



community  
junction

# VIRTUAL WINTER SESSION 2024

JANUARY 8TH TO MARCH 21ST , 2024

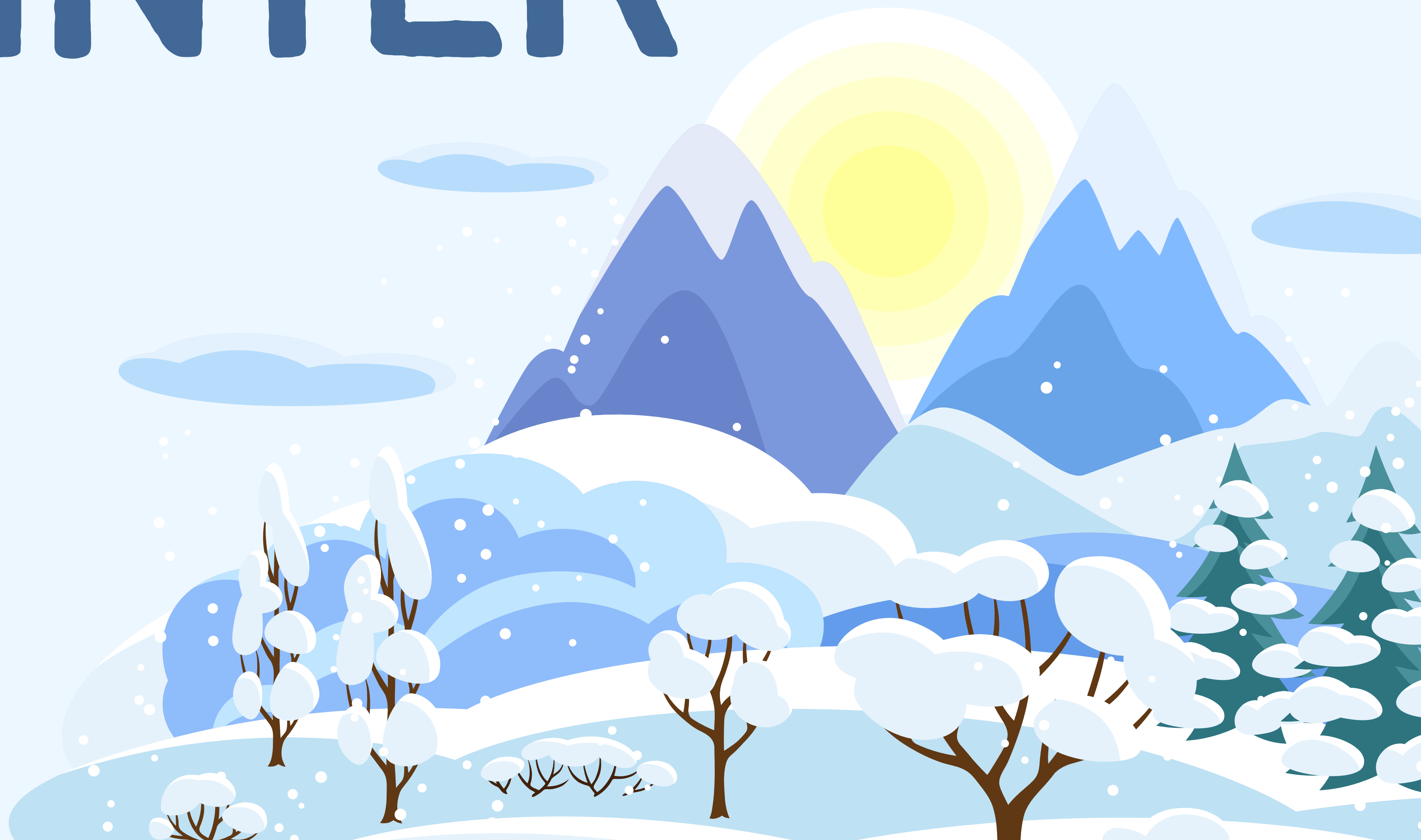
Register at

[MyCommunityHub](#) – [MyCommunityHub](#)

**\*Please note there will  
be no classes on Monday  
February 19th, 2024**



HELLO  
WINTER







**You can now use MyCommunityHub to  
SEARCH, REGISTER and PAY for your favourite  
Community Junction classes, ONLINE!  
If you don't have access to a computer, you can still  
contact us and register over the phone.**

**To get started please visit:  
[www.mycommunityhub.ca](http://www.mycommunityhub.ca) and enter your service  
number, class title or Community Junction in the  
search bar. Still have questions? Feel free to contact  
us for help navigating MyCommunityHub. See  
contact information below.**

**MyCommunityHub – MyCommunityHub**

**2934 Dundas street west  
Toronto, Ontario  
M6P1Y8  
[communityjunction@cltoronto.ca](mailto:communityjunction@cltoronto.ca)**





# Community Junction's Virtual Programming

## Monday

### 25648 - YOGA

10:30 am - 11:30 am

Join Paul Murali in guided morning relaxation and meditation exercises alongside gentle warmup movements. Practicing Yoga regularly will promote good health in the body and a well-balanced mind. **\$90**

### 25646- MUSIC JAM

1:30 pm - 2:30 pm

Join Andre Tellier in our Virtual Music Jam! Together we will explore popular songs, old favorites, and standards! Rocking out to our all-time favorites in a group setting! **\$130**

## Tuesday

### 25649- ZUMBA

10:30 am - 11:30 am

Join Tammy Gunn in our Virtual Zumba class! Work up a sweat from the comfort of your home as Tammy dives into the wonders of up-beat Latin Music and teaches students step-by-step! **\$121**

### 25647- STRETCH & TONE

12:30 pm - 1:30 pm

Join Tammy Gunn in stretching out your body. In this class, we will do standing stretches along with chair and mat work. This class moves at a slower pace and will involve working and strengthening your core. **\$121**

## Wednesday

### 25650- BINGO HALL

11 am - 12Pm

Join Junction Staff in our Thursday morning Bingo Hall! Bring your snack of choice and your good luck charm! The hour will be filled with chats, bingo, and lots of laughter. A prize will be given to first place each week! \*In an effort to play fair, if a winner has won a previous game (this session), the prize will be given to the runner up\* **\$11**

## Thursday

### 26592 - ACOUSTIC

### KITCHEN PARTY

1:30 pm - 2:30 pm

Come and enjoy acoustic music singalong! No experience necessary. Acoustic instruments, guitar, hand Drums, maracas , percussion and especially everyone singing. A chance for you to express yourself in a laid-back mellow musical setting. **\$143**



community  
junction

# VIRTUAL WINTER SESSION 2024

JANUARY 8TH TO MARCH 21ST , 2024

Register at

[MyCommunityHub](#) - [MyCommunityHub](#)

\*Please note there will  
be no classes on Monday  
February 19th, 2024

COMMUNITY LIVING  
Toronto



75  
years of  
belonging



United Way  
Greater Toronto

CONTACT: JENNIFER NICOLUCCI  
JENNIFER.NICOLUCCI@CLTORONTO.CA  
647-338-3010  
2934 DUNDAS STREET WEST  
TORONTO, ONTARIO  
M6P1Y8