

The Experience Guide

Community Participation Supports

Spring Edition



Registration Begins:

March 6, 2024

for Funded Community & CLTO Supported Living



Welcome to
Community Participation Supports (CPS)
The Experience Guide
Spring Edition

**Registration for Funded Community & CLTO Supported Living*:
March 6, 2024**

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

***Eligibility for current programming in ministry funded Community Participation Supports (CPS) spots has been predetermined by Developmental Services Ontario.**

CLTO offers ministry funded, Supported Living, Community Based and Fee for Service Community Participation Supports.

A ministry funded spot includes the following groups:

- Previously held a funded spot in former 'day programs' (ADP, SWACA, ETS, Gooderham) **and** any of the following:
 - Lives with family/caregivers, Supported Independent Living, ISP, External (non-CLTO) Group homes and CLTO Supported Living
 - CLTO Supported Living - must be accompanied by appropriate support ratio of CLTO Supported Living Staff
 - Previous Youth 2 Work and Community First SWACA individuals (can choose packages up to 6 hours per week)

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 March 6, 2024 - 10:00 AM - 4:00 PM

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

More Information

A Spring session informational video covering updates to Community Participation Supports, the registration process, and package options will be recorded and posted on cltoronto.ca by March 1st, 2024.

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FINCH

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THE EAST MALL

65 The East Mall

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ADVANCE

102 Advance Road

MONDAY

Monday Circuit

Mondays | 9:00AM - 2:00PM

Barcode: 28431

Starting: April 8th, 2024 | Ending: June 24th, 2024 | 11 weeks

(Please note: no programs on Statutory Holidays)

Come join us for a variety of activities including: Yoga, sports games, table top sport games, dancing, and exercising. Will include on site and in community participation.



Sensory Magic

Mondays | 9:00AM - 2:00PM

Barcode: 28440

Starting: April 8th, 2024 | Ending: June 24th, 2024 | 11 weeks

(Please note: no programs on Statutory Holidays)

Do you like the feel of sand in your hands or soft nature sounds? Join us as we explore our senses in a variety of ways including: using the Sensory room, Mobii projector, through music, movement and so much more!



MONDAY

Monday Circuit

Mondays | 9:00AM - 12:00PM

Barcode: 28430

Starting: April 8th, 2024 | Ending: June 24th, 2024 | 11 weeks

(Please note: no programs on Statutory Holidays)

Come join us for a variety of activities including: Yoga, sports games, table top sport games, dancing, and exercising. Could include on site and in community participation.



Sensory Magic

Mondays | 9:00AM - 12:00PM

Barcode: 28441

Starting: April 8th, 2024 | Ending: June 24th, 2024 | 11 weeks

(Please note: no programs on Statutory Holidays)

Do you like the feel of sand in your hands or soft nature sounds? Join us as we explore our senses in a variety of ways including: using the Sensory room, Mobii projector, through music, movement and so much more!



Flour Power

Mondays | 9:00AM - 12:00PM

Barcode: 28444

Starting: April 8th, 2024 | Ending: June 24th, 2024 | 11 weeks

(Please note: no programs on Statutory Holidays)

Join us to make easy dessert recipes. At the end of the program you will receive a copy of the recipes you prepared. Ensure to let us know your dietary restrictions or any cultural considerations.



MONDAY

Technology Mondays

Mondays | 11:00AM - 4:00PM

Barcode: 28459

Starting: April 8th, 2024 | Ending: June 24th, 2024 | 11 weeks
(Please note: no programs on Statutory Holidays)

Would you like to learn how to use technology? Come join us as we start to explore how to use tablets, Mobii projector, and access preferred online resources.



Crafters Corner

Mondays | 11:00AM - 4:00PM

Barcode: 28451

Starting: April 8th, 2024 | Ending: June 24th, 2024 | 11 weeks
(Please note: no programs on Statutory Holidays)

Join us for a variety of craft activities while connecting with new and old friends. Enjoy creating seasonal crafts, painting and more!



Exploring Music

Mondays | 11:00AM - 4:00PM

Barcode: 28467

Starting: April 8th, 2024 | Ending: June 24th, 2024 | 11 weeks
(Please note: no programs on Statutory Holidays)

Miss hearing your favourite song by the campfire? Come connect with your passion for music as we explore music together using instruments, singing voices and listening to other artists.



MONDAY

Grocery Shopping

Mondays | 1:00PM - 4:00PM

Barcode: 28446

Starting: April 8th, 2024 | Ending: June 24th, 2024 | 11 weeks

(Please note: no programs on Statutory Holidays)

Do you like making lists, checking flyers for sales and grocery shopping? If so, this is a great opportunity to get into the community and shop for program supplies with support.



Crafters Corner

Mondays | 1:00PM - 4:00PM

Barcode: 28450

Starting: April 8th, 2024 | Ending: June 24th, 2024 | 11 weeks

(Please note: no programs on Statutory Holidays)

Join us for a variety of craft activities while connecting with new and old friends. Enjoy creating seasonal crafts, painting and more!



Exploring Music

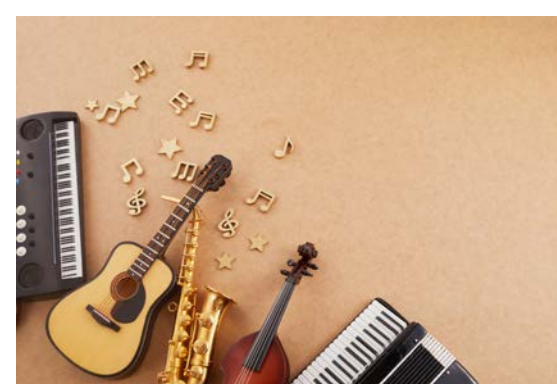
Mondays | 1:00PM - 4:00PM

Barcode: 28466

Starting: April 8th, 2024 | Ending: June 24th, 2024 | 11 weeks

(Please note: no programs on Statutory Holidays)

Miss hearing your favourite song by the campfire? Come connect with your passion for music as we explore music together using instruments, singing voices and listening to other artists.



TUESDAY

Tuesday Circuit

Tuesdays | 9:00AM - 2:00PM

Barcode: 28432

Starting: April 9th, 2024 | Ending: June 25th, 2024 | 12 weeks

Come join us for a variety of activities including: Yoga, sports games, table top sport games, dancing, and exercising. Could include on site and in community participation.



Science Centred

Tuesdays | 9:00AM - 2:00PM

Barcode: 28469

Starting: April 9th, 2024 | Ending: June 25th, 2024 | 12 weeks

Do you like creating things or learning how things work? Join us as we explore and learn Science together.



Kitchen Creations

Tuesdays | 9:00AM - 2:00PM

Barcode: 28447

Starting: April 9th, 2024 | Ending: June 25th, 2024 | 12 weeks

Cooking for beginners. You will help decide what recipes you want to make, create a grocery list, prepare, cook and enjoy a meal with your peers. We will also learn how to set a table, basic etiquette and cleaning up. Please let us know your dietary restrictions or cultural considerations.



TUESDAY

Tuesday Circuit

Tuesdays | 9:00AM - 12:00PM

Barcode: 28438

Starting: April 9th, 2024 | Ending: June 25th, 2024 | 12 weeks

Come join us for a variety of activities, such as: Yoga, Zumba, sports games, table top games, dancing, and exercising. Could include on site and in community participation.



Science Centred

Tuesdays | 9:00AM - 12:00PM

Barcode: 28468

Starting: April 9th, 2024 | Ending: June 25th, 2024 | 12 weeks

Do you like creating things or learning how things work? Join us as we explore and learn Science together.



TUESDAY

Technology Tuesday

Tuesdays | 11:00AM - 4:00PM

Barcode: 28463

Starting: April 9th, 2024 | Ending: June 25th, 2024 | 12 weeks

Would you like to learn how to use technology? Come join us as we start to explore how to use tablets, Mobii projector, and access preferred online resources.



Bingo & Bowling

Tuesdays | 11:00AM - 4:00PM

Barcode: 28477

Starting: April 9th, 2024 | Ending: June 25th, 2024 | 12 weeks

Are you ready to call out BINGO and bowl some STRIKES? Come join your peers for a fun and engaging time together!



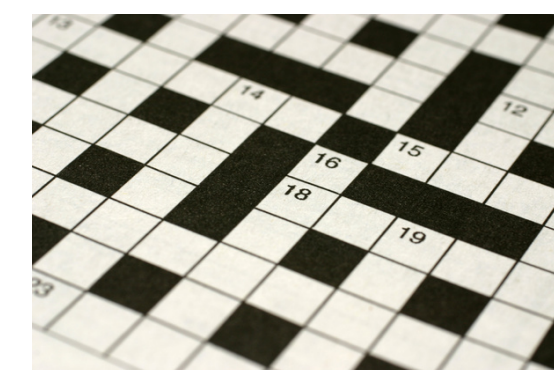
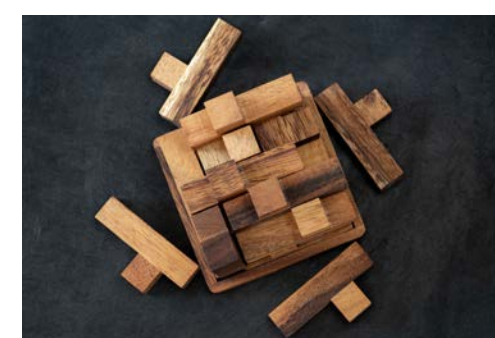
Brain Teasers

Tuesdays | 11:00AM - 4:00PM

Barcode: 28470

Starting: April 9th, 2024 | Ending: June 25th, 2024 | 12 weeks

Are you interested in puzzles, brain teasers, circle word search or crosswords? Join us as we engage our brain in a variety of fun and interactive ways together.



TUESDAY

Technology Tuesday

Tuesdays | 1:00PM - 4:00PM

Barcode: 28462

Starting: April 9th, 2024 | Ending: June 25th, 2024 | 12 weeks

Would you like to learn how to use technology? Come join us as we start to explore how to use tablets, Mobii projector, and access preferred online resources.



Bingo & Bowling

Tuesdays | 1:00PM - 4:00PM

Barcode: 28476

Starting: April 9th, 2024 | Ending: June 25th, 2024 | 12 weeks

Are you ready to call out BINGO and bowl some STRIKES? Come join your peers for a fun and engaging time together!



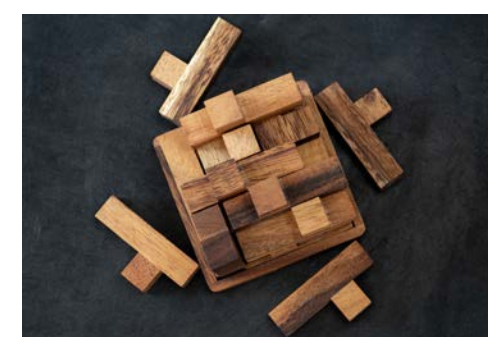
Brain Teasers

Tuesdays | 1:00PM - 4:00PM

Barcode: 28471

Starting: April 9th, 2024 | Ending: June 25th, 2024 | 12 weeks

Are you interested in puzzles, brain teasers, circle word search or crosswords? Join us as we engage our brain in a variety of fun and interactive ways together.



WEDNESDAY

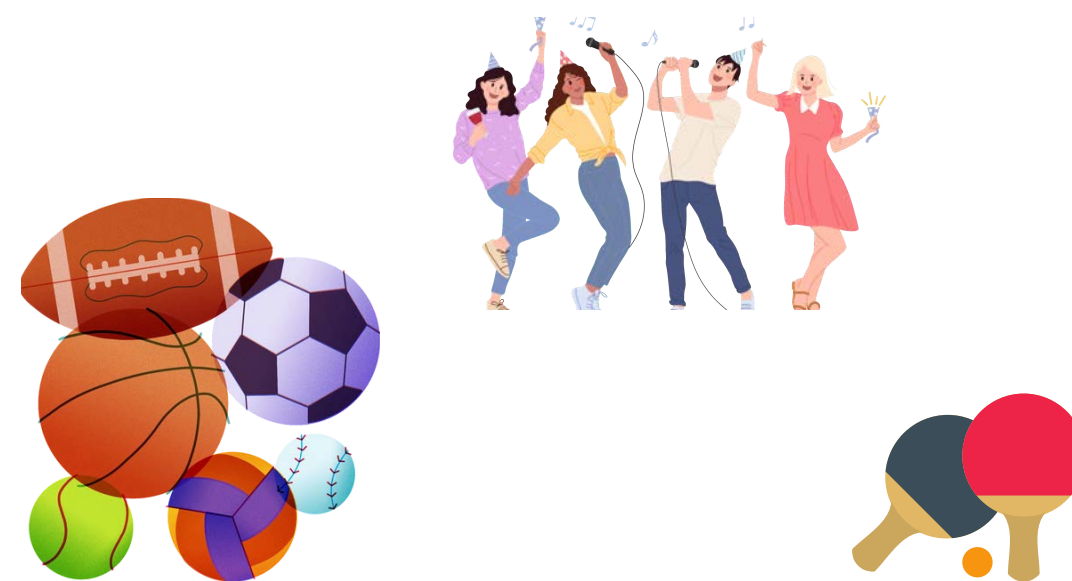
Wednesday Circuit

Wednesdays | 9:00AM - 2:00PM

Barcode: 28433

Starting: April 10th, 2024 | Ending: June 26th, 2024 | 12 weeks

Come join us for a variety of activities including: Yoga, sports games, table top sport games, dancing, and exercising. Could include on site and in community participation.



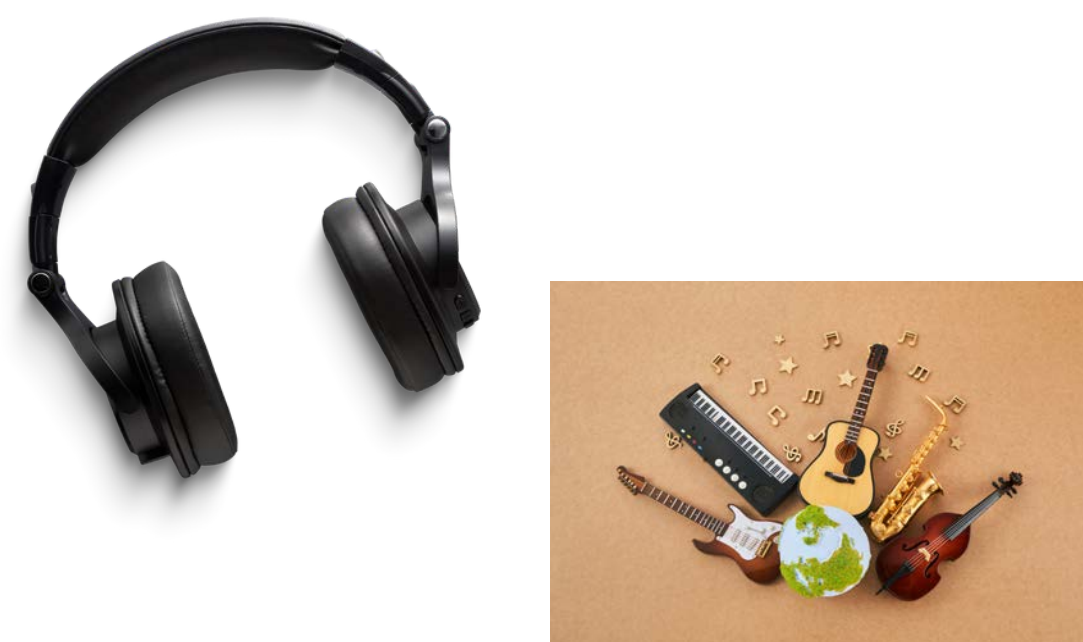
Exploring Music

Wednesdays | 9:00AM - 2:00PM

Barcode: 28473

Starting: April 10th, 2024 | Ending: June 26th, 2024 | 12 weeks

Miss hearing your favourite song by the campfire? Come connect with your passion for music as we explore music together using instruments, singing voices and listening to other artists.



Kitchen Creations

Wednesdays | 9:00AM - 2:00PM

Barcode: 28448

Starting: April 10th, 2024 | Ending: June 26th, 2024 | 12 weeks

Cooking for beginners. You will help decide what recipes you want to make, create a grocery list, prepare, cook and enjoy a meal with your peers. We will also learn how to set a table, basic etiquette and cleaning up. Please let us know your dietary restrictions or cultural considerations.



WEDNESDAY

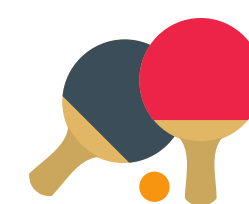
Wednesday Circuit

Wednesdays | 9:00AM - 12:00PM

Barcode: 28439

Starting: April 10th, 2024 | Ending: June 26th, 2024 | 12 weeks

Come join us for a variety of activities including: Yoga, sports games, table top sport games, dancing, and exercising. Could include on site and in community participation.



Exploring Music

Wednesdays | 9:00AM - 12:00PM

Barcode: 28472

Starting: April 10th, 2024 | Ending: June 26th, 2024 | 12 weeks

Miss hearing your favourite song by the campfire? Come connect with your passion for music as we explore music together using instruments, singing voices and listening to other artists.



WEDNESDAY

Introduction to Literacy

Wednesdays | 11:00AM - 4:00PM

Barcode: 28485

Starting: April 10th, 2024 | Ending: June 26th, 2024 | 12 weeks

Are you interested in literacy and the power of reading? Join us for an introduction into Literacy and basic reading for Adults.



Bingo & Bowling

Wednesdays | 11:00AM - 4:00PM

Barcode: 28479

Starting: April 10th, 2024 | Ending: June 26th, 2024 | 12 weeks

Are you ready to call out BINGO and bowl some STRIKES? Come join your peers for a fun and engaging time together!



Sensory Magic

Wednesdays | 11:00AM - 4:00PM

Barcode: 28443

Starting: April 10th, 2024 | Ending: June 26th, 2024 | 12 weeks

Do like the feel of sand in your hands or soft nature sounds? Join us as we explore our senses in a variety of ways including: using the Sensory room, Mobii projector, through music, movement and so much more!



WEDNESDAY

Introduction to Literacy

Wednesdays | 1:00PM - 4:00PM

Barcode: 28484

Starting: April 10th, 2024 | Ending: June 26th, 2024 | 12 weeks

Are you interested in literacy and the power of reading? Join us for an introduction into Literacy and basic reading for Adults.



Bingo & Bowling

Wednesdays | 1:00PM - 4:00PM

Barcode: 28478

Starting: April 10th, 2024 | Ending: June 26th, 2024 | 12 weeks

Are you ready to call out BINGO and bowl some STRIKES? Come join your peers for a fun and engaging time together!



Sensory Magic

Wednesdays | 1:00PM - 4:00PM

Barcode: 28442

Starting: April 10th, 2024 | Ending: June 26th, 2024 | 12 weeks

Do like the feel of sand in your hands or soft nature sounds? Join us as we explore our senses in a variety of ways including: using the Sensory room, Mobii projector, through music, movement and so much more!



THURSDAY

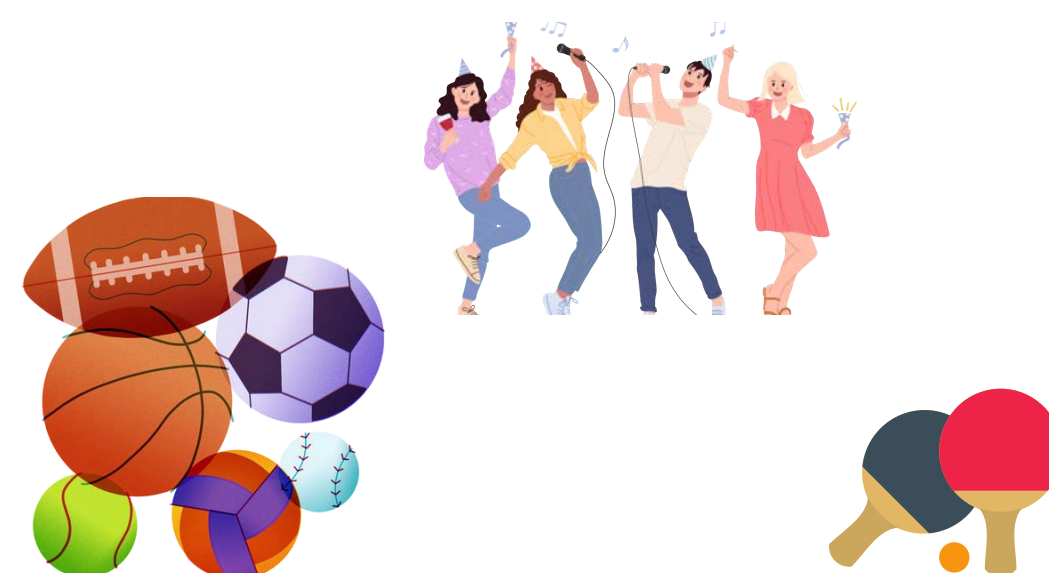
Thursday Circuit

Thursdays | 9:00AM - 2:00PM

Barcode: 28434

Starting: April 11th, 2024 | Ending: June 27th, 2024 | 12 weeks

Come join us for a variety of activities including: Yoga, sports games, table top sport games, dancing, and exercising. Could include on site and in community participation.



Kitchen Creations

Thursdays | 9:00AM - 2:00PM

Barcode: 28449

Starting: April 11th, 2024 | Ending: June 27th, 2024 | 12 weeks

Cooking for beginners. You will help decide what recipes you want to make, create a grocery list, prepare, cook and enjoy a meal with your peers. We will also learn how to set a table, basic etiquette and cleaning up. Please let us know your dietary restrictions or cultural considerations.



Crafter's Corner

Thursdays | 9:00AM - 2:00PM

Barcode: 28453

Starting: April 11th, 2024 | Ending: June 27th, 2024 | 12 weeks

Join us for a variety of craft activities while connecting with new and old friends. Enjoy creating seasonal crafts, painting and more!



THURSDAY

Thursday Circuit

Thursdays | 9:00AM - 12:00PM

Barcode: 28436

Starting: April 11th, 2024 | Ending: June 27th, 2024 | 12 weeks

Come join us for a variety of activities including: Yoga, sports games, table top sport games, dancing, and exercising. Could include on site and in community participation.



Crafter's Corner

Thursdays | 9:00AM - 12:00PM

Barcode: 28452

Starting: April 11th, 2024 | Ending: June 27th, 2024 | 12 weeks

Join us for a variety of craft activities while connecting with new and old friends. Enjoy creating seasonal crafts, painting and more!



THURSDAY

Technology Thursdays

Thursdays | 11:00AM - 4:00PM

Barcode: 28465

Starting: April 11th, 2024 | Ending: June 27th, 2024 | 12 weeks

Would you like to learn how to use technology? Come join us as we start to explore how to use tablets, Mobii projector, and access preferred online resources.



Bingo & Bowling

Thursdays | 11:00AM - 4:00PM

Barcode: 28481

Starting: April 11th, 2024 | Ending: June 27th, 2024 | 12 weeks

Are you ready to call out BINGO and bowl some STRIKES? Come join your peers for a fun and engaging time together!



Brain Teasers

Thursdays | 11:00AM - 4:00PM

Barcode: 28475

Starting: April 11th, 2024 | Ending: June 27th, 2024 | 12 weeks

Are you interested in puzzles, brain teasers, circle word search or crosswords? Join us as we engage our brain in a variety of fun and interactive ways together.



THURSDAY

Technology Thursdays

Thursdays | 1:00PM - 4:00PM

Barcode: 28464

Starting: April 11th, 2024 | Ending: June 27th, 2024 | 12 weeks

Would you like to learn how to use technology? Come join us as we start to explore how to use tablets, Mobii projector, and access preferred online resources.



Bingo & Bowling

Thursdays | 1:00PM - 4:00PM

Barcode: 28480

Starting: April 11th, 2024 | Ending: June 27th, 2024 | 12 weeks

Are you ready to call out BINGO and bowl some STRIKES? Come join your peers for a fun and engaging time together!



Brain Teasers

Thursdays | 1:00PM - 4:00PM

Barcode: 28474

Starting: April 11th, 2024 | Ending: June 27th, 2024 | 12 weeks

Are you interested in puzzles, brain teasers, circle word search or crosswords? Join us as we engage our brain in a variety of fun and interactive ways together.



FRIDAY

Friday Circuit

Fridays | 9:00AM - 2:00PM

Barcode: 28435

Starting: April 12th, 2024 | Ending: June 28th, 2024 | 12 weeks

Come join us for a variety of activities including: Yoga, sports games, table top sport games, dancing, and exercising. Could include on site and in community participation.



Cards & Board Games

Fridays | 9:00AM - 2:00PM

Barcode: 28488

Starting: April 12th, 2024 | Ending: June 28th, 2024 | 12 weeks

Let's have some fun as we play a variety of card and board games together. Card sharks are welcome!



Flour Power

Fridays | 9:00AM - 2:00PM

Barcode: 28445

Starting: April 12th, 2024 | Ending: June 28th, 2024 | 12 weeks

Join us to make easy dessert recipes. At the end of the program you will receive a copy of the recipes you prepared. Ensure to let us know your dietary restrictions or any cultural considerations.



FRIDAY

Friday Circuit

Fridays | 9:00AM - 12:00PM

Barcode: 28437

Starting: April 12th, 2024 | Ending: June 28th, 2024 | 12 weeks

Come join us for a variety of activities including: Yoga, sports games, table top sport games, dancing, and exercising. Could include on site and in community participation.



Cards & Board Games

Fridays | 9:00AM - 12:00PM

Barcode: 28486

Starting: April 12th, 2024 | Ending: June 28th, 2024 | 12 weeks

Let's have some fun as we play a variety of card and board games together. Card sharks are welcome!



FRIDAY

Bingo & Bowling

Fridays | 11:00AM - 4:00PM

Barcode: 28483

Starting: April 12th, 2024 | Ending: June 28th, 2024 | 12 weeks

Are you ready to call out BINGO and bowl some STRIKES? Come join your peers for a fun and engaging time together!



Spa Day

Fridays | 11:00AM - 4:00PM

Barcode: 28491

Starting: April 12th, 2024 | Ending: June 28th, 2024 | 12 weeks

Do you like relaxing, listening to calming music and having your nails decorated? Join us for a great spa day experience!



Bingo & Bowling

Fridays | 1:00PM - 4:00PM

Barcode: 28482

Starting: April 12th, 2024 | Ending: June 28th, 2024 | 12 weeks

Are you ready to call out BINGO and bowl some STRIKES? Come join your peers for a fun and engaging time together!



Spa Day

Fridays | 1:00PM - 4:00PM

Barcode: 28490

Starting: April 12th, 2024 | Ending: June 28th, 2024 | 12 weeks

Do you like relaxing, listening to calming music and having your nails decorated? Join us for a great spa day experience!



FRIDAY

Fairfax Fridays!

Fridays | 6:00PM - 9:00PM

Barcode: 28493

Starting: April 12th, 2024 | Ending: June 28th, 2024 | 12 weeks

Join us for a fun evening at Fairfax. We will dance, laugh, socialize and explore a variety of games/activities together. This group will also have the opportunity to join THE MIX event!



MONDAY

Sugar & Spice Baking Club

Mondays | 9:30AM - 12:30PM

Barcode: 28339

Starting: April 8th, 2024 | Ending: June 24th, 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. At the end of the program you will receive a copy of the recipes you have prepared. Please ensure to share your dietary or cultural considerations.



Monday Fostering Connections

Mondays | 9:30AM - 2:30PM

Barcode: 28337

Starting: April 8th, 2024 | Ending: June 24th, 2024 | 11 weeks

(Please note: no programs on Statutory Holidays)

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



TUESDAY

Main Music Connection

Tuesdays | 9:30AM - 12:30PM

Barcode: 28357

Starting: April 9th, 2024 | Ending: June 25th, 2024 | 12 weeks

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



Tuesday Fostering Connections

Tuesdays | 9:30AM - 2:30PM

Barcode: 28354

Starting: April 9th, 2024 | Ending: June 25th, 2024 | 12 weeks

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



Karaoke & Dance

Tuesdays | 1:00PM - 4:00PM

Barcode: 28360

Starting: April 9th, 2024 | Ending: June 25th, 2024 | 12 weeks

Come join us for some karaoke, choose your favourite songs and sing with your friends.



WEDNESDAY

Fostering Your Cuisine

Wednesdays | 9:30AM - 12:30PM

Barcode: 28362

Starting: April 10th, 2024 | Ending: June 26th, 2024 | 12 weeks

Cooking for beginners. Join us to make and bake delicious new recipes. At the end of the program you will receive a copy of the recipes you prepared. Please ensure to share your dietary or cultural considerations.



Wednesday Fostering Connections

Wednesdays | 9:30AM - 2:30PM

Barcode: 28361

Starting: April 10th, 2024 | Ending: June 26th, 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.



Canvas Painting & Seasonal Arts and Crafts

Wednesdays | 1:00PM - 4:00PM

Barcode: 28552

Starting: April 10th, 2024 | Ending: June 26th, 2024 | 12 weeks

Come join us for canvas painting lead by an online instructor through Paintnite.com. We will do seasonal arts and crafts that reflect our community and environment.



THURSDAY

Baking 1, 2, 3

Thursdays | 9:30AM - 12:30PM

Barcode: 28365

Starting: April 11th, 2024 | Ending: June 27th, 2024 | 12 weeks

Join us to make easy dessert recipes. Only 3 ingredients or less stands between you and these delicious treats. At the end of the program you will receive a copy of the recipes you prepared. Ensure to let us know your dietary restrictions or any cultural considerations.



Thursday Fostering Connections

Thursdays | 9:30AM - 2:30PM

Barcode: 28364

Starting: April 11th, 2024 | Ending: June 27th, 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 and competitive activities. Activities will be center based and out in the community. We will use TTC and walk for a minimum of 20 minutes. Please remember to dress for the weather and have comfortable shoes.



Modern Day Tea

Thursdays | 1:00PM - 4:00PM

Barcode: 28363

Starting: April 11th, 2024 | Ending: June 27th, 2024 | 12 weeks

Come and join your friends for modern day tea social. You will enjoy coffee/tea and social activities while enjoying homemade goodies.



FRIDAY

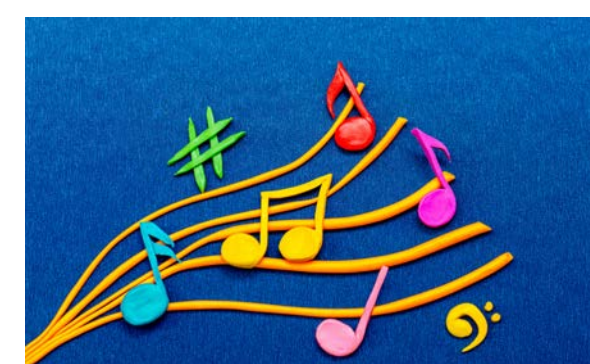
Friday Karaoke & Dance

Fridays | 9:30AM - 12:30PM

Barcode: 28360

Starting: April 12th, 2024 | Ending: June 28th, 2024 | 12 weeks

Come and sing your favourite songs and dance with your friends. Choose your favourite pop songs or oldies. Share your favourite artists and dance moves.



Friday Fostering Connections

Fridays | 9:30AM - 2:30PM

Barcode: 28366

Starting: April 12th, 2024 | Ending: June 28th, 2024 | 12 weeks

Come join us for a variety of activities including painting on canvas by following along with an online instructor. We will also play games of your choice, like large Jenga, axe throwing, Bingo or sing karaoke. Plan your day as a group.



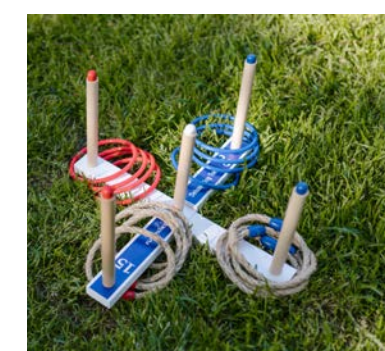
Bingo & Table Top Games

Fridays | 1:00PM - 4:00PM

Barcode: 28461

Starting: April 12th, 2024 | Ending: June 28th, 2024 | 12 weeks

Do you like to compete and win prizes? Come play bingo, table top games, ring toss, axe throwing, large Jenga and much more.



SATURDAY

Create Your Own Adventure Saturdays

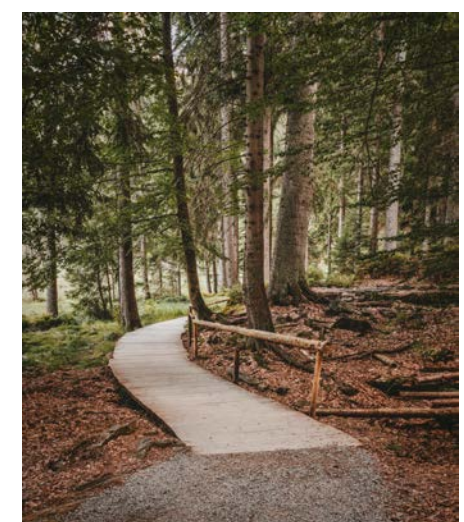
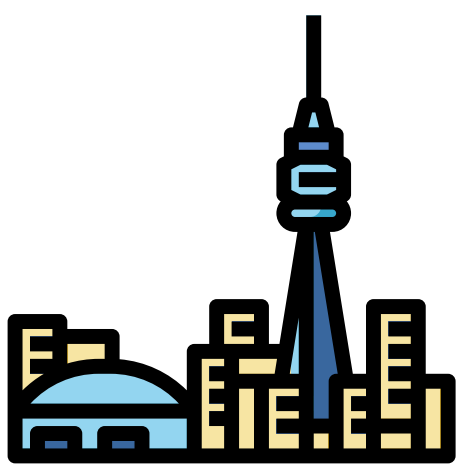
Saturdays | 10:30AM - 3:30PM

Barcode: 28367

Starting: April 13th, 2024 | Ending: June 22nd, 2024 | 10 weeks

Note: No session on May 18th, 2024

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



MONDAY

Life Rhythms: Art Discovery Mondays

Mondays | 9:30AM - 2:30PM

Barcode: 28330

Starting: April 8th, 2024 | Ending: June 24th, 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 colours and shapes to connect with your inner emotions and experiences.

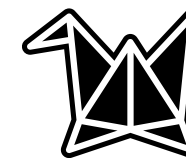
Artistic Adventures with Lisa

Mondays | 9:30AM - 12:30PM

Barcode: 28335

Starting: April 8th, 2024 | Ending: June 24th, 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: 28333

Starting: April 9th, 2024 | Ending: June 25th, 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.



Tune-In Tuesdays

Tuesdays | 11:30AM - 4:30PM

Barcode: 28391

Starting: April 9th, 2024 | Ending: June 25th, 2024 | 12 weeks

This session will give you an opportunity to explore a variety of activities, including daily living skills, financial literacy, cooking, and health and wellness topics. The session will also include a splash of fun with creative arts, music and other fun indoor and outdoor activities (remember to dress for the weather).



WEDNESDAY

Life Rhythms: Midweek Masterpieces

Wednesdays | 9:30AM - 2:30PM

Barcode: 28332

Starting: April 10th, 2024 | Ending: June 26th, 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.



Wanderlust Wednesdays

Wednesdays | 11:30AM - 4:30PM

Barcode: 28390

Starting: April 10th, 2024 | Ending: June 26th, 2024 | 12 weeks

Let's embark on an adventure filled with surprises and delight. We will explore creative exercises, expressive movements, along with playful and whimsical elements of art that will spark joy and laughter.



Body Alive Fitness and Nutrition

Wednesdays | 12:30PM - 3:30PM

Barcode: 28392

Starting: April 10th, 2024 | Ending: June 26th, 2024 | 12 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. Participants will also explore healthy living and nutrition. You will gain an understanding of what it means to be in good health. Topics can include physical health, mental health, body positivity, hydration, food guides, and healthy eating habits. A healthy cooking component will be included every other week.

THURSDAY

Life Rhythms: Thursday Tune Up

Thursdays | 9:30AM - 2:30PM

Barcode: 28334

Starting: April 11th, 2024 | Ending: June 27th, 2024 | 12 weeks

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



Therapeutic Thursdays

Thursdays | 11:30AM - 4:30PM

Barcode: 28389

Starting: April 11th, 2024 | Ending: June 27th, 2024 | 12 weeks

Join us on Thursdays for a tranquil retreat from the everyday chaos of life. You will be able to immerse yourself in gentle movements, mindful meditation and therapeutic art therapy led by certified therapist Yona.



FRIDAY

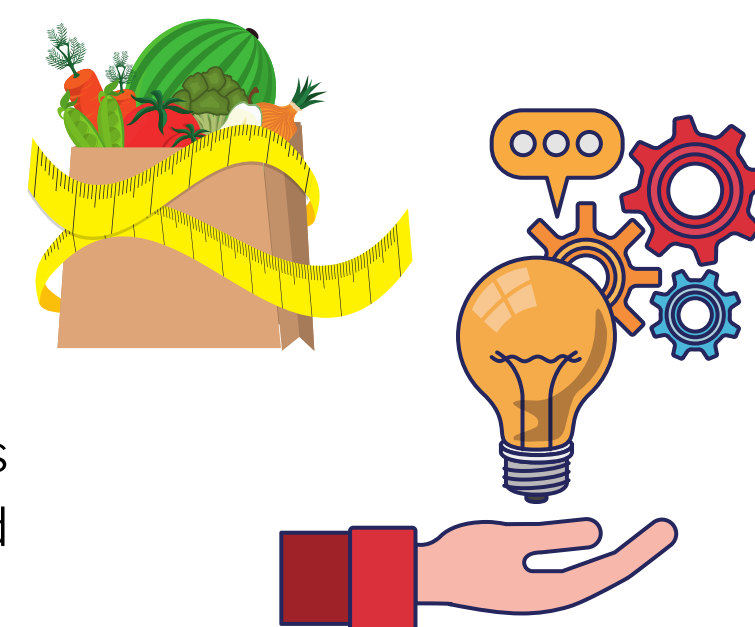
Life Rhythms: Funtastic Friday

Fridays | 9:30AM - 2:30PM

Barcode: 28331

Starting: April 12th, 2024 | Ending: June 28th, 2024 | 12 weeks

Welcome to Funtastic Fridays! 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.



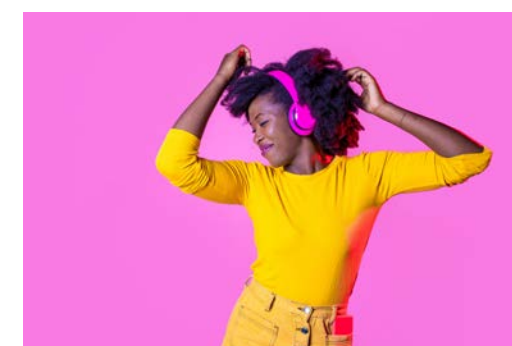
Fabulous Fridays at Finch

Fridays | 11:30AM - 4:30PM

Barcode: 28336

Starting: April 12th, 2024 | Ending: June 28th, 2024 | 12 weeks

Welcome to our Friday Finale! It's time to wrap up the week with a delightful array of fun activities designed to put a smile on your face. You will engage in interactive games, dance, arts, crafts and so much more. Join us for a whirlwind of fun, laughter and the ultimate Friday send-off!



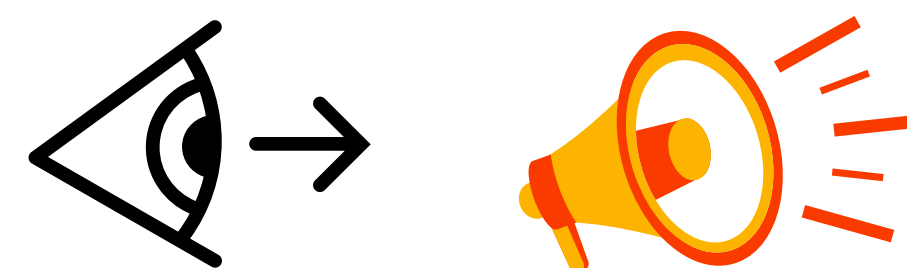
See It, Say it, Sign It!

Fridays | 12:30PM - 3:30PM

Barcode: 28426

Starting: April 12th, 2024 | Ending: June 28th, 2024 | 12 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.



MONDAY

Don't Go Baking My Heart **Mondays | 9:30AM - 2:30PM**

Barcode: 28648

Starting: April 8th, 2024 | Ending: June 24th, 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: 28649

Starting: April 8th, 2024 | Ending: June 24th, 2024 | 11 weeks
(Please note: no programs on Statutory Holidays)

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



Movie Madness **Mondays | 1:00PM - 4:00PM**

Barcode: 28650

Starting: April 8th, 2024 | Ending: June 24th, 2024 | 11 weeks
(Please note: no programs on Statutory Holidays)

Are you a big movie buff? Then Monday Movie Madness is for you! We will be exploring different genres while having some popcorn.



TUESDAY

Yoga that Right!

Tuesdays | 9:30AM - 2:30PM

Barcode: 28652

Starting: April 9th, 2024 | Ending: June 25th, 2024 | 12 weeks

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



Singing Sensation!!

Tuesdays | 9:30AM - 12:30PM

Barcode: 28651

Starting: April 9th, 2024 | Ending: June 25th, 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!



Bowling

Tuesdays | 1:00PM - 4:00PM | \$100*

Barcode: 28653

Starting: April 9th, 2024 | Ending: June 25th, 2024 | 12 weeks

Line them up and knock them down. Come on out and get a strike, Cheer on your friends in a recreational bowling club. You must be able to step up into a large Ford van and do up your own seatbelt. You must be able to walk and keep up with your peers. Outings are Weather Permitting. Please dress appropriately to the weather (i.e. warm jacket, boots, hat, etc.)

**The fee associated with this activity is to cover the rental of shoes and to play two games at Planet Bowl.*



WEDNESDAY

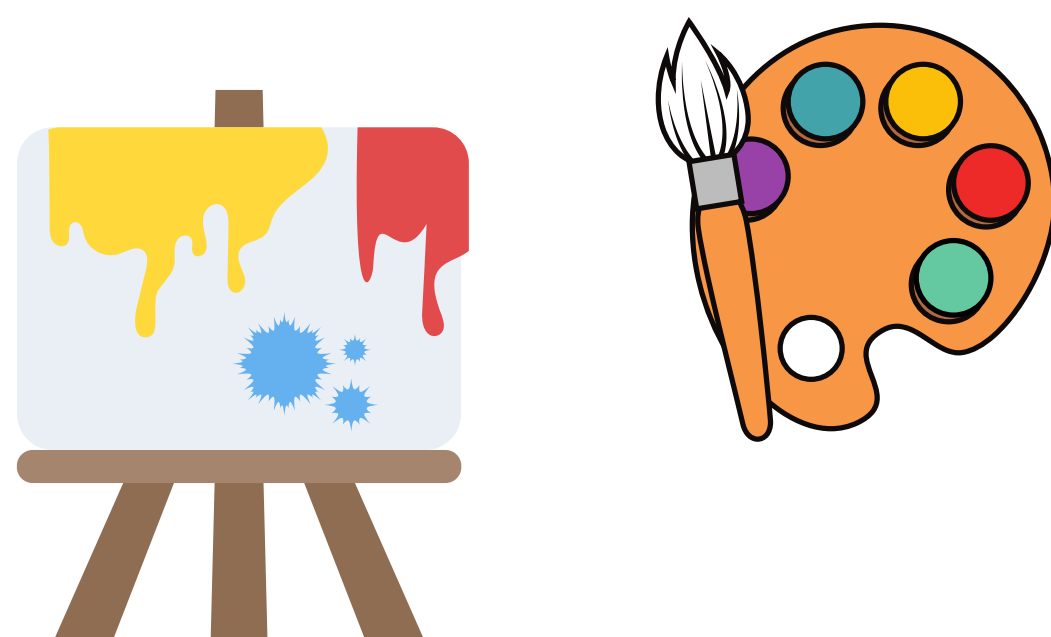
Expression Matters

Wednesdays | 9:30AM - 2:30PM

Barcode: 28655

Starting: April 10th, 2024 | Ending: June 26th, 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!



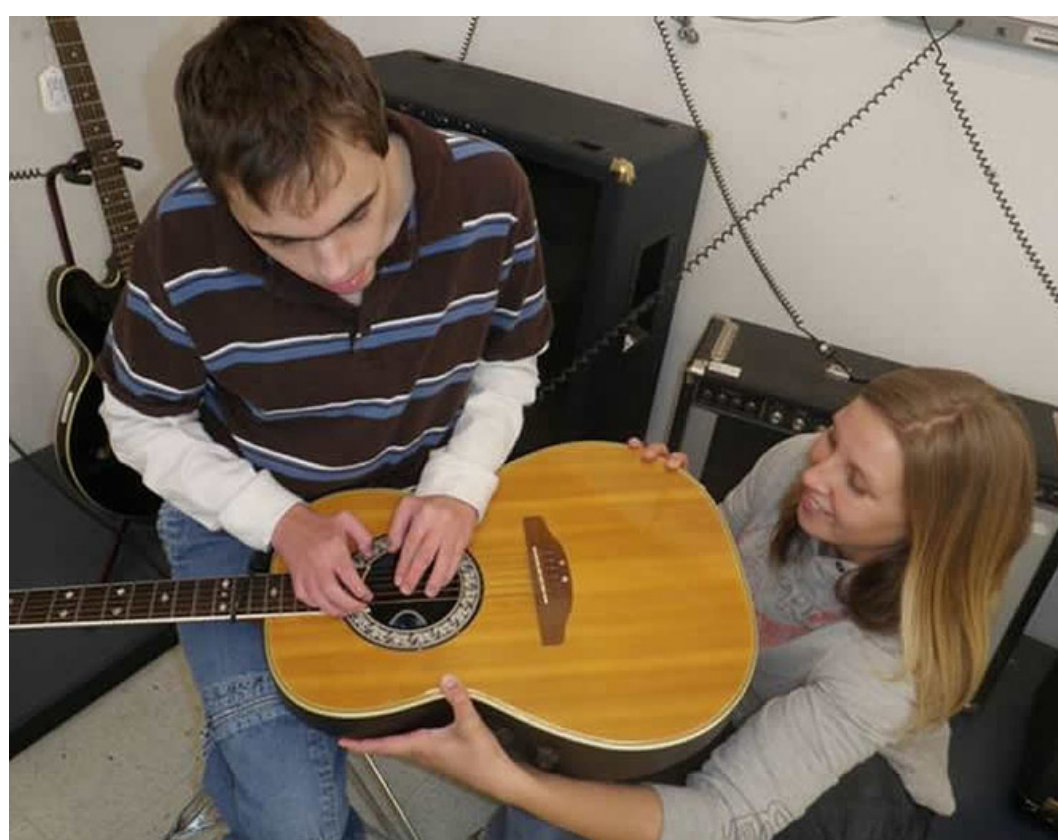
Music with Valerie

Wednesdays | 9:30AM - 12:30PM

Barcode: 28654

Starting: April 10th, 2024 | Ending: June 26th, 2024 | 12 weeks

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



THURSDAY

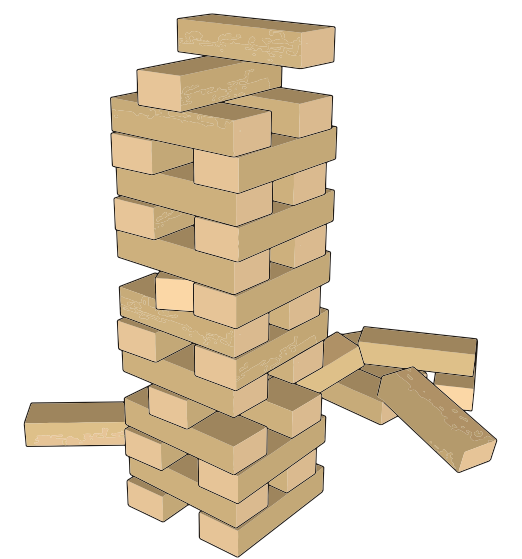
Music & Motion

Thursdays | 9:30AM - 2:30PM

Barcode: 28657

Starting: April 11th, 2024 | Ending: June 27th, 2024 | 12 weeks

Come on out and dance to our favorite 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!



Eggcelant Adventures

Thursdays | 9:30AM - 12:30PM

Barcode: 28656

Starting: April 11th, 2024 | Ending: June 27th, 2024 | 12 weeks

Come on out and try a new recipe every week featuring our wonderful Canadian Eggs. From easy scrambled eggs to quiche and frittatas, we will try them all.



Magical Melodies

Thursdays | 1:00PM - 4:00PM

Barcode: 28658

Starting: April 11th, 2024 | Ending: June 27th, 2024 | 12 weeks

Do you enjoy listening to different types of music? Enjoy motion and using musical instruments? Come on out and have a good time with all our magical melodies!



FRIDAY

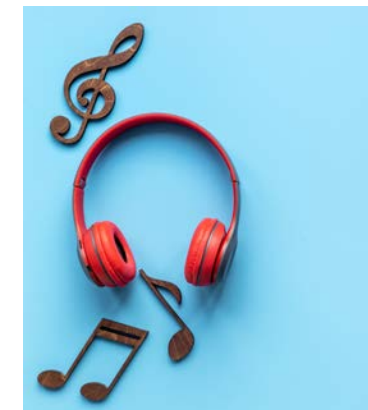
Flipping into Friday

Fridays | 9:30AM - 2:30PM

Barcode: 28660

Starting: April 12th, 2024 | Ending: June 28th, 2024 | 12 weeks

It's Friday, let's listen to our favourite tunes, relax and do a puzzle. Let the staff give you a manicure and/or a facial. Let us help you have a fantastic day!



Classic Fridays

Fridays | 9:30AM - 12:30PM

Barcode: 28659

Starting: April 12th, 2024 | Ending: June 28th, 2024 | 12 weeks

Do you enjoy classic movies and tv shows? Did you enjoy I Love Lucy, Marilyn Monroe and the Honeymooners? Yes, Friday mornings are for you! We will be exploring different classic movies and tv shows while having some popcorn.



Yahtzee Fun

Fridays | 1:00PM - 4:00PM

Barcode: 28661

Starting: April 12th, 2024 | Ending: June 28th, 2024 | 12 weeks

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



SATURDAY

Surprise Saturdays

Saturdays | 10:30AM - 3:30PM | \$120

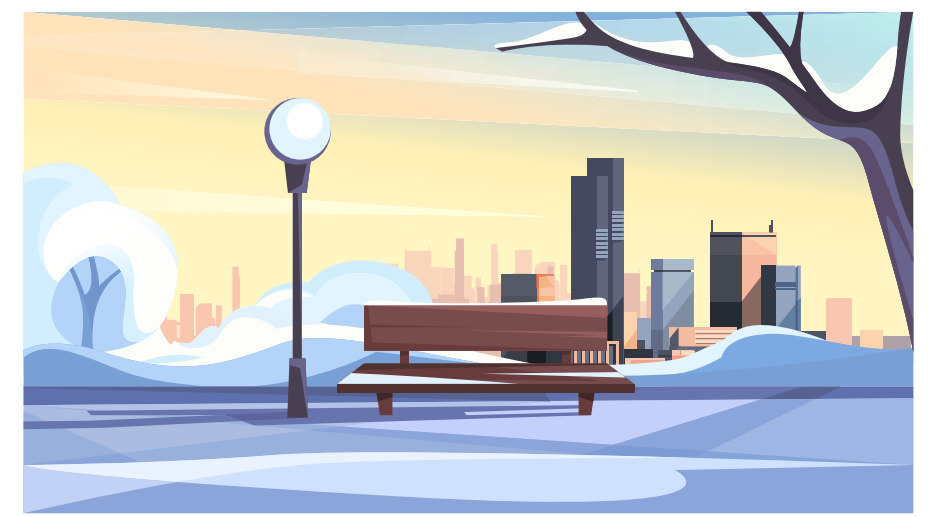
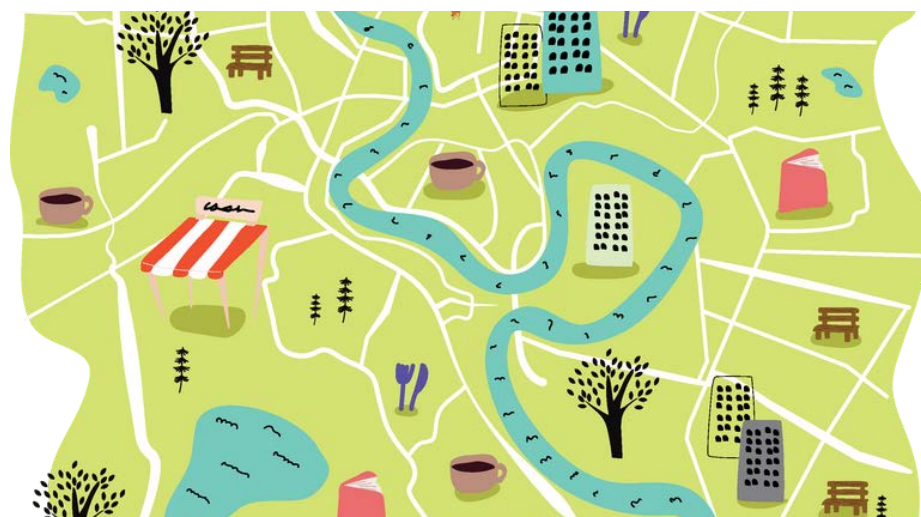
Barcode: 28662

Starting: April 13th, 2024 | Ending: June 22nd, 2024 | 10 weeks

Note: No session on May 18th, 2024

You never know what we are going to do, will it be art, music, baking, x-box, or an outing? You must show up to see what it will be. Come with an open mind and a lunch.

**The fee associated with this activity is to cover the excursions (trips) cost.*



MONDAY

Life Vibes: Active Lifestyle

Mondays | 9:00AM - 2:00PM

Barcode: 28761

Starting: April 8th, 2024 | Ending: June 24th, 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 done at the same time! This program will focus on exercise and dance in order to encourage a healthy active lifestyle.

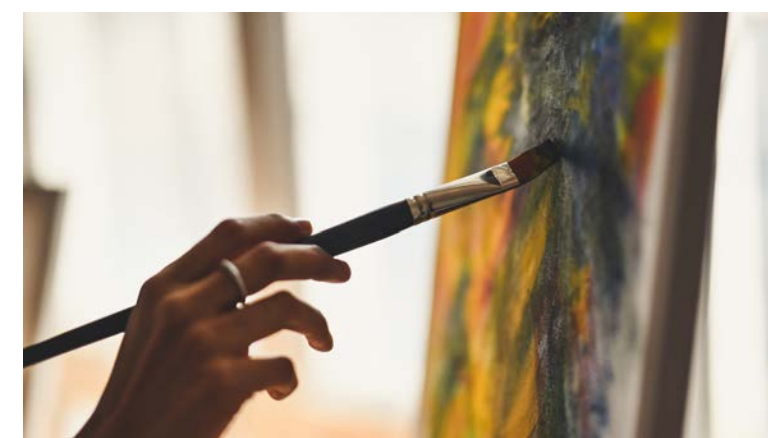
The Creative Collective

Mondays | 10:00AM - 3:00PM

Barcode: 28758

Starting: April 8th, 2024 | Ending: June 24th, 2024 | 11 weeks

(Please note: no programs on Statutory Holidays)



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 Creative Collective where your creativity and inner artist can shine through. We will be painting, making Paper Mache, and Collages which will be adorning the walls and spaces of our class--making the space beautiful with the splendor of the artists creativity.

TUESDAY

Life Vibes: Body & Mind

Tuesdays | 9:00AM - 2:00PM

Barcode: 28765

Starting: April 9th, 2024 | Ending: June 25th, 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 our day in a stress-free and relaxing environment.

WEDNESDAY

Life Vibes: Creativity & Mental Health

Wednesdays | 9:00AM - 2:00PM

Barcode: 28769

Starting: April 10th, 2024 | Ending: June 26th, 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.



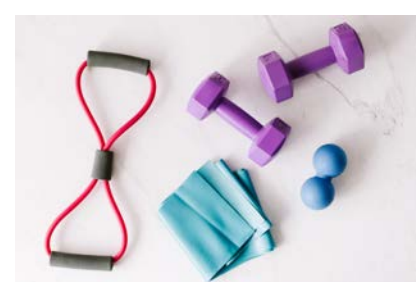
THURSDAY

Life Vibes: Exercise & Nutrition

Thursdays | 9:00AM - 2:00PM

Barcode: 28770

Starting: April 11th, 2024 | Ending: June 27th, 2024 | 12 weeks



Come join us at the Life Vibes: Exercise & Nutrition program where we can enjoy a range of different 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.

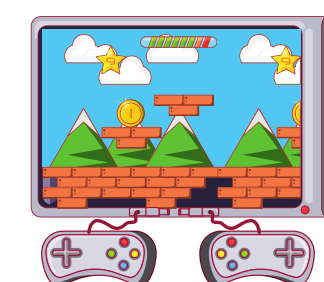
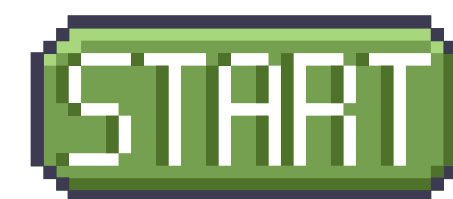
Gamers Paradise

Thursdays | 10:00AM - 3:00PM

Barcode: 28749

Starting: April 11th, 2024 | Ending: June 27th, 2024 | 12 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.



FRIDAY

Life Vibes: Music and Rhythm

Fridays | 9:00AM - 2:00PM

Barcode: 28771

Starting: April 12th, 2024 | Ending: June 28th, 2024 | 12 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.

