



community
junction



WINTER 2024

January 8th to March 22nd,
2024

Registration OPENS December 6th,
2023

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 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

MONDAY

#25636-WINTER DELIGHTS- COOKING CLASS- 10-1PM

\$450 - Instructor: CJ Staff

Indulge in the flavors of the season with our Winter Cooking Class. Learn to craft comforting dishes that capture the essence of winter warmth. From hearty stews to aromatic roasts, elevate your winter cuisine. Join us for a delightful journey of culinary creativity, where each dish is a celebration of the season's bountiful ingredients. Enjoy the completed meal together for lunch!

#25641 - MUSIC JAM - 1:30P.M. - 2:30P.M.

\$290 - Instructor: Andre Tellier

The Music Jam is your chance to relax, enjoy and express yourself in a social group setting. Individuals are encouraged to express themselves through singing, percussion and social dancing. We will be singing popular songs, old favorites and standards. No previous musical experience is required. Weekly sessions include an open discussion on music and current events, song suggestions.

#25644 - YOGA - 3 PM -4 P.M

\$ 210- Instructor: Dhanraj Sao

Yoga for beginners focuses on basic poses, breathing techniques and relaxation. It's great for building flexibility and reducing stress.

TUESDAY

#25645 - ZUMBA - 10:30 A.M. - 11:30A.M.

\$283 - Instructor: Tammy Gunn

Have fun learning how to put moves to music! With her passion for Latin cardio dance music, Tammy incorporates in not only learning new moves but putting you, the student, in the driver's seat to create choreography to some of your favorite songs. This class supports student in mastering dance steps, teaches how to create steps to songs, develops counting skills to music and builds confidence while promoting teamwork! By the end of these sessions, you will feel confident in taking your new moves and music out to any event where music is played!

#25643- STRETCH AND TONE 2.0 - 12:30 P.M. - 1:30 P.M.

\$283- Instructor: Tammy Gunn

It is important to learn the proper ways to stretch out your body and feel good all over. In this class we will do standing stretches along with chair, light weights and mat work. This class moves at a slower pace and will involve working and strengthening your core. Our hope is you will leave each class feeling rejuvenated and strong.

#25640 - LET'S GET CREATIVE - 1:30 P.M. - 3P.M.

\$287 - Instructor: Yona Reznick

Join art therapist Yona Reznick in Let's Get Creative Art Therapy this fall! We will learn about the elements and principles of art while studying many different styles of art! We will experiment with various art materials and create amazing works of art, all while having fun along the way! No art experience is necessary.

WEDNESDAY

#25638 - PILATES- 10:30 A.M. - 11:30A.M.

\$255 - Instructor: Tammy Gunn

Start your fitness journey with Beginner Pilates – focus on core strength and flexibility. No experience required, just bring enthusiasm.

**#25639 - NATURAL SKIN AND BODY PRODUCTS -
12:30 P.M. - 1:30 P.M.**

\$ 382- Instructor: Stacie Bertacco

In this class we will learn how to melt, mix, and design body products that are suitable for our everyday needs. We will be using all natural ingredients (shea butter, beeswax, olive oil, etc) to make moisturizers, lip balms, body scrubs, deodorants, and more. We will also decorate the jars and containers and each student will be able to take home their hand made products or give them as gifts. No prior knowledge required – just a passion for self-care and all things natural.

#25642 - WINTER CRAFTS- 2 P.M. - 3:30 P.M.

\$ 334- Instructor: Stacie Bertacco

We will work with the colours and themes of the season to create mixed media style crafts for around the home and to give as gifts. From winter crafts, to Valentines decorations, card making, and holiday arrangements; we will be using various materials and artistic techniques for a fun and creative class.

THURSDAY

#25637- BAKING DELIGHTS- 10 A.M. - 1P.M.

\$494 - Instructor: CJ Staff

Join our Winter Baking Class and discover the joy of creating delicious treats that warm the soul. From festive cookies to cozy pies, our instructors will guide you through the art of winter-inspired baking. Embrace the season with delightful aromas and scrumptious flavours. No experience necessary – just a passion for sweet moments!

#25633 - ACOUSTIC KITCHEN PARTY -

1:30 P.M. - 2:30 P.M.

\$ 280- Instructor: Andre Tellier

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.

#25634 - MOVIE AND KARAOKE NIGHT-

6 P.M. - 8 P.M.

\$200- CJ Staff

Join us for an evening of a movie or karaoke! We will bring the magic of the silver screen to life. Whether we are singing or enjoying a movie... the savoring aroma of freshly popped popcorn awaits!!! Our cozy setup, complete with comfy seating and dimmed lights, creates the perfect ambiance for a memorable movie night or a karaoke performance.

FRIDAY

#25635- CITY ADVENTURES: DISCOVERING TORONTO -

10 A.M. - 4:00 P.M.

\$ 566- Instructor: Community Junction Staff

Discover the magic of our city during the Fall season. Our group will be checking out some of Toronto's famous landmarks! Experience the museums, festivals, attractions, neighborhoods and cultural landmarks that make our city so diverse and exciting!

***Please plan to arrive at Community Junction between 9:30 A.M. and 9:45 A.M. so that we can leave at 10 Am sharp!**
Please dress appropriately for the cold weather, warm water proof boots are also important as there will be a lot of walking during this program.

TTC Fare Provided.

Special Events

#27122

Pride and Prejudice*
(*sort of)CAA Theatre
Jan 13, 2024
2pm

Cost : \$135
Meet at 2934 Dundas
St W at 12:30pm
Pick-up at 5:30pm

#27111

Marlies Hockey Game
February 10, 2024
7pm

Cost : \$105 (Front row
seats)
Meet at 2934 Dundas
St W 5:30pm
Pick-up at 10pm

#27153

Kortright Sugar
Bush- Maple Syrup
Winter Hike

Cost: \$40

Meet at 2934 Dundas
St W 9:30pm
Pick-up at 3pm

Please note this is a
hike with uneven
grounds and hill
terrain.



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United Way
Greater Toronto

COMMUNITY LIVING
Toronto

75
years of
belonging.

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