



community
junction

SUMMER 2024



July 2nd to August 16th
2024

Registration OPENS June 5th
2024



Register at

MYCOMMUNITYHUB – MYCOMMUNITYHUB

***PLEASE NOTE THERE WILL BE NO CLASSES ON
MONDAY AUGUST 5TH, 2024**



Hello
SUMMER





MyCommunityHub

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

#30370-SUMMER COOKING ADVENTURES - 10AM-1PM

\$336 - Instructor: Emily Daza

Explore summer cooking with us! Our classes cover everything from salads to grilling, desserts, and more. Learn essential skills while enjoying hands-on experiences. Join us for a fun and delicious time!

#29927 - ARTFUL ADVENTURES: PART 1

1:30 PM. -3:30 P.M.

\$212- 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, print making and collage !

**#29931 - MUSIC JAM - 3:30P.M. -
4:30P.M.**

\$207 - 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



#29930- ZUMBA - 10:30 A.M. - 11:30A.M.

\$177 - 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.

#30367- STRETCH AND TONE 2.0 - 12:30 P.M. - 1:30 P.M.

\$177- 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.

#30371 - YOGA - 2 PM -3 P.M

\$ 185- Instructor: Dhanraj Sao

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



WEDNESDAY

#29933 - PILATES- 10:30 A.M. - 11:30A.M.

\$148 - Instructor: Tammy Gunn

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

#29932 -PHOTOGRAPHY CLASS -

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

\$ 231 - Instructor: Stacie Bertacco

This class will be a diverse exploration into photography techniques, which will cover many elements of taking a great picture. We will work on setup and staging, lighting, and camera tricks using digital and film cameras. Not only will we be taking photos, but we will also learn the art of solar printing to create unique, one-of-a-kind prints.

#30373 - SUMMERTIME CRAFTS-

2 P.M. - 3:30 P.M.

\$ 220- Instructor: Stacie Bertacco

Each week, participants will embark on a new crafting adventure, from handmade cards and jewelry to DIY décor and seasonal crafts. Led by Stacie Bertacco, this class offers a supportive and welcoming environment where creativity knows no bounds.

THURSDAY

#29929- SUMMER SIZZLE: LIGHT & FRESH COOKING DELIGHTS **10 A.M. - 1P.M.**

\$343 - Instructor: Emily Daza

Join us for our Light Summer Cooking Class! Learn to create delicious, healthy meals perfect for the season. From salads to grilled dishes, discover fresh flavors and simple techniques to elevate your summer cooking.

#29926 - ACOUSTIC KITCHEN PARTY - **1:30 P.M. - 2:30 P.M.**

\$181- 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.



FRIDAY

#29928- EXPLORE YOUR CITY-

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

\$370- Instructor: Community Junction Staff

Discover the magic of our city during the Summer 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.**



Class Passes

30376- 5 Class Pass \$150.00

30377- 10 Class Pass \$300.00

Interested in exploring our classes with the flexibility to try out a few before committing to a full session? If you're new to Fee for Service, we offer the opportunity to sample multiple classes before registration.

Please be aware that our class passes expire one year from the purchase date. To take advantage of this option, kindly reach out to Community Junction to confirm the classes you'd like to attend in advance, as instructors require prior notice.

Please note that cooking classes and Explore Your City sessions are excluded from the class pass offer.





Special Events

**#30660 CUPCAKE AND
COOKIE DECORATING
WORKSHOP: SWEETEN YOUR
SUMMER**

SATURDAY JULY 6TH, 2024

COST:\$40.00

**LOCATION: COMMUNITY
JUNCTION**

**#30661
SCIENCE CENTRE**

**SATURDAY JULY
27TH, 2024**

COST:\$50.00

**#30801
Centre Island
August 10th, 2024**

Cost: \$30.00





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United Way
Greater Toronto

COMMUNITY LIVING
Toronto



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