

The Experience Guide

Community

Participation

Supports

Winter Edition

Registration Begins:

December 6, 2023

for Funded Community

December 15, 2023

for CLTO Supported Living





Welcome to Community Participation Supports The Experience Guide Winter Edition

Registration for Funded Community*: December 6, 2023

Registration for CLTO Supported Living: December 15, 2023**

CPS experiences (programs) will be offered at:

- 📍 Finch - 1122 Finch Avenue West
- 📍 Fairfax - 50 Fairfax Crescent
- 📍 The East Mall - 65 The East Mall
- 📍 Advance - 102 Advance Road
- 📍 Foster Connections - 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

Registration Options:

📞 Phone

👤 In Person

🌐 Online

See page 3 for details

*Funded Community includes the following groups:

- Previously held a spot in former "day programs" (ADP, SWACA, ETS, Gooderham) **and**
- Lives with families/caregivers, Supported Independent Living, ISP, External (non-CLTO) Group Homes
- Previous Youth 2 Work and Community First SWACA individuals (can choose packages up to 6 hours per week)

**CLTO Supported Living means:

- Previously held a spot in former "day programs" (ADP, SWACA, ETS, Gooderham) **and**
- Lives in CLTO Supported Living Locations **and**
- Must come with a CLTO supported living staff

DISCLAIMER: Community Participation Supports reserves the right to combine or cancel any programs based on low/no registration with notice.

How To Register

Online

Go to mycommunityhub.ca or scan the barcode

Register for an account

Click on links in the Experience Guide to add to cart and check out

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



Phone

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

In Person

Visit any of the CPS locations on:

Wednesday December 6, 2023 - 10:00 AM - 4:00 PM

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 the new Community Participation Supports model on:

Wednesday, November 29th

6:30 PM - 7:30 PM

[Click here to register](#)

Webinar will be recorded
and posted on cltoronto.ca

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FAIRFAX

50 FAIRFAX CRESCENT

MONDAY

Monday Circuit

Mondays | 9:00AM - 2:00PM

Barcode: 26593

Starting: January 8th-Ending March 25, 2024 | 11 weeks

(Please note: no programs on Statutory Holidays)

Join our Move and Groove group as we explore a variety of ways to move and groove our bodies to music, Yoga, meditation, exercise and more!



Sensory Magic

Mondays | 9:00AM - 2:00PM

Barcode: 26602

Starting: January 8th-Ending March 25, 2024 | 11 weeks

(Please note: no programs on Statutory Holidays)

Check out our Sensory room, an interactive sensory environment with fiber optics, bubble tubes, Mobii interactive projector and so much more!



Flour Power

Mondays | 9:00AM - 2:00PM

Barcode: 26607

Starting: January 8th-Ending March 25, 2024 | 11 weeks

(Please note: no programs on Statutory Holidays)

Explore traditional baking recipes and new creations while you munch and mingle with friends.



FAIRFAX

50 FAIRFAX CRESCENT

MONDAY

Body & Soul

Mondays | 2:30PM - 5:30PM

Barcode: 26612

Starting: January 8th-Ending March 25, 2024 | 11 weeks

(Please note: no programs on Statutory Holidays)

Join our wellness group as we learn and practice daily healthy habits around movement, nutrition, meditation and taking care of our mind, body and soul.



Crafters Corner

Mondays | 2:30PM - 5:30PM

Barcode: 26619

Starting: January 8th-Ending March 25, 2024 | 11 weeks

(Please note: no programs on Statutory Holidays)

Explore your creative side with canvas painting, clay, and seasonal themed activities.



Flour Power

Mondays | 2:30PM - 5:30PM

Barcode: 26608

Starting: January 8th-Ending March 25, 2024 | 11 weeks

(Please note: no programs on Statutory Holidays)

Explore traditional baking recipes and new creations while you munch and mingle with friends.



Music & Drama

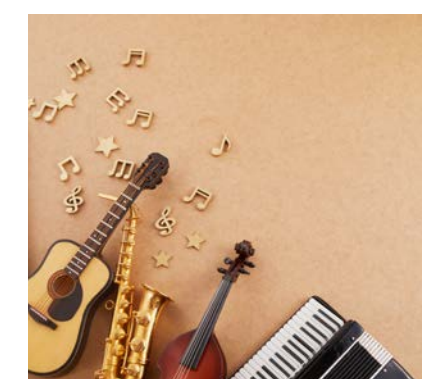
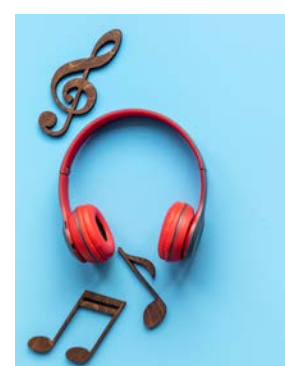
Mondays | 2:30PM - 5:30PM

Barcode: 26632

Starting: January 8th-Ending March 25, 2024 | 11 weeks

(Please note: no programs on Statutory Holidays)

Enjoy a variety of musical activities, singing, karaoke, and theatrical story telling and performing on our Centre Stage.



TUESDAY

Tuesday Circuit

Tuesdays | 9:00AM - 2:00PM

Barcode: 26594

Starting: January 9th-Ending March 26, 2024 | 12 weeks

Enjoy a daily mixture of activities from music, dance, gentle movement, sports, games, and trivia, to name a few.



Technology Tuesdays

Tuesdays | 9:00AM - 2:00PM

Barcode: 26622

Starting: January 9th-Ending March 26, 2024 | 12 weeks

Join us for a fun-filled exploration of digital tools and gadgets with iPads and tablets as we learn about new tech devices together.



Kitchen Creations

Tuesdays | 9:00AM - 2:00PM

Barcode: 26635

Starting: January 9th-Ending March 26, 2024 | 12 weeks

Enjoy weekly easy food dishes that you create and sample with friends over conversation.



FAIRFAX

50 FAIRFAX CRESCENT

TUESDAY

End Zone (Sports)

Tuesdays | 2:30PM - 5:30PM

Barcode: 26640

Starting: January 9th-Ending March 26, 2024 | 12 weeks

Join a group who enjoy sport themed activities, from hockey and basketball to table top sports of air hockey, foosball and more!



Twist & Shout

Tuesdays | 2:30PM - 5:30PM

Barcode: 26626

Starting: January 9th-Ending March 26, 2024 | 12 weeks

Calling all dancers! Come out and sing & dance to your heart's content, moving to Zumba, line dance and much more!



Body & Soul

Tuesdays | 2:30PM - 5:30PM

Barcode: 26613

Starting: January 9th-Ending March 26, 2024 | 12 weeks

Join our wellness group as we learn and practice daily healthy habits around movement, nutrition, meditation and taking care of our mind, body and soul.



Book Nook

Tuesdays | 2:30PM - 5:30PM

Barcode: 26643

Starting: January 9th-Ending March 26, 2024 | 12 weeks

Gather with friends to enjoy reading books, storytelling and creating your own story.



FAIRFAX

50 FAIRFAX CRESCENT

WEDNESDAY

Wednesday Circuit

Wednesdays | 9:30AM - 2:30PM

Barcode: 26595

Starting: January 10th-Ending March 27, 2024 | 12 weeks

Enjoy a daily mixture of activities from music, dance, yoga, sports, games, and trivia, to name a few.



Bingo & Bowling

Wednesdays | 9:30AM - 2:30PM

Barcode: 26616

Starting: January 10th-Ending March 27, 2024 | 12 weeks

Join us for bingo, board games, bowling and a game of pool or air hockey.



Supper Club

Wednesdays | 2:30PM - 7:30PM

Barcode: 26647

Starting: January 10th-Ending March 27, 2024 | 12 weeks

Plan your session's menu as a team. Decide what recipes you want to make, create a grocery list, prepare, cook and enjoy a meal as a group. We will also learn to set a table, basic etiquette and cleaning up.



FAIRFAX

50 FAIRFAX CRESCENT

WEDNESDAY

Twist & Shout!

Wednesdays | 2:30PM - 5:30PM

Barcode: 26628

Starting: January 10th-Ending March 27, 2024 | 12 weeks

Calling all dancers! Come out and sing & dance to your heart's content, moving to Zumba, line dance and more.



Bingo & Bowling

Wednesdays | 2:30PM - 5:30PM

Barcode: 26616

Starting: January 10th-Ending March 27, 2024 | 12 weeks

Join us for bingo, board games, bowling and a game of pool or air hockey.



Sensory Magic

Wednesdays | 2:30PM - 5:30PM

Barcode: 26604

Starting: January 10th-Ending March 27, 2024 | 12 weeks

Check out our Sensory room, an interactive sensory environment with fiber optics, bubble tube and Mobii interactive projector.



FAIRFAX

50 FAIRFAX CRESCENT

THURSDAY

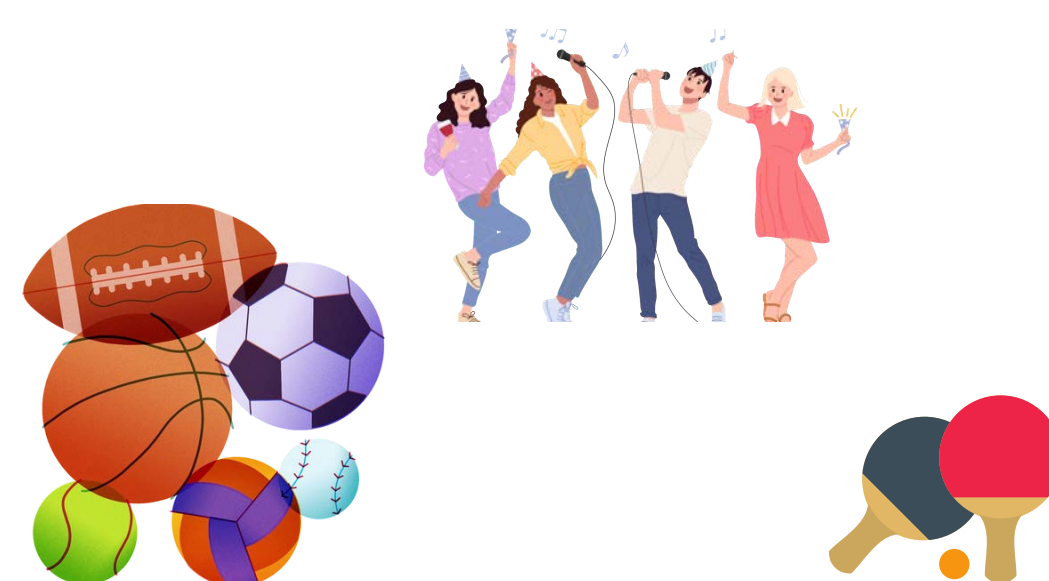
Thursday Circuit

Thursdays | 9:00AM - 2:00PM

Barcode: 26596

Starting: January 11th-Ending March 28, 2024 | 12 weeks

Enjoy a daily mixture of activities from music, dance, yoga, sports, games, and trivia, to name a few.



Technology Thursdays

Thursdays | 9:00AM - 2:00PM

Barcode: 26624

Starting: January 11th-Ending March 28, 2024 | 12 weeks

Join us for a fun-filled exploration of digital tools and gadgets with iPads and tablets as we learn about new tech devices together.



Globe Trotters

Thursdays | 9:00AM - 2:00PM

Barcode: 26620

Starting: January 11th-Ending March 28, 2024 | 12 weeks

Gather in a relaxing space to share current events around the world. Learn and explore activities and themes from around the world to our local communities.



THURSDAY

End Zone - Sports

Thursdays | 2:30PM - 5:30PM

Barcode: 26641

Starting: January 11th-Ending March 28, 2024 | 12 weeks

Join a group who enjoy sport themed activities, from hockey and basketball to table top sports of air hockey, foosball and more.



Body & Soul

Thursdays | 2:30PM - 5:30PM

Barcode: 26614

Starting: January 11th-Ending March 28, 2024 | 12 weeks

Join our wellness group as we learn and practice daily healthy habits around movement, nutrition, meditation and taking care of our mind, body and soul.



Crafters Corner

Thursdays | 2:30PM - 5:30PM

Barcode: 26610

Starting: January 11th-Ending March 28, 2024 | 12 weeks

Explore your creative side with canvas painting, sketching, clay, and seasonal themed activities.



Karaoke Club

Thursdays | 2:30PM - 5:30PM

Barcode: 26648

Starting: January 9th-Ending March 26, 2024 | 12 weeks

Come out and have some fun with Karaoke, music, instruments and dancing the day away.



FAIRFAX

50 FAIRFAX CRESCENT

FRIDAY

Friday Circuit

Fridays | 9:00AM - 2:00PM

Barcode: 26597

Starting: January 12th-Ending March 22, 2024 | 11 weeks

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



Globe Trotters

Fridays | 9:00AM - 2:00PM

Barcode: 26605

Starting: January 12th-Ending March 22, 2024 | 11 weeks

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



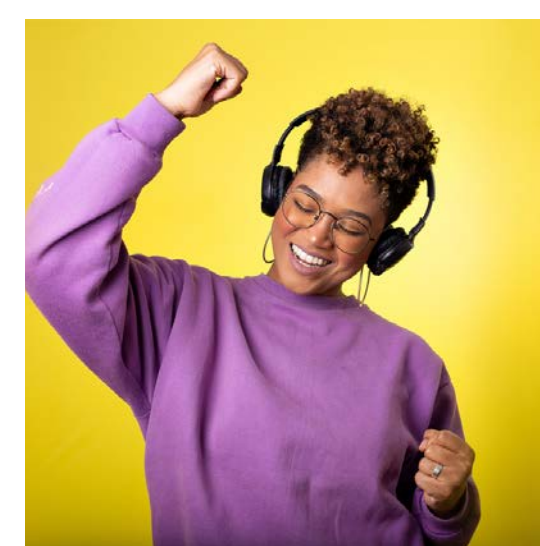
Sensory Magic

Fridays | 9:00AM - 2:00PM

Barcode: 26609

Starting: January 12th-Ending March 22, 2024 | 11 weeks

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



FRIDAY

Art Adventures

Fridays | 2:30PM - 5:30PM

Barcode: 26601

Starting: January 12th-Ending March 22, 2024 | 11 weeks

Embark on a journey of creativity with our class! Unleash your imagination as you explore a variety of artistic mediums, like painting and sketching.



Dance Party

Fridays | 2:30PM - 5:30PM

Barcode: 26598

Starting: January 12th-Ending March 22, 2024 | 11 weeks

Come dance and party your way to the weekend, while making new friends and reacquainting with old friends.



Bingo & Bowling

Fridays | 2:30PM - 5:30PM

Barcode: 26591

Starting: January 12th-Ending March 22, 2024 | 11 weeks

Join us for bingo, board games, bowling and a game of pool or air hockey.



Science Centered

Fridays | 2:30PM - 5:30PM

Barcode: 26590

Starting: January 12th-Ending March 22, 2024 | 11 weeks

Explore the world of science through observation, listening, recording and experimentation.



SATURDAY

Saturday Circuit

Saturdays | 10:30AM - 3:30PM

Barcode: 26589

Starting: January 13th-Ending March 23, 2024 | 10 weeks

Note: No Saturday session on Family Day weekend Feb. 17, 2024

Enjoy a daily mixture of activities from music, dance, gentle movement, sports, games, community outings, and trivia, to name a few.



FOSTER CONNECTIONS

164 MAIN STREET

MONDAY

Sugar & Spice Baking Club

Mondays | 9:30AM - 12:30PM

Barcode: 26426

Starting: January 8th-Ending March 25, 2024 | 11 weeks

(Please note: no programs on Statutory Holidays)

A nice way to start your week. Enjoy a tea or coffee while baking a breakfast snack. Discuss current events in the news and community.



Monday Fostering Connections

Mondays | 9:30AM - 2:30PM

Barcode: 26427

Starting: January 8th-Ending March 25, 2024 | 11 weeks

(Please note: no programs on Statutory Holidays)

Join us for a variety of activities and connecting with new and old friends. Enjoy seasonal crafts, games and baked goods while catching up with peers.



FOSTER CONNECTIONS

164 MAIN STREET

TUESDAY

Tuesday Fostering Connections

Tuesdays | 9:30AM - 2:30PM

Barcode: 26429

Starting: January 9th-Ending March 26, 2024 | 12 weeks

Connect with friends and enjoy your favourite music, karaoke, dancing and exploring instruments, featuring Singalong with Andre. Participants will also play games and create seasonal arts and crafts.



Main Music Connection

Tuesdays | 9:30AM - 12:30PM

Barcode: 26428

Starting: January 9th-Ending March 26, 2024 | 12 weeks

Connect with friends and enjoy your favourite music, karaoke, dancing and exploring instruments, Featuring Singalong with Andre.



Book Club

Tuesdays | 2:00PM - 5:00PM

Barcode: 26430

Starting: January 9th-Ending March 26, 2024 | 12 weeks

Visit the historical Main Street Library (1921) and Beaches Library (1916) branches. See the beautiful architecture, learn how to get a library card, borrow a book and more. Enjoy all that the library has to offer and take those skills to your local library. We will use the TTC and walk for at minimum 20 minutes. Please remember to dress appropriately for the weather.



FOSTER CONNECTIONS

164 MAIN STREET

WEDNESDAY

Wednesday Fostering Connections

Wednesdays | 9:30AM - 2:30PM

Barcode: 26432

Starting: January 10th-Ending March 27, 2024 | 12 weeks

Join us for fitness and wellness. Participants will explore adapted yoga and meditation while listening to calming and soothing music. Explore a variety of activities that promote a healthy mind and body.



Foster Your Cuisine

Wednesdays | 9:30AM - 12:30PM

Barcode: 26431

Starting: January 10th-Ending March 27, 2024 | 12 weeks

Cooking for beginners. Join us to make and bake delicious Winter recipes.



Yarns Level 1 Basic

Wednesdays | 2:00PM - 5:00PM

Barcode: 26433

Starting: January 10th-Ending March 27, 2024 | 12 weeks

Introduction to knitting, crochet and hand sewing. Learn the basic skills to complete a beginner's project.



FOSTER CONNECTIONS

164 MAIN STREET

THURSDAY

Thursday Fostering Connections

Thursdays | 9:30AM - 2:30PM

Barcode: 26435

Starting: January 11th-Ending March 28, 2024 | 12 weeks

Enjoy a variety of activities and connect with new and old friends. We will focus on Fitness & Wellness. There will be sports, board games, tobogganing and more. Activities will be centre based and in the community. We will use the TTC and walk for at minimum 20 minutes. Please remember to dress appropriately for the weather.



Party Planning

Thursdays | 9:30AM - 12:30PM

Barcode: 26434

Starting: January 11th-Ending March 28, 2024 | 12 weeks

A mix of seasonal party planning, arts and crafts, and winter activities. We will be planning New Year, Valentine's Day and St. Patrick's Day celebrations.



Dinner Club: Young Adults

Thursdays | 3:30PM - 8:30PM

Barcode: 26436

Starting: January 11th-Ending March 28, 2024 | 12 weeks

Plan your session's menu as a team. Decide what recipes you want to make, create a grocery list, prepare, cook and enjoy a meal as a group. We will also learn to set a table, basic etiquette and cleaning up. For Young Adults (ages 18-30).



FOSTER CONNECTIONS

164 MAIN STREET

FRIDAY

Friday Fostering Connections

Fridays | 9:30AM - 2:30PM

Barcode: 26438

Starting: January 12th-Ending March 22, 2024 | 11 weeks

Come have some friendly competition with your peers. We will play games of your choice, like large Jenga, axe throwing, Bingo and much more. Decide as a group.



Introduction to Internet & Social Media

Fridays | 9:30AM - 12:30PM

Barcode: 26437

Starting: January 12th-Ending March 22, 2024 | 11 weeks

Focus on internet and social media safety. Learn about different applications, such as Facebook, Instagram and TikTok.



Canvas Painting

Fridays | 2:00PM - 5:00PM

Barcode: 26439

Starting: January 12th-Ending March 22, 2024 | 11 weeks

Join us to create beautiful art on canvases of different sizes. You will work individually and as a group to create one of a kind pieces.





FOSTER CONNECTIONS

164 MAIN STREET

SATURDAY

Create Your Own Adventure Saturdays

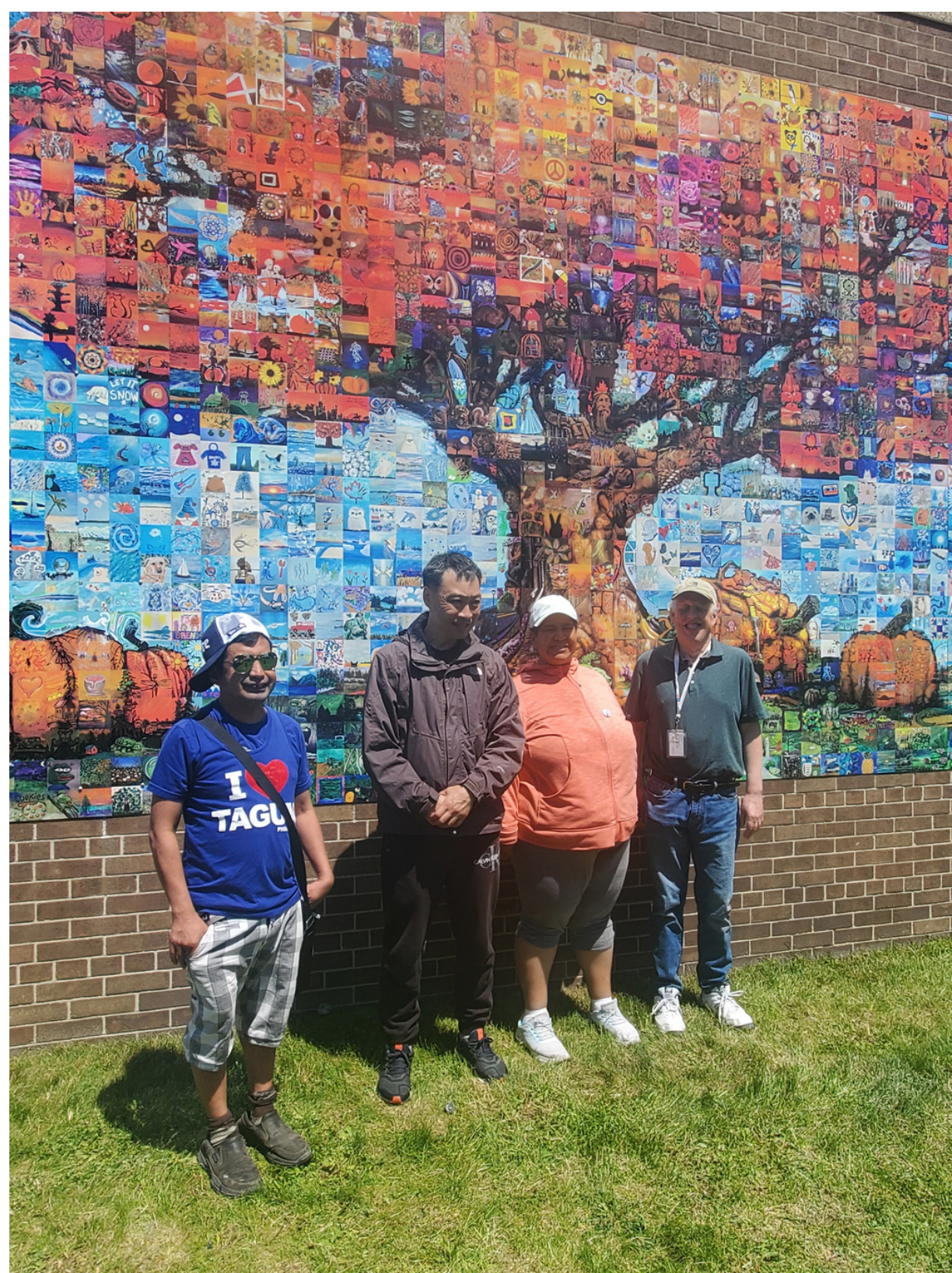
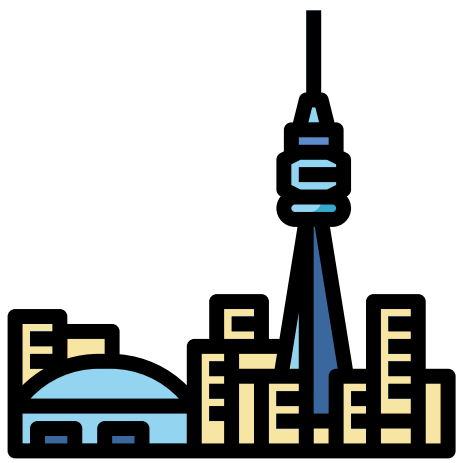
Saturdays | 10:30AM - 3:30PM

Barcode: 26440

Starting: January 13th-Ending March 23, 2024 | 10 weeks

Note: No Saturday session on Family Day weekend Feb. 17, 2024

Come and explore your community. We will attend local neighbourhood and Community events. Departure will be at 11am. We will use the TTC and community outings will contain walking greater than 20 minutes. Please remember to dress appropriately for the weather.



MONDAY

Life Rhythms Art Discovery Mondays

Mondays | 9:30AM - 2:30PM

Barcode: 26395

Starting: January 8th-Ending March 25, 2024 | 11 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 colors and shapes to connect with your inner emotions and experiences.



Artistic Adventures with Lisa

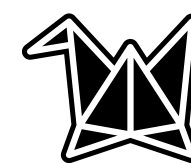
Mondays | 9:30AM - 12:30PM

Barcode: 26402

Starting: January 8th-Ending March 25, 2024 | 11 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.



TUESDAY

Life Rhythms: Health and Well Being Tuesdays

Tuesdays | 9:30AM - 2:30PM

Barcode: 26397

Starting: January 9th-Ending March 26, 2024 | 12 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.



Inclusive Serenity Yoga and Meditation

Tuesdays | 9:30AM - 12:30PM

Barcode: 26394

Starting: January 9th-Ending March 26, 2024 | 12 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.

Food for Thought

Tuesdays | 2:00PM - 5:00PM

Barcode: 26405

Starting: January 9th-Ending March 26, 2024 | 12 weeks

Are you a food lover with a passion for exploring diverse cultures through their cuisine? Join us on a culinary adventure where we explore various foods from different countries around the world. Once a week you will have an opportunity to sample a different food.



WEDNESDAY

Life Rhythms: Midweek Masterpieces

Wednesdays | 9:30AM - 2:30PM

Barcode: 26398

Starting: January 10th-Ending March 27, 2024 | 12 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.



Musicology

Wednesdays | 9:30AM - 12:30PM

Barcode: 26406

Starting: January 10th-Ending March 27, 2024 | 12 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 into your inner musician.



Art Hub with Us

Wednesdays | 2:00PM - 5:00PM

Barcode: 26404

Starting: January 10th-Ending March 27, 2024 | 12 weeks

Calling all inspiring artists! Are you looking for a space to nurture your artistic talents? Join us, and together we will learn how to draw and paint using step by step methods.



FINCH

1122 FINCH AVENUE WEST

THURSDAY

Life Rhythms: Thursday Tune Up

Thursdays | 9:30AM - 2:30PM

Barcode: 26399

Starting: January 11th-Ending March 28, 2024 | 11 weeks

Enhance the rhythms of your life by exploring a variety of activities, such as daily living skills including financial literacy, cooking, and health & 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.



See It, Say It, Sign It, Scribe It

Thursdays | 9:30AM - 12:30PM

Barcode: 26400

Starting: January 11th-Ending March 28, 2024 | 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.



Thrilling Thursdays at Twilight

Thursdays | 4:00PM - 7:00PM

Barcode: 26401

Starting: January 11th-Ending March 28, 2024 | 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!



FINCH

1122 FINCH AVENUE WEST

FRIDAY

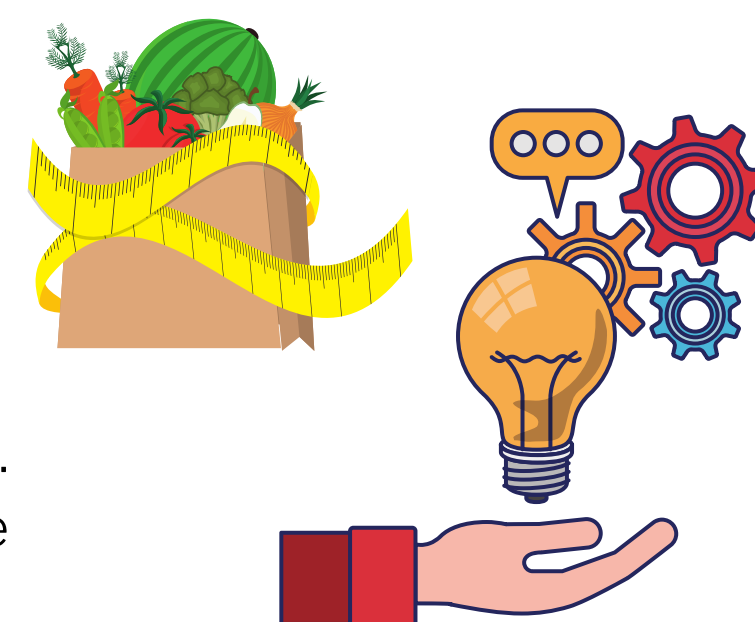
Life Rhythms: Funtastic Friday

Fridays | 9:30AM - 2:30PM

Barcode: 26396

Starting: January 12th-Ending March 22, 2024 | 11 weeks

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



Body Alive Fitness and Nutrition

Fridays | 9:30AM-12:30PM

Barcode: 26403

Starting: January 12th-Ending March 22, 2024 | 11 weeks

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



Zen Doodle with Friends

Fridays | 2:00PM - 5:00PM

Barcode: 26408

Starting: January 12th-Ending March 22, 2024 | 11 weeks

This is where tranquility meets creativity. Unwind after a long week as you draw intricate patterns and designs, 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!



SATURDAY

Sensational Saturdays

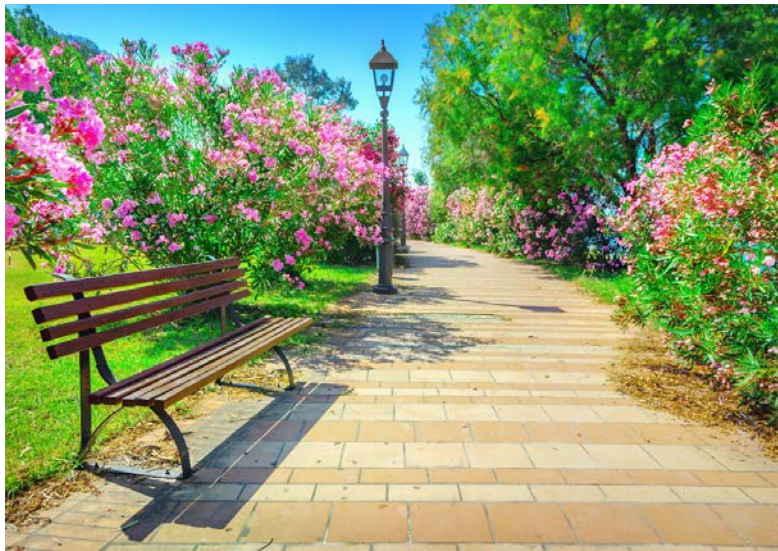
Saturdays | 10:30AM - 3:30PM

Barcode: 26407

Starting: January 13th-Ending March 23, 2024 | 10 weeks

Note: No Saturday session on Family Day weekend Feb. 17, 2024

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.



MONDAY

Rocky Road Mondays

Mondays | 9:30AM - 2:30PM

Barcode: 26600

Starting: January 8th-Ending March 25, 2024 | 11 weeks

(Please note: no programs on Statutory Holidays)

A day of fun filled activities, including singing, dancing, and making some of our favourite recipes.



Funky Fitness with Tammy

Mondays | 9:30AM - 12:30PM

Barcode: 26599

Starting: January 8th-Ending March 25, 2024 | 11 weeks

(Please note: no programs on Statutory Holidays)

This program is all about having fun dancing to our favourite tunes with Tammy, doing Zumba and having a great time!



Mixed Media with Lisa Fong

Mondays | 2:00PM - 5:00PM

Barcode: 26606

Starting: January 8th-Ending March 25, 2024 | 11 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.



TUESDAY

Yoga to be kidding me

Tuesdays | 9:30AM - 2:30PM

Barcode: 26618

Starting: January 9th-Ending March 26, 2024 | 12 weeks

If laughter is the best medicine, then Tuesdays are going to be extremely good for your health. From singing to yoga to games, we have got it all!



Singing Sensation!!

Tuesdays | 9:30AM - 12:30PM

Barcode: 26611

Starting: January 9th-Ending March 26, 2024 | 12 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!



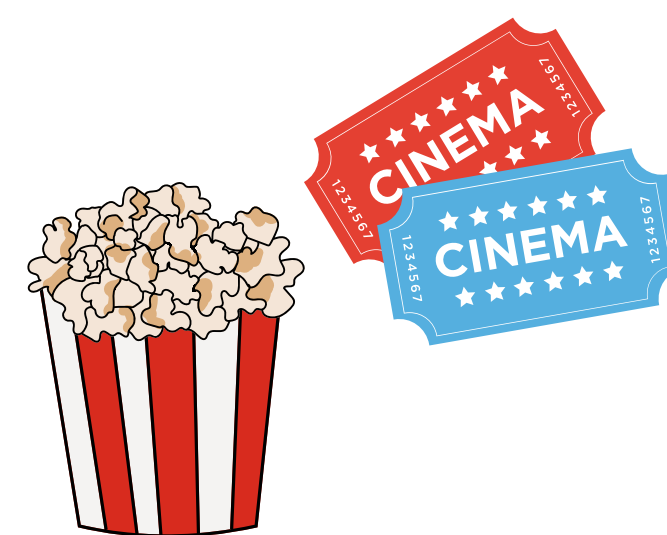
Movie Madness Tuesdays

Tuesdays | 2:00PM - 5:00PM

Barcode: 26623

Starting: January 9th-Ending March 26, 2024 | 12 weeks

Are you a big movie buff? Then Tuesday nights are for you! We will be exploring different genres and having some popcorn.



WEDNESDAY

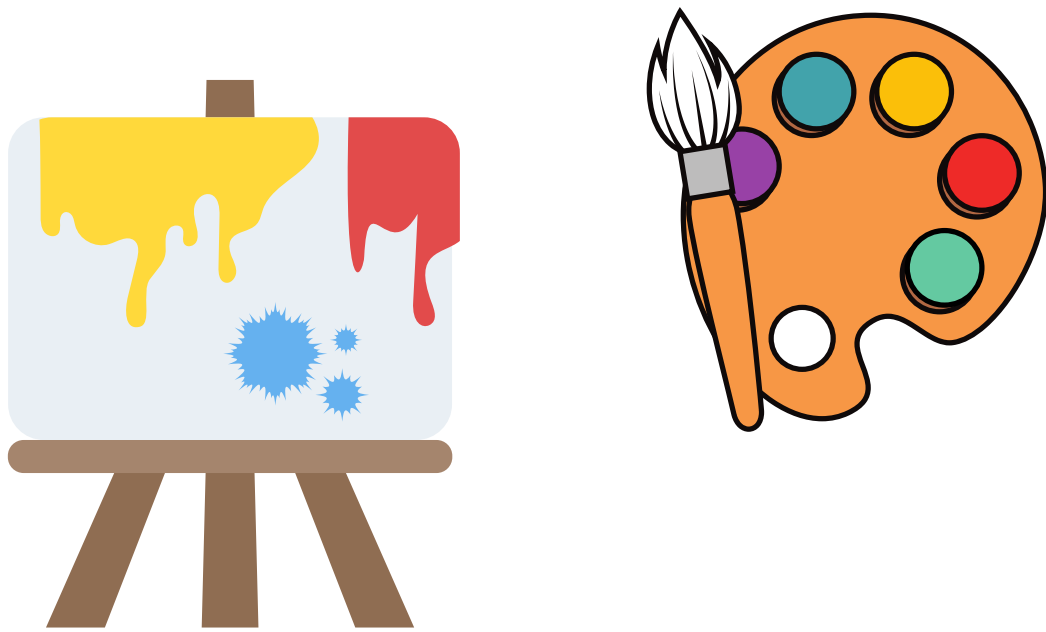
Express Yourself

Wednesdays | 9:30AM - 2:30PM

Barcode: 26630

Starting: January 10th-Ending March 27, 2024 | 12 weeks

Art can be used in many forms to express oneself. We are going to use multiple different forms of “Art” to explore ourselves, such a paint, paper mâché, drama, dance and many more. So come on out and express yourself!



Music with Valerie

Wednesdays | 9:30AM - 12:30PM

Barcode: 26629

Starting: January 10th-Ending March 27, 2024 | 12 weeks

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



THE EAST MALL

65 THE EAST MALL

THURSDAY

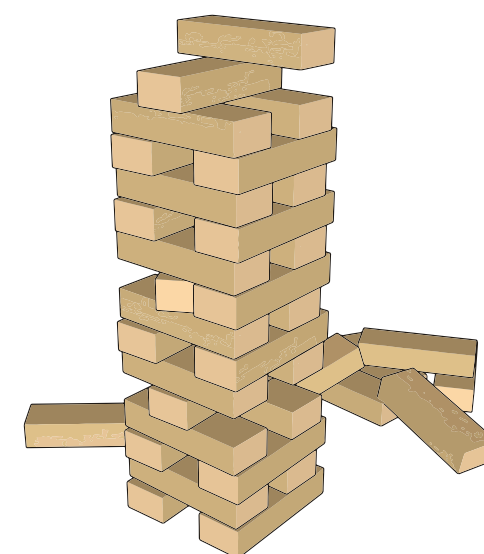
Twist & Shout

Thursdays | 9:30AM - 2:30PM

Barcode: 26636

Starting: January 11th-Ending March 28, 2024 | 11 weeks

Come on out and dance to our favourite tunes, sing some of our favorite songs and play our favorite games like giant Jenga and Bingo. By the end of the day you will be twisting and shouting for joy!



Thirsty Thursdays

Thursdays | 9:30AM - 12:30PM

Barcode: 26636

Starting: January 11th-Ending March 28, 2024 | 11 weeks

If you like to try different drinks and experiment with different ingredients, then this class is for you. We will be trying out a variety of milkshakes, smoothies and a mixture of others. Come on out and try a drink to cure your Thirsty Thursday worries!



Cooking Creations and Conversation

Thursdays | 2:00PM - 7:00PM

Barcode: 26639

Starting: January 11th-Ending March 28, 2024 | 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.



FRIDAY

Taking Care of You

Fridays | 9:30AM - 2:30PM

Barcode: 26644

Starting: January 12th-Ending March 22, 2024 | 11 weeks

It's time to take some time for you. Let's listen to our favorite tunes, relax and do a puzzle. Let the staff give you a manicure and/or a facial. Let us help you relax and take care of you!



Reel Stories

Fridays | 9:30AM - 12:30PM

Barcode: 26642

Starting: January 12th-Ending March 22, 2024 | 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 will watch the movie clip. Can you spot the differences? The group will talk about each character and have lively interactive conversations. What was good about the book compared to the movie? Do you have a favourite book? Come out, pull up a comfy chair and get ready to learn and have fun.



Fun with Dice

Fridays | 2:00PM - 5:00PM

Barcode: 26645

Starting: January 12th-Ending March 22, 2024 | 11 weeks

This engaging course will introduce you to the fascinating world of dice games. Our staff will guide you through the essential strategies, tips and tactics to improve your gameplay. We will explore the social aspect of dice games. This class offers something for everyone. Join us for this interactive experience.



THE EAST MALL

65 THE EAST MALL

SATURDAY

City Slicker Saturdays

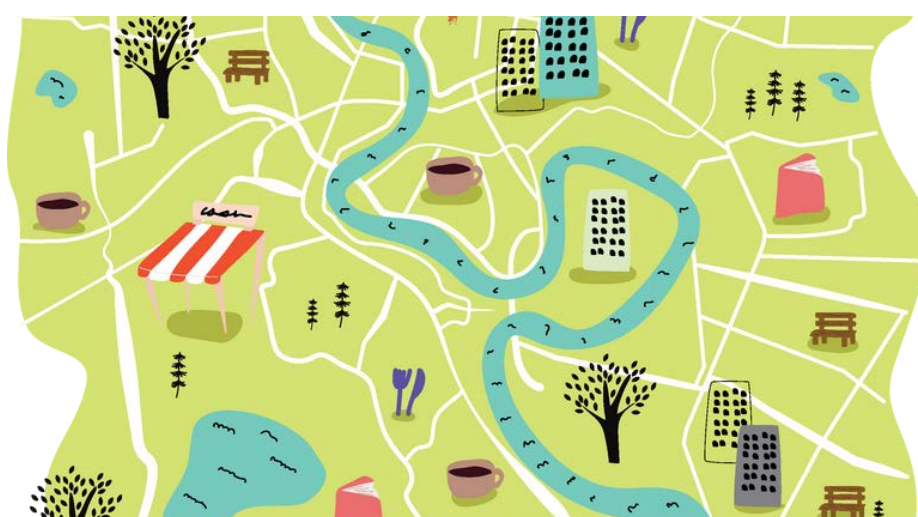
Saturdays | 10:30AM - 3:30PM

Barcode: 26646

Starting: January 13th-Ending March 23, 2024 | 10 weeks

Note: No Saturday session on Family Day weekend Feb. 17, 2024

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 neighbors. You must be able to keep up with your peers. Also, outings are Weather Permitting. Please dress appropriately for the weather (i.e., warm jacket, boots, hat, gloves, etc...)



MONDAY

Life Vibes - Active Lifestyle

Mondays | 9:30AM - 2:30PM

Barcode: 26672

Starting: January 8th-Ending March 25, 2024 | 11 weeks
(Please note: no programs on Statutory Holidays)

Join us in moving and grooving to the sweet, sweet vibes of Zumba beats while getting some unnoticed exercise at the same time! This program will focus on exercise and dance in order to encourage a healthy active lifestyle.



Dancing with the Stars

Mondays | 2:00PM - 5:00PM

Barcode: 26673

Starting: January 8th-Ending March 25, 2024 | 11 weeks
(Please note: no programs on Statutory Holidays)

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 dancer out. Dance your heart out and mingle with old and new friends alike. Let the good times roll and let's have fun!



TUESDAY

Life Vibes: Body & Mind

Tuesdays | 9:30AM - 2:30PM

Barcode: 26674

Starting: January 9th-Ending March 26, 2024 | 12 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, stress-free setting where you can unwind, be mindful of the moment, and go to your happy place. We will be using Mindfulness, Meditation and Yoga to achieve a state of relaxation and mental clarity. We will also be adding elements of Art to continue to round out our day in a stress-free and relaxing environment.



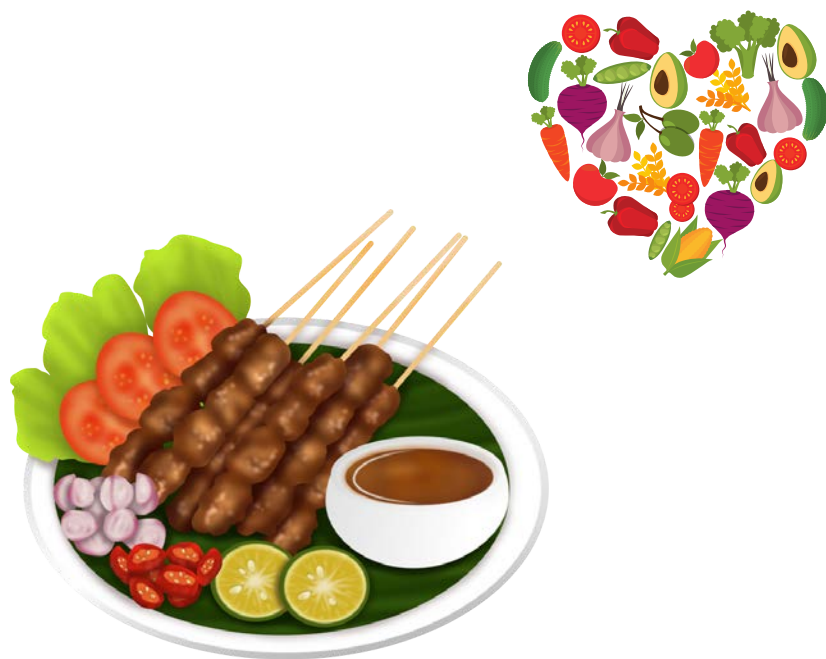
Foodies Social Club

Tuesdays | 2:00PM - 5:00PM

Barcode: 26675

Starting: January 9th-Ending March 26, 2024 | 12 weeks

Nothing brings people together more than food. Come join us for the Foodies Social Club where we will reconnect with old friends and make new ones over food and drinks!



WEDNESDAY

Life Vibes - Creativity & Mental Health

Wednesdays | 9:30AM - 2:30PM

Barcode: 26676

Starting: January 10th-Ending March 27, 2024 | 12 weeks

Come explore your creative side while focusing on your mental health through Art. This activity will focus on the therapeutic side of Art in order to encourage better mental health through artistic expression.



THURSDAY

Life Vibes: Exercise and Nutrition

Thursdays | 9:30AM - 2:30PM

Barcode: 26677

Starting: January 11th-Ending March 28, 2024 | 11 weeks



Come join us at the Life Vibes: Exercise & Nutrition program where we can enjoy a wide range of activities focused on exercise and nutrition. We will be cooking once a month while being guided by a certified health and exercise professional when doing physical activities. We will also be discussing topics of building a healthy and balanced lifestyle.

Gamerz Paradise

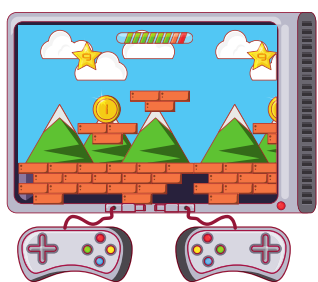
Thursdays | 2:00PM - 5:00PM

Barcode: 26678

Starting: January 11th-Ending March 28, 2024 | 11 weeks



Come join us for some games, snacks, prizes, and social time. Gamerz Paradise aims to have a low-key vibe with a variety of board games, video games, and general games at your disposal. Come on down and have a fun time with old and new friends. Beat them at a game of 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.



Club 102

Thursdays | 5:00PM - 8:00PM

Barcode: 26679

Starting: January 11th-Ending March 28, 2024 | 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 mocktail menu, snacks, and themed music nights. Hang out where all the action is! Club 102! See you there!



FRIDAY

Life Vibes: Music and Rhythm

Fridays | 9:30AM - 2:30PM

Barcode: 26680

Starting: January 12th-Ending March 22, 2024 | 11 weeks

We welcome you to join our special music activity where we will be singing to live music, while also having a chance to request your favourite songs be played — all in a friendly group setting. We will also be rounding the activity off with karaoke as an added bonus.



Canadian Idol

Fridays | 2:00PM - 5:00PM

Barcode: 26681

Starting: January 12th-Ending March 22, 2024 | 11 weeks

Want to sing like Shania Twain, Michael Bublé or The Weeknd? Come join us where we will be singing, doing karaoke and Competing with the Canadian Idols!

