

The logo for Community Junction is a wooden sign with a black border and the text "community junction" in a lowercase, sans-serif font. The background of the sign is a light brown wood grain.

community  
junction

The title "Spring 2024" is written in a large, blue, cursive font. The background is a light yellow with a subtle pattern of small yellow dots.

# Spring 2024

The dates "April 2 - June 21, 2024" are written in a blue, sans-serif font. The background is a light yellow with a subtle pattern of small yellow dots.


April 2 - June 21, 2024

The text "Registration OPENS March 6, 2024" is written in a blue, sans-serif font. The background is a light yellow with a subtle pattern of small yellow dots.

Registration OPENS  
March 6, 2024

The text "Register at" is written in a black, sans-serif font and is enclosed in a black rectangular box. The background is a light yellow with a subtle pattern of small yellow dots.

Register at

The text "MYCOMMUNITYHUB - MYCOMMUNITYHUB" is written in a bold, black, sans-serif font and is underlined. The background is a light yellow with a subtle pattern of small yellow dots.

**MYCOMMUNITYHUB - MYCOMMUNITYHUB**

The text "\*PLEASE NOTE THERE WILL BE NO CLASSES ON MONDAY, MAY 20, 2024" is written in a blue, sans-serif font. The background is a light yellow with a subtle pattern of small yellow dots.

\*PLEASE NOTE THERE WILL BE NO CLASSES ON  
MONDAY, MAY 20, 2024

Hello  
*Spring*





**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)**



# **MONDAY**

## **#28933-SPRING DELIGHTS- COOKING CLASS- 10AM-1PM**

**\$462 - Instructor: Emily Daza**

Join our Spring Cooking Class and discover the vibrant flavours of the season. Learn to create delicious dishes using fresh, seasonal ingredients, and master techniques to elevate your culinary skills. From refreshing salads to light and flavourful entrees, this class is a celebration of spring's bounty. Reserve your spot now for a culinary journey that embraces the essence of the season! Enjoy the prepared meal together and take a recipe home each class.

## **#28929 - ARTFUL ADVENTURES 1:30 PM. -3:30 P.M.**

**\$336 - Instructor: Lisa Fong**

Embark on a journey of creativity with our "Artful Adventures" class! Unleash your imagination as you explore a variety of artistic mediums, from painting and sketching!

## **#28314 - MUSIC JAM - 3:30P.M. - 4:30P.M.**

**\$336 - 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.

# **TUESDAY**

**#28320 - ZUMBA - 10:30 A.M. - 11:30A.M.**

**\$312 - 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.

**#28317- STRETCH AND TONE 2.0 - 12:30 P.M. - 1:30 P.M.**

**\$312- 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.

**#28312 - LET'S GET CREATIVE - 1:30 P.M. - 3P.M.**

**\$348 - 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.

**#28319 - YOGA - 3 PM -4 P.M.**

**\$ 360- Instructor: Dhanraj Sao**

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



# **WEDNESDAY**

**#28316 - PILATES- 10:30 A.M. - 11:30A.M.**

**\$288 - Instructor: Tammy Gunn**

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

**#28315 - NATURAL SKIN AND BODY PRODUCTS -**

**12:30 P.M. - 1:30 P.M.**

**\$ 312- 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.

**#28318 - SPRING CRAFTS- 2 P.M. - 3:30 P.M.**

**\$ 360- Instructor: Stacie Bertacco**

Discover the joy of crafting in our Spring Crafts Class! Dive into a world of creativity with projects inspired by the season. From vibrant floral arrangements to cheerful decorations, our class is a delightful way to embrace the spirit of spring. Join us for a hands-on experience, where you'll create beautiful crafts and make lasting memories. Reserve your spot and let the crafting fun begin!

# **THURSDAY**

## **#28310- GLOBAL FLAVOURS COOKING CLASS**

**10 A.M. - 1P.M.**

**\$504 - Instructor: Emily Daza**

Explore global flavours in our International Cooking Class. From appetizers to mains, learn to make authentic dishes with our expert instructor. Join us for a delicious journey across borders! Enjoy the prepared meal as a group and take home a recipe each week!

## **#28309 - ACOUSTIC KITCHEN PARTY -**

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

**\$ 324- 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.

## **PIZZA AND PAINT NIGHT- 5 P.M. - 7:30 P.M.**

**\$30- Lisa Fong**

Join our Paint and Pizza Night for a fun evening of art and delicious pizza. No experience required – just bring your friends, enjoy painting, and savour tasty slices. Reserve your spot now! **Dates for registration:**

**\*\*28313- April 25th, 2024**

**\*\*28923- May 30th, 2024**

**\*\*28925- June 20th, 2024**

# **FRIDAY**

**#28311- EXPLORE YOUR CITY-**

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

**\$ 612- Instructor: Community Junction Staff**

Discover the magic of our city during the Spring 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 weather. There will be a great deal of walking during the trip.

Important to note: There may be limitations on the accessibility and the use of staircases during our Friday trips. While we always strive to provide an inclusive and accommodating environment for all participants, we want to ensure your safety and well-being by being transparent about this issue.

TTC Fare Provided.



# Special Events

28950- MEDIEVAL TIMES

3:30PM- 7PM

SHOWTIME:

SAT, APR 13, 2024 4:30 PM

COST: \$125

28949- TORONTO BLUE JAYS

VS. MINNESOTA TWINS

12PM-5PM

SUN • MAY 12, 2024 •

1:37 PM

COST :\$125.00

28943- CANADA'S  
WONDERLAND

SAT • JUNE 22, 2024 •

9:30- 4:30PM

COST :\$90.00

The logo for Community Junction, featuring the words "community" and "junction" stacked vertically in a bold, black, sans-serif font. The text is contained within a dark brown, rectangular shape with a distressed, wood-grain texture and a thin black border.

community  
junction

The title "Spring 2024" is written in a large, elegant, blue cursive script. The background is a light yellow with a subtle pattern of small yellow dots. The text is centered and surrounded by floral illustrations of white and purple flowers at the top and yellow tulips with purple flowers on the sides.

# Spring 2024

April 2nd to June 21st  
2024

Registration OPENS March 4th  
2024

Register at

**MYCOMMUNITYHUB – MYCOMMUNITYHUB**

**\*PLEASE NOTE THERE WILL BE NO CLASSES ON  
MONDAY MAY 20TH, 2024**



**United Way**  
Greater Toronto

**COMMUNITY LIVING**  
Toronto



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