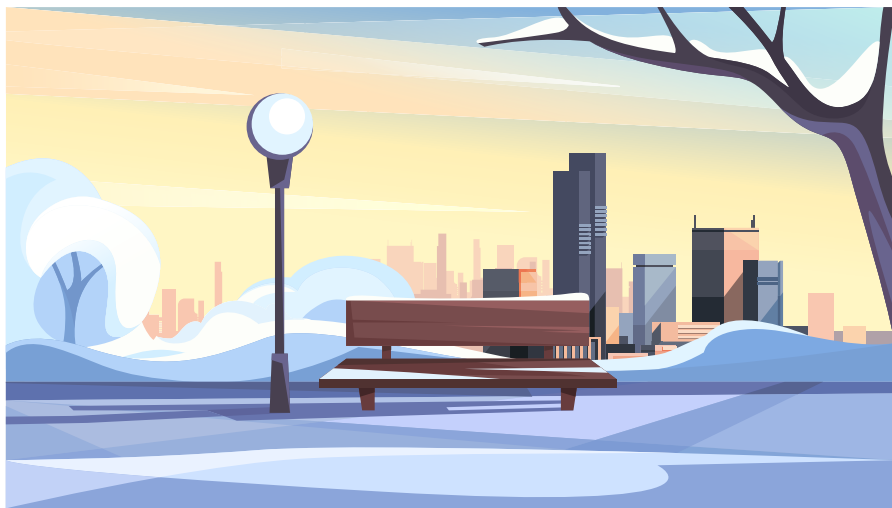
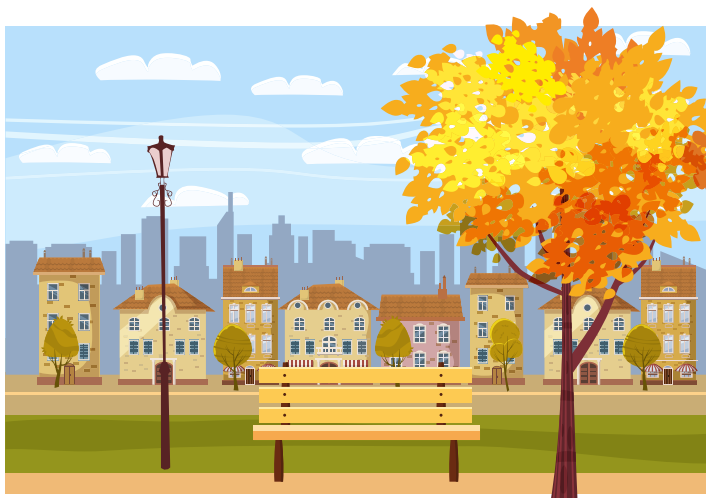
65 THE EAST MALL

SATURDAY

City Sights Saturday
Saturdays | 10:30AM - 3:30PM | \$825
Barcode: 24915
Starting October 14th | Ending December 23rd | 11 weeks

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 its surrounding neighbours.

[Register Here](#)



MONDAY

Life Vibes

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

Barcode: 24841

Starting October 16th | Ending December 18th | 10 weeks

(Please note: no programs on Statutory Holidays)

Come join us at Life Vibes where we can enjoy many different activities, from literacy to Zumba. The activities will be tailored to your wide range of interests. We endeavour to develop activities based on your preferences.



Register Here

Word on the Street

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

Barcode: 24840

Starting October 16th | Ending December 18th | 10 weeks

(Please note: no programs on Statutory Holidays)

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: 24842

Starting October 16th | Ending December 18th | 10 weeks

(Please note: no programs on Statutory Holidays)

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



Register Here

TUESDAY

The Creative Collective

Tuesdays | 9:30AM - 2:30PM | \$825

Barcode: 24844

Starting October 10th | Ending December 19th | 11 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

Reach Your Zen

Tuesdays | 9:30AM - 12:30PM | \$550

Barcode: 24843

Starting October 10th | Ending December 19th | 11 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 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

Rockers & Ravers

Tuesdays | 2:00PM - 5:00PM | \$550

Barcode: 24845

Starting October 10th | Ending December 19th | 11 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!

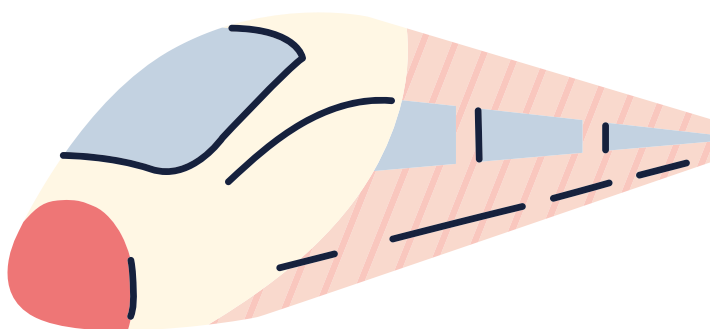


Register Here

WEDNESDAY

Toronto Tourist
Wednesdays | 9:30AM - 2:30PM | \$825
Barcode: 24847
Starting October 11th | Ending December 20th | 11 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 locations throughout the city. Join us for a fun-filled time seeing our city in a brand-new light!



Register Here

Graphic Art and Storytelling
9:30AM - 12:30PM | \$550
Barcode: 24846
Starting October 11th | Ending December 20th | 11 weeks

Join us in making our own stories and comic books as we explore all the aspects of graphic art story telling. We will be developing group and individual comic books based on our imagination while learning about the basic literary structures of graphic novels and stories.



Register Here



THURSDAY

Riding The Rocket

Thursdays | 9:30AM - 2:30PM | \$825

Barcode: 24849

Starting October 12th | Ending December 21st | 11 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

Music History

Thursdays | 9:30AM - 12:30PM | \$550

Barcode: 24848

Starting October 12th | Ending December 21st | 11 weeks

Come join us in learning about music in all its different aspects. We will learn about the different genres and eras of music as well as the affect music has on our daily lives.



Register Here

Tech Support

Thursdays | 2:00PM - 5:00PM | \$550

Barcode: 24850

Starting October 12th | Ending December 21st | 11 weeks

Do you have a device at home you want to learn how to use? Maybe it’s a tablet or a laptop or a cellphone. We welcome you to join our activity where we will teach you how to use your own devices so that you're able to use them and have a running knowledge of how your device functions.



Register Here

Club 102

Thursdays | 5:00PM - 8:00PM | \$550

Barcode: 24854

Starting October 12th | Ending December 21st | 11 weeks

Come join us for a special night out every Thursday night at Club 102! Here we will be hosting movie nights, dances, and karaoke nights. Come lounge around and partake of our cocktail menu, snacks, and themed music nights. Hang out where all the action is! Club 102! See you there!



Register Here

ADVANCE

102 ADVANCE ROAD

FRIDAY

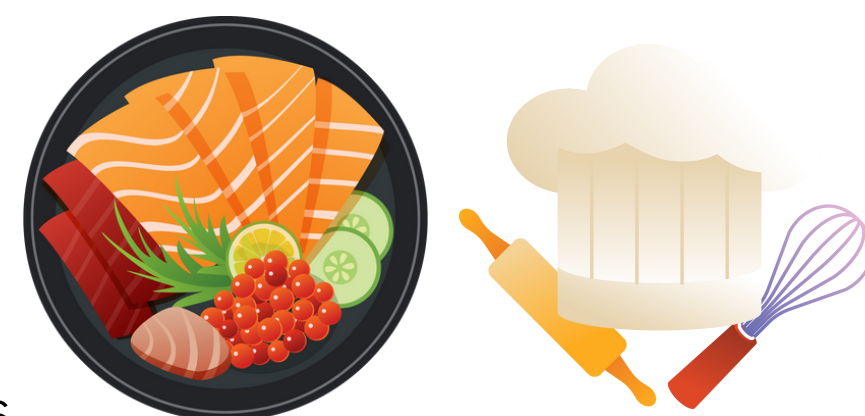
Munch Masters

Friday | 9:30AM - 2:30PM | \$825

Barcode: 24852

Starting October 13th | Ending December 22nd | 11 weeks

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



[Register Here](#)

Music & Melody

Fridays | 9:30AM - 12:30PM | \$550

Barcode: 24851

Starting October 13th | Ending December 22nd | 11 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 | \$550

Barcode: 24853

Starting October 13th | Ending December 22nd | 11 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. 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](#)