

The **Community Participation Supports**
Experience Guide
Summer Edition



Registration Begins:

Wednesday, June 5, 2024

for Funded Community Participation Support



Welcome to

Community Participation Supports

The Experience Guide

Summer Edition

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 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)
- 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 June 5, 2024 - 10:00 AM - 4:00 PM

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

More Information

A summer session informational video covering updates to Community Participation Supports, the registration process, and package options will be recorded and posted on cpsandrespite.ca by May 31, 2024.

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50 Fairfax Crescent

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FINCH

1122 Finch Avenue West

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THE EAST MALL

65 The East Mall

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ADVANCE

102 Advance Road

MONDAY

Monday Circuit & Yoga

Mondays | 9:00AM - 2:00PM

Barcode: 30176

Starting: July 8, 2024 | Ending: September 23, 2024 | 10 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.



Monday Music & Dance

Mondays | 9:00AM - 2:00PM

Barcode: 30181

Starting: July 8, 2024 | Ending: September 23, 2024 | 10 weeks

(Please note: no programs on Statutory Holidays)

Come connect with your passion for music and dancing as we explore dance moves, videos, and music together.



Flour Power

Mondays | 9:00AM - 2:00PM

Barcode: 30190

Starting: July 8, 2024 | Ending: September 23, 2024 | 10 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. Please let us know your dietary restrictions or any cultural considerations.



MONDAY

Grocery Shopping

Mondays | 9:00AM - 12:00PM

Barcode: 30197

Starting: July 8, 2024 | Ending: September 23, 2024 | 10 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 the program with support.



Sensory & Movement

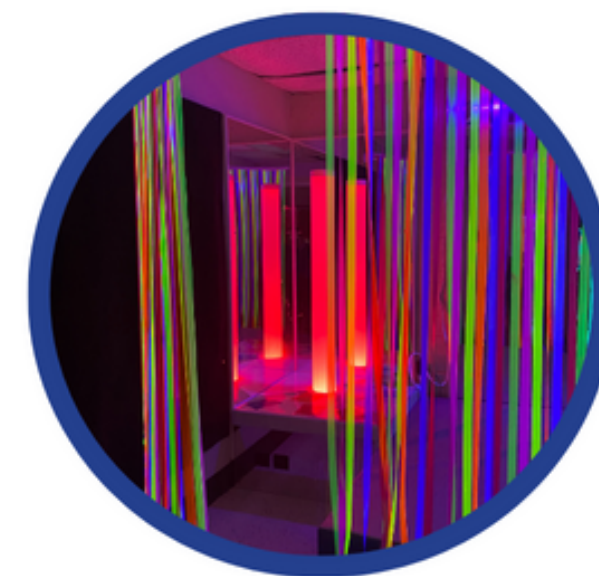
Mondays | 9:00AM - 12:00PM

Barcode: 30198

Starting: July 8, 2024 | Ending: September 23, 2024 | 10 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!



Technology Mondays

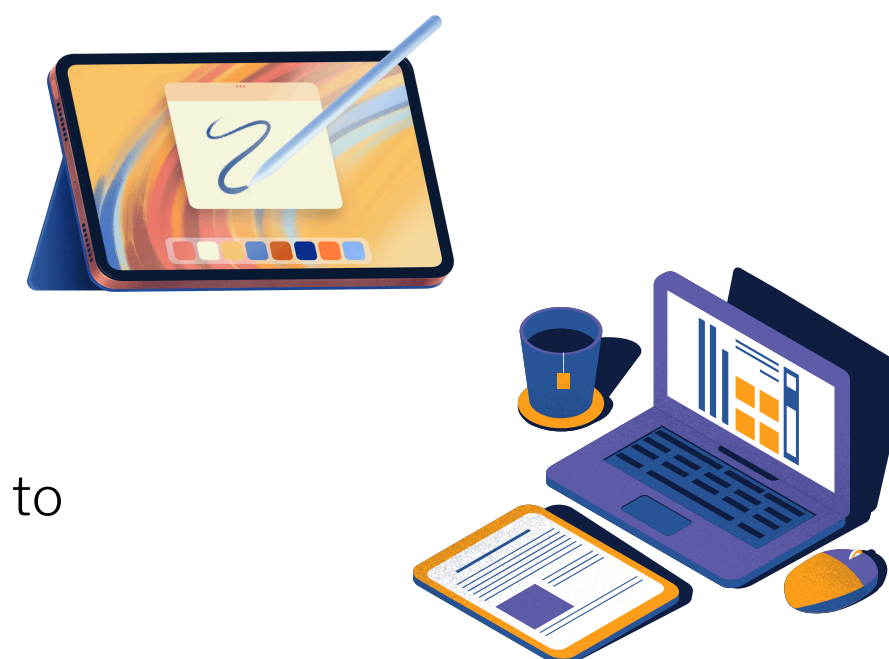
Mondays | 9:00AM - 12:00PM

Barcode: 30185

Starting: July 8, 2024 | Ending: September 23, 2024 | 10 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.



Craft: Painting

Mondays | 9:00AM - 12:00PM

Barcode: 30203

Starting: July 8, 2024 | Ending: September 23, 2024 | 10 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!



TUESDAY

Tuesday Circuit & Swimming

Tuesdays | 9:00AM - 2:00PM

Barcode: 30177

Starting: July 9, 2024 | Ending: September 24, 2024 | 12 weeks

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



Tuesday Kitchen Creations

Tuesdays | 9:00AM - 2:00PM

Barcode: 30186

Starting: July 9, 2024 | Ending: September 24, 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.



Science & Outdoor Exploring

Tuesdays | 9:00AM - 2:00PM

Barcode: 30196

Starting: July 9, 2024 | Ending: September 24, 2024 | 12 weeks

Do you like creating things or learning how things work? Join us as we explore the outdoors and learn Science together. Having a steady gait is strongly recommended.



TUESDAY

Social Club Spilling the Tea **Tuesdays | 1:30PM - 4:30PM**

Barcode: 30211

Starting: July 9, 2024 | Ending: September 24, 2024 | 12 weeks

Join us on Tuesdays for "Spill the Tea" and socialize with new and old friends. Enjoy a cup of tea or coffee as we connect and discuss our favourite topics together. It's a relaxed and friendly gathering where conversations flow and connections are made. Don't miss out on this opportunity to engage and have a great time!



Exploring Music **Tuesdays | 1:30PM - 4:30PM**

Barcode: 30183

Starting: July 9, 2024 | Ending: September 24, 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.



Flour Power **Tuesdays | 1:30PM - 4:30PM**

Barcode: 30210

Starting: July 9, 2024 | Ending: September 24, 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. Please let us know your dietary restrictions or any cultural considerations.



Bingo & Bowling **Tuesdays | 1:30PM - 4:30PM**

Barcode: 30200

Starting: July 9, 2024 | Ending: September 24, 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!



WEDNESDAY

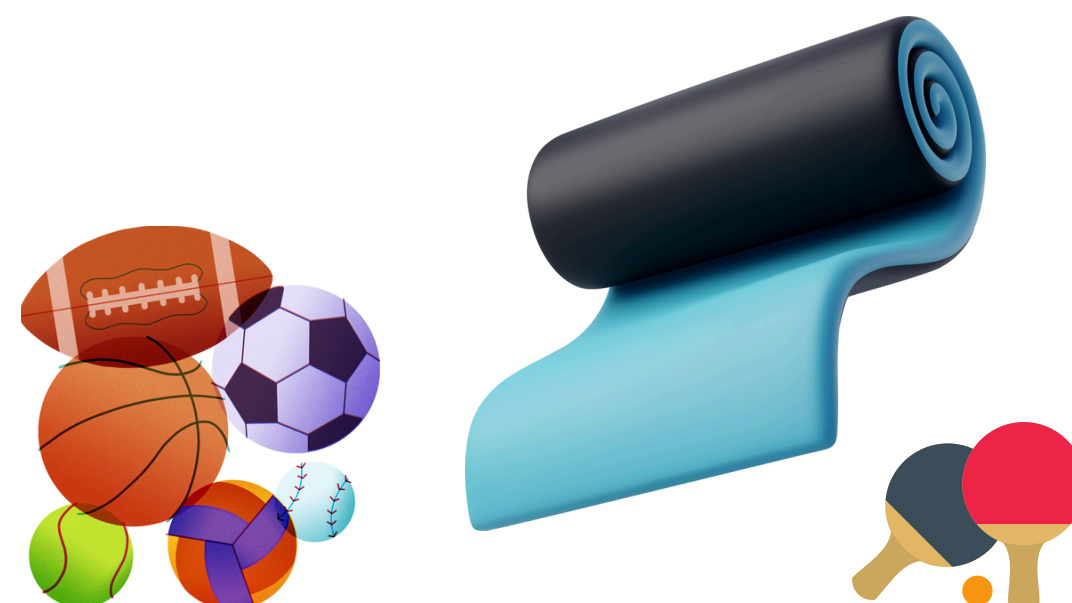
Wednesday Circuit & Yoga

Wednesdays | 9:00AM - 2:00PM

Barcode: 30178

Starting: July 10, 2024 | Ending: September 25, 2024 | 12 weeks

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.



Wednesday Kitchen Creations

Wednesdays | 9:00AM - 2:00PM

Barcode: 30187

Starting: July 10, 2024 | Ending: September 25, 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.



Trivia & Board Games

Wednesdays | 9:00AM - 2:00PM

Barcode: 30209

Starting: July 10, 2024 | Ending: September 25, 2024 | 12 weeks

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



WEDNESDAY

Bingo & Bowling

Wednesdays | 1:30PM - 4:30PM

Barcode: 30201

Starting: July 10, 2024 | Ending: September 25, 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!



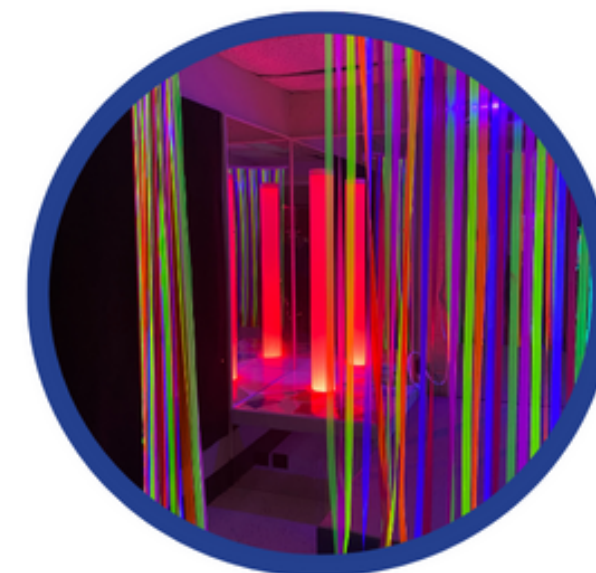
Sensory & Movement

Wednesdays | 1:30PM - 4:30PM

Barcode: 30199

Starting: July 10, 2024 | Ending: September 25, 2024 | 12 weeks

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!



Craft: Greeting Cards

Wednesdays | 1:30PM - 4:30PM

Barcode: 30204

Starting: July 10, 2024 | Ending: September 25, 2024 | 12 weeks

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



THURSDAY

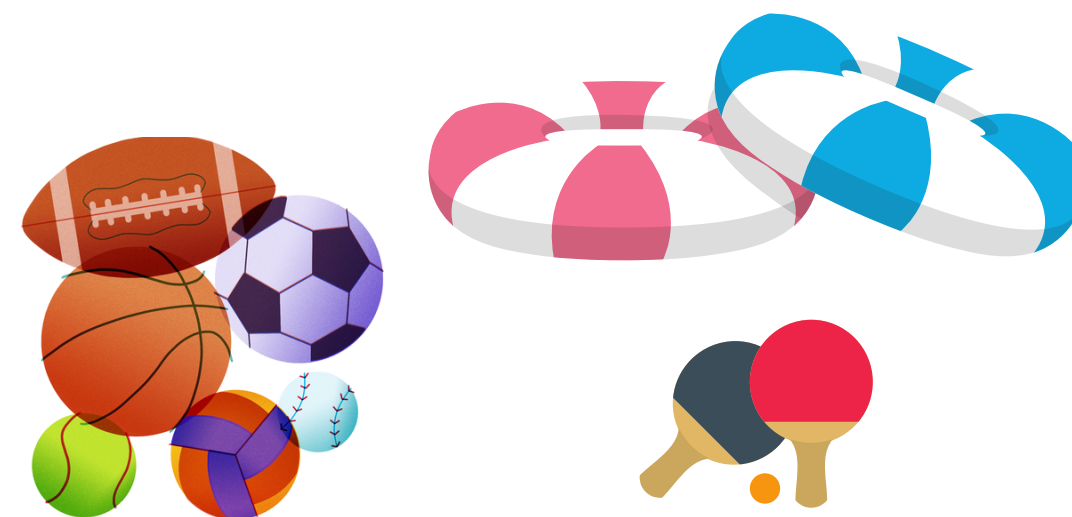
Thursday Circuit & Swimming

Thursdays | 9:00AM - 2:00PM

Barcode: 30179

Starting: July 11, 2024 | Ending: September 26, 2024 | 12 weeks

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



Thursday Kitchen Creations

Thursdays | 9:00AM - 2:00PM

Barcode: 30188

Starting: July 11, 2024 | Ending: September 26, 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: Seasonal

Thursdays | 9:00AM - 2:00PM

Barcode: 30205

Starting: July 11, 2024 | Ending: September 26, 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 | 1:30PM - 4:30PM

Barcode: 30184

Starting: July 11, 2024 | Ending: September 26, 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.



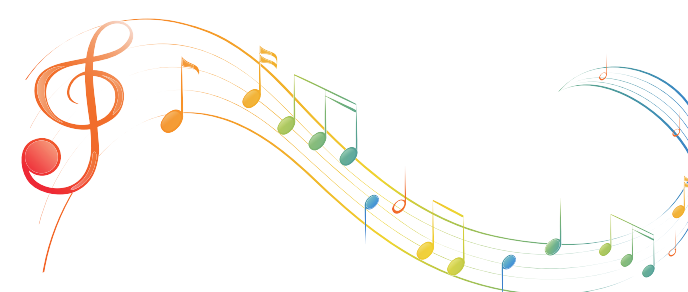
Music & Dance

Thursdays | 1:30PM - 4:30PM

Barcode: 30182

Starting: July 11, 2024 | Ending: September 26, 2024 | 12 weeks

Come connect with your passion for music and dancing as we explore dance moves, videos, and music together.



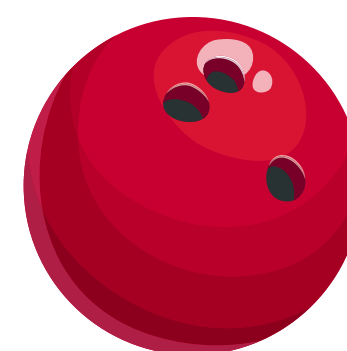
Bingo & Bowling

Thursdays | 1:30PM - 4:30PM

Barcode: 30202

Starting: July 11, 2024 | Ending: September 26, 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!



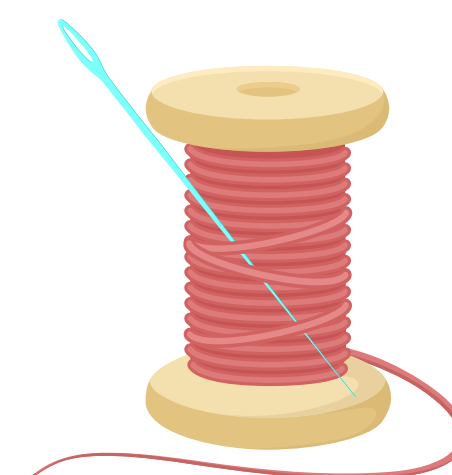
Pins & Needles

Thursdays | 1:30PM - 4:30PM

Barcode: 30206

Starting: July 11, 2024 | Ending: September 26, 2024 | 12 weeks

Come join us for a variety of activities including: Sewing, knitting, cross stitch, beading, making friendship bracelets, rug hooking and so much more!!



FRIDAY

Friday Circuit & Games

Fridays | 9:00AM - 2:00PM

Barcode: 30180

Starting: July 12, 2024 | Ending: September 27, 2024 | 12 weeks

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



Science & Outdoor Exploring

Fridays | 9:00AM - 2:00PM

Barcode: 30195

Starting: July 12, 2024 | Ending: September 27, 2024 | 12 weeks

Do you like creating things or learning how things work? Join us as we explore the outdoors and learn Science together. Having a steady gait is strongly recommended.



Spa Day

Fridays | 9:00AM - 2:00PM

Barcode: 30192

Starting: July 12, 2024 | Ending: September 27, 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

Flour Power

Fridays | 1:30PM - 4:30PM

Barcode: 30191

Starting: July 12, 2024 | Ending: September 27, 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. Please let us know your dietary restrictions or any cultural considerations.



Spa Day

Fridays | 1:30PM - 4:30PM

Barcode: 30193

Starting: July 12, 2024 | Ending: September 27, 2024 | 12 weeks

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



Fairfax Fridays

Fridays | 1:30PM - 4:30PM

Barcode: 30194

Starting: July 12, 2024 | Ending: September 27, 2024 | 12 weeks

Join us for a fun afternoon at Fairfax. We will dance, laugh, socialize, and explore a variety of games and activities together.



MONDAY

Sugar & Spice Baking Club

Mondays | 9:30AM - 12:30PM

Barcode: 30212

Starting: July 8, 2024 | Ending: September 23, 2024 | 10 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 you share your dietary or cultural considerations.



Monday Fostering Connections

Mondays | 9:30AM - 2:30PM

Barcode: 30215

Starting: July 8, 2024 | Ending: September 23, 2024 | 10 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 your friends.



TUESDAY

Main Music Connection

Tuesdays | 9:30AM - 12:30PM

Barcode: 30216

Starting: July 9, 2024 | Ending: September 24, 2024 | 12 weeks

Connect with friends and enjoy your favourite music, dancing, and exploring instruments. Featuring music with Valerie.



Tuesday Fostering Connections

Tuesdays | 9:30AM - 2:30PM

Barcode: 30217

Starting: July 9, 2024 | Ending: September 24, 2024 | 12 weeks

Connect with friends and enjoy your favourite music, dancing, and exploring instruments. Featuring music with Valerie. Participants will also play games and create seasonal arts and crafts.



Ride the Rails

Tuesdays | 1:00PM - 4:00PM

Barcode: 30218

Starting: July 9, 2024 | Ending: September 24, 2024 | 12 weeks

Participants will ride the TTC to view the city and iconic neighbourhoods of Toronto. Take a trip on the GO Train. You will access public transportation and public facilities. Participants may need to walk for up to 15 minutes. Program will start and end at Foster Connections.



WEDNESDAY

Fostering Your Cuisine

Wednesdays | 9:30AM - 12:30PM

Barcode: 30219

Starting: July 10, 2024 | Ending: September 25, 2024 | 12 weeks



Join us to make summer salads and try quick pickling some vegetables. You will create fresh summer salads by using seasonal fruits and vegetables. This may include pasta salads, potato salads, leafy green salads, and homemade dressings. We will also try our hand at quick pickling different kinds of vegetables such as carrots, red onions and cucumbers. The options are endless. Participants will take their pickled creations home to share with friends and family. At the end of the program participants will receive a copy of the recipes you prepared. Please let us know your dietary or cultural considerations. **Quick pickling can last for 2-3 weeks in the refrigerator and is NOT traditional long term canning pickling.

Wednesday Fostering Connections

Wednesdays | 9:30AM - 2:30PM

Barcode: 30220

Starting: July 10, 2024 | Ending: September 25, 2024 | 12 weeks



Explore a variety of activities from games, seasonal crafts, puzzles, walking in the community, and social time with your peers.

Canvas Painting & Seasonal Crafts

Wednesdays | 1:00PM - 4:00PM

Barcode: 30221

Starting: July 10, 2024 | Ending: September 25, 2024 | 12 weeks



Come and create seasonal arts and crafts that reflect our community and environment. As a group choose fun and interesting activities from Pinterest that celebrate equity, diversity and inclusion.

FOSTER CONNECTIONS

164 MAIN STREET

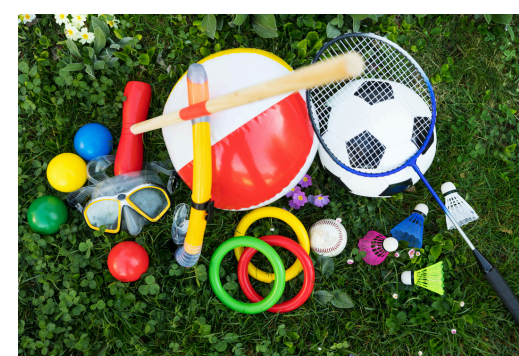
THURSDAY

Games in the Park

Thursdays | 9:30AM - 12:30PM

Barcode: 30222

Starting: July 11, 2024 | Ending: September 26, 2024 | 12 weeks



Come join us for some fresh air and play a variety of games in our local parks. We will pack our wagon with your choice of games such as: safe axe throwing, large Jenga or bean bag toss/cornhole. Game suggestions are welcomed! We will begin and end at Foster Connections. Please dress for the weather, wearing comfortable shoes, sunscreen and hats. There will be walking for up to 10 minutes and may include uneven ground.

Thursday Fostering Connections

Thursdays | 9:30AM - 2:30PM

Barcode: 30223

Starting: July 11, 2024 | Ending: September 26, 2024 | 12 weeks



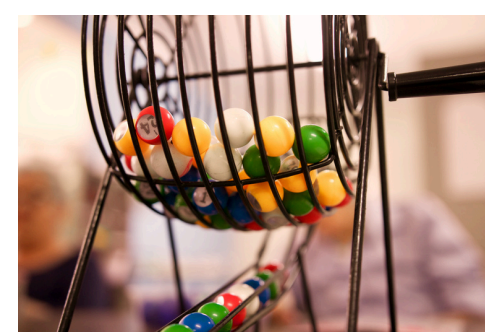
Come join us outside for some fresh air and play a variety of games in our local parks. We will pack our wagon with your choice of safe axe throwing, large Jenga and bean bag/cornhole. Game suggestions welcomed! Activities will be center based and out in the community. We will use the TTC and walk for a minimum of 15 minutes. Please remember to dress for the weather, wearing comfortable shoes, sunscreen and hats.

Bingo & Table Top Games

Thursdays | 1:00PM - 4:00PM

Barcode: 30225

Starting: July 11, 2024 | Ending: September 26, 2024 | 12 weeks



Join us to play BINGO and a variety of table top game. Make suggestions of games you play with your friends and family.



FOSTER CONNECTIONS

164 MAIN STREET

FRIDAY

Explore the Neighbourhood Fridays

Fridays | 9:30AM - 12:30PM

Barcode: 30226

Starting: July 12, 2024 | Ending: September 27, 2024 | 12 weeks



Explore the community and get to know our neighbours by completing simple scavenger hunts or challenges. This may include finding local stores, street signs, or identifying different types of flowers or trees. Visit Glen Stewart ravine or other local parks. Walk for a minimum of 20 minutes. Please dress for the weather, wearing comfortable shoes, sunscreen and hats.

Friday Fostering Connections

Fridays | 9:30AM - 2:30PM

Barcode: 30228

Starting: July 12, 2024 | Ending: September 27, 2024 | 12 weeks



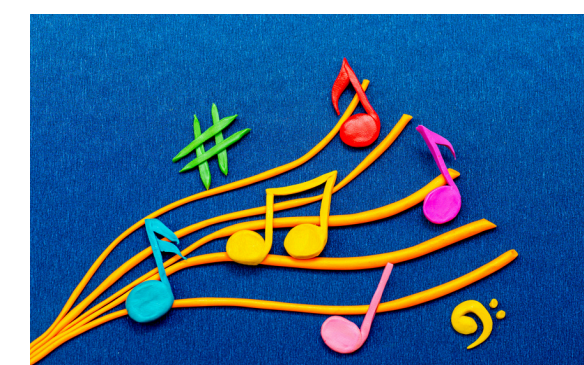
Come join us for a variety of activities including exploring your neighbourhood. We will also play games of your choices such as BINGO and UNO. We will sing Karaoke. Choose your favourite songs and sing with your friends. Your day, your way!

Friday Karaoke & Dance

Fridays | 1:00PM - 4:00PM

Barcode: 30229

Starting: July 12, 2024 | Ending: September 27, 2024 | 12 weeks



Join us for karaoke. Choose your favourite songs and sing and dance with your friends.

FOSTER CONNECTIONS

164 MAIN STREET

SATURDAY

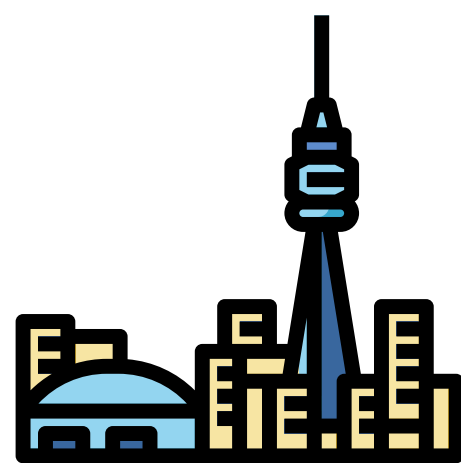
Create Your Own Adventure

Saturdays | 10:30AM - 3:30PM

Barcode: 30230

Starting: July 13, 2024 | Ending: September 28, 2024 | 12 weeks

Come and explore your community. We will attend local neighbourhood and community events such as: jazz fest, Woodbine beach, The Danforth, Queen Street East and The Beach. Make suggestions on where you would like to go. 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, wearing comfortable shoes, sunscreen and hats.



MONDAY

Life Rhythms: Art Discovery Mondays

Mondays | 9:30AM - 2:30PM

Barcode: 30039

Starting: July 8, 2024 | Ending: September 23, 2024 | 10 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

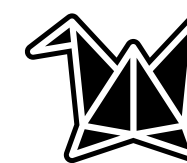
Mondays | 9:30AM - 12:30PM

Barcode: 30045

Starting: July 8, 2024 | Ending: September 23, 2024 | 10 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: 30041

Starting: July 9, 2024 | Ending: September 24, 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.



Inclusive Serenity Yoga and Meditation

Tuesdays | 9:30AM - 12:30PM

Barcode: 30038

Starting: July 9, 2024 | Ending: September 24, 2024 | 12 weeks

Welcome to Inclusive Serenity, where the power of yoga and meditation is accessible to all. Embrace a warm and welcoming space that celebrates diversity and encourages self-discovery. Our experienced instructors will ensure that every session is thoughtfully adapted to meet individual needs, making it a joyful and inclusive experience for everyone. Embrace the harmony of body and mind, and let your journey towards peace and well-being begin here.



Set the Scene

Tuesdays | 1:00PM - 4:00PM

Barcode: 30048

Starting: July 9, 2024 | Ending: September 24, 2024 | 12 weeks

Unleash your inner actor! Are you ready to explore the world of drama and acting? Do you have a passion for storytelling or performance? If so, then join us to "Set the Scene" and unleash your creativity in our own stage production.



WEDNESDAY

Life Rhythms: Midweek Masterpieces

Wednesdays | 9:30AM - 2:30PM

Barcode: 30042

Starting: July 10, 2024 | Ending: September 25, 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.



Musicology

Wednesdays | 9:30AM - 12:30PM

Barcode: 30049

Starting: July 10, 2024 | Ending: September 25, 2024 | 12 weeks

Hello music lovers! Come and join us for an exploration of all things music. We will delve into aspects of music in culture and historic periods. We'll explore instruments, favourite songs, rhythm, and movement. Tune in to your inner musician!



Body Alive Fitness and Nutrition

Wednesdays | 1:00PM - 4:00PM

Barcode: 30047

Starting: July 10, 2024 | Ending: September 25, 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: 30043

Starting: July 11, 2024 | Ending: September 26, 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.



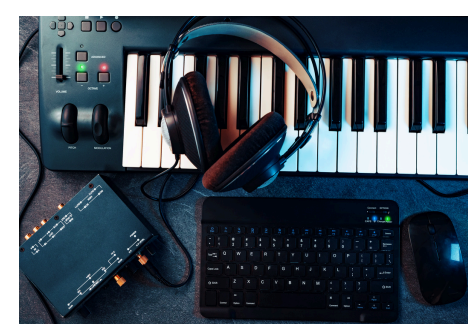
Throwback Thursdays

Thursdays | 9:30AM - 12:30PM

Barcode: 30037

Starting: July 11, 2024 | Ending: September 26, 2024 | 12 weeks

Throwback Thursday has become a popular trend, primarily on social media, where people share nostalgic or old photos, videos, or memories from the past. In this session we will reminisce and engage within the group by sharing significant personal, cultural, or historical events. The sessions might involve: Photo sharing, memory sharing, themed activities, music and multimedia, and other creative projects.



Expressive Art Therapy with Yona

Thursdays | 1:00PM - 4:00PM

Barcode: 30044

Starting: July 11, 2024 | Ending: September 26, 2024 | 12 weeks

Certified Art Therapist Yona will guide participants through this therapeutic approach that uses creative expression through art as a means to improve mental health and well-being. It involves the use of various art forms, such as painting, drawing, sculpture, collage, and other techniques, to help individuals explore their emotions, self-awareness, manage behaviour, reduce stress and boost self-esteem.



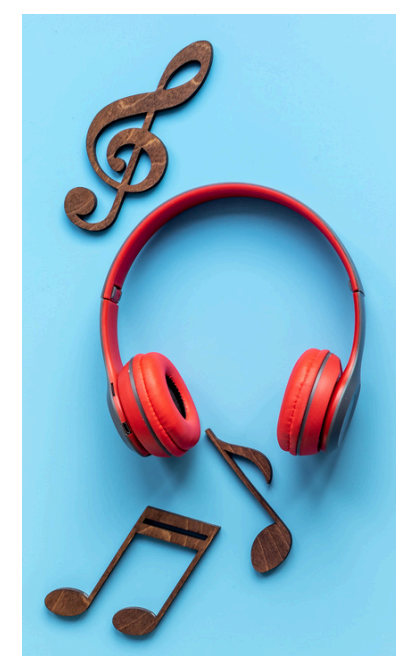
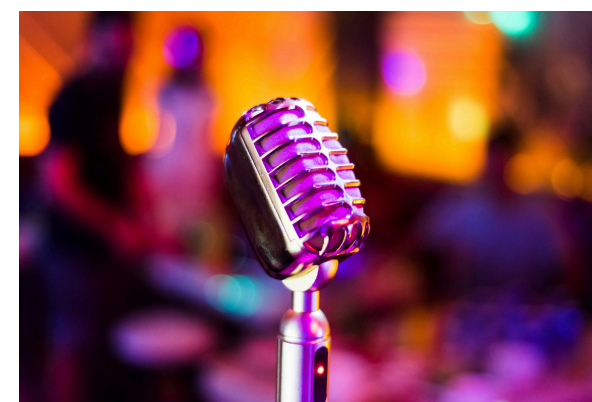
FRIDAY

Life Rhythms: Funtastic Friday

Fridays | 9:30AM - 2:30PM

Barcode: 30040

Starting: July 12, 2024 | Ending: September 27, 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.

Body Alive Fitness and Nutrition

Fridays | 9:30AM - 12:30PM

Barcode: 30046

Starting: July 12, 2024 | Ending: September 27, 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.



THE EAST MALL

65 THE EAST MALL

MONDAY

Funky Fitness with Tammy

Mondays | 9:30AM - 12:30PM

Barcode: 30245

Starting: July 8, 2024 | Ending: September 23, 2024 | 10 weeks

(Please note: no programs on Statutory Holidays)

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



Bingo Blitz

Mondays | 9:30AM - 2:30PM

Barcode: 30246

Starting: July 8, 2024 | Ending: September 23, 2024 | 10 weeks

(Please note: no programs on Statutory Holidays)

Is there anything more exciting than yelling BINGO!!! How about playing other games, dancing and shaking? We do all that and much more!



Picnic Pals

Mondays | 9:30AM - 2:30PM

Barcode: 30247

Starting: July 8, 2024 | Ending: September 23, 2024 | 10 weeks

(Please note: no programs on Statutory Holidays)

C'mon Friends! Let's go on a picnic. Every week we will go outside and eat our lunch in the fresh air. After lunch, get active with fun games like beach ball toss and frisbee, and maybe even fly a kite!



Sensory Friendly Group

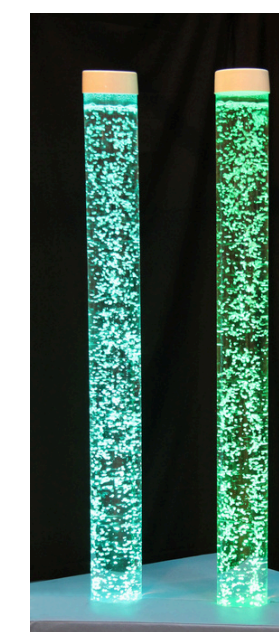
Mondays | 12:30PM - 3:30PM

Barcode: 30249

Starting: July 8, 2024 | Ending: September 23, 2024 | 10 weeks

(Please note: no programs on Statutory Holidays)

Come and enjoy a much more subdued group. Play games and do puzzles and art activities in a calm and relaxing atmosphere. Participants will also have access to our sensory room. A great group for people who like going out but need a quieter space.



TUESDAY

The Artist in Me

Tuesdays | 9:30AM - 12:30PM

Barcode: 30268

Starting: July 9, 2024 | Ending: September 24, 2024 | 12 weeks

Everyone has an inner artist. Come explore your creative side with self-directed artistic projects. Staff will be there to guide you through the process.



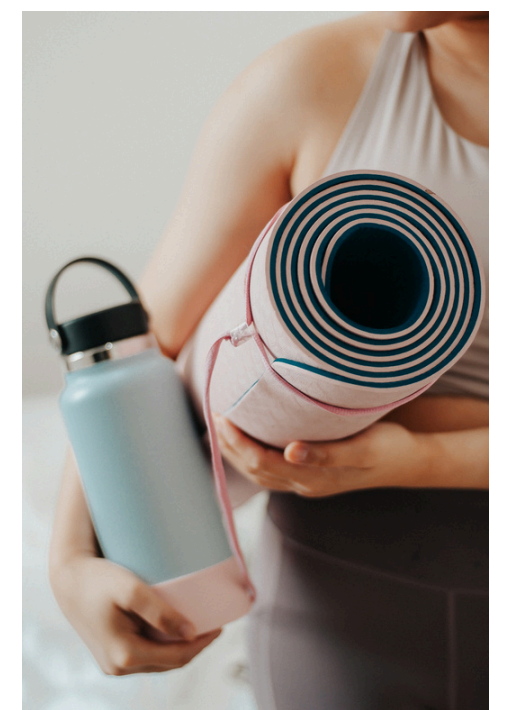
Yoga That Right!

Tuesdays | 9:30AM - 2:30PM

Barcode: 30269

Starting: July 9, 2024 | Ending: September 24, 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!



Animal Adventures

Tuesdays | 9:30AM - 2:30PM | \$110*

Barcode: 30270

Starting: July 9, 2024 | Ending: September 24, 2024 | 12 weeks

Calling all animal lovers! This group is all about animals. We will be going to the Toronto Zoo, Ripley's Aquarium, Cambridge Butterfly Conservatory, High Park, and local parks to see what animals we can find. 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.

**Price is to cover the cost of the Toronto Zoo, Cambridge Butterfly Conservatory and Ripley's Aquarium.*



Bowling

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

Barcode: 30271

Starting: July 9, 2024 | Ending: September 24, 2024 | 12 weeks

Line them up and knock them down, while cheering on your friends in a recreational bowling club. Come on out and get a strike. 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.

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



WEDNESDAY

Music with Valerie

Wednesdays | 9:30AM - 12:30PM

Barcode: 30272

Starting: July 10, 2024 | Ending: September 25, 2024 | 12 weeks

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



Retro Wednesdays

Wednesdays | 9:30AM - 2:30PM

Barcode: 30273

Starting: July 10, 2024 | Ending: September 25, 2024 | 12 weeks

Remember the carefree days of our childhood? Let's relive those times with doing activities from the past. Hula hoop, hopscotch, 80's tunes and more. Summer has never been so fun!



THURSDAY

Summer Sizzlers

Thursdays | 9:30AM - 12:30PM | \$40*

Barcode: 30274

Starting: July 11, 2024 | Ending: September 26, 2024 | 12 weeks

What's on the grill today? Learn how to make simple things on the BBQ and easy recipes in the oven or on the stove top. Kebobs, corn on the cob, burgers and so much more! *Fee is to cover cost of food supplies.



Green Thumb Club

Thursdays | 9:30AM - 12:30PM

Barcode: 30276

Starting: July 11, 2024 | Ending: September 26, 2024 | 12 weeks

Like Jack and the Beanstalk, we will be growing plants from seeds, as well as growing our own vegetables. Can we cook with something we've grown? You must join to find out.



Around the World

Thursdays | 9:30AM - 2:30PM

Barcode: 30279

Starting: July 11, 2024 | Ending: September 26, 2024 | 12 weeks

Want to travel without the high costs? Join us on an imaginary trip around the world. Each week we will explore a new country using educational videos and music. Buckle up for fun and don't worry, there is no turbulence on this flight!



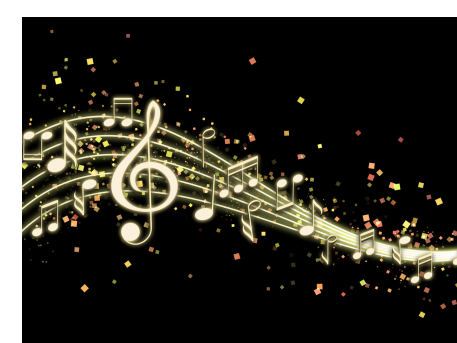
Cool Coffee Crew

Thursdays | 12:30PM - 3:30PM

Barcode: 30280

Starting: July 11, 2024 | Ending: September 26, 2024 | 12 weeks

Come and join us in trying different types of Coffee (Cold and Hot), Teas, and some surprise drinks. Then enjoy some socializing time with your friends while we listen to cool tunes and play fun games.



FRIDAY

Frosty Fridays

Fridays | 9:30AM - 12:30PM | \$40*

Barcode: 30281

Starting: July 12, 2024 | Ending: September 27, 2024 | 12 weeks

Time to Chill Out! Come and enjoy making your own ice cream, popsicles, and slushies in an interactive engaging environment. Let's get ready for the weekend!

*Fee is to cover cost of food supplies.



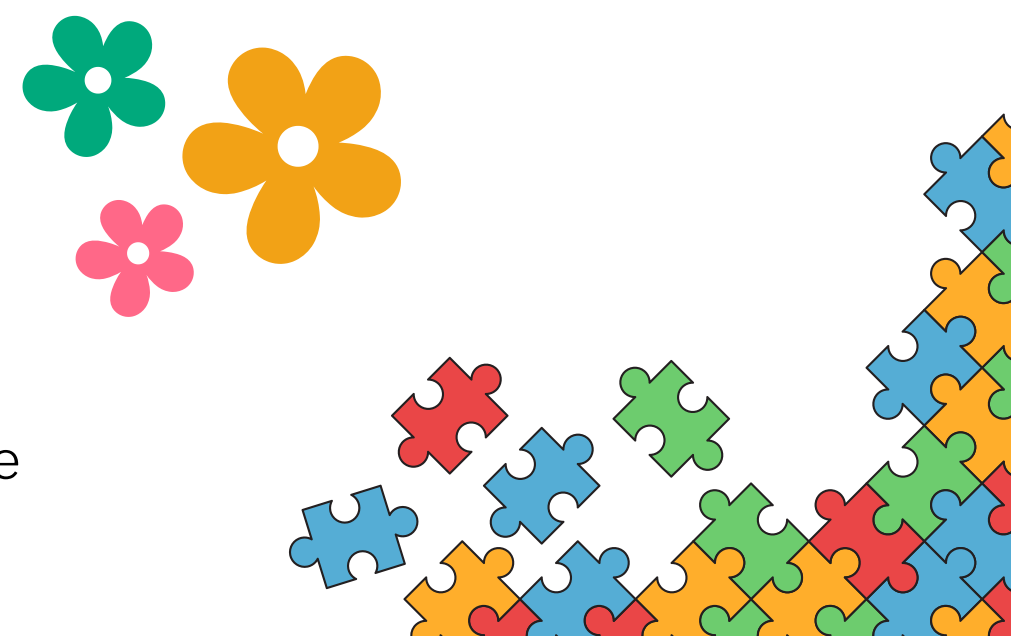
Groovy Friday

Fridays | 9:30AM - 12:30PM

Barcode: 30282

Starting: July 12, 2024 | Ending: September 27, 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 different hairstyles. Let us help you have a fantastic day!



Pizza & Puzzles

Fridays | 12:00PM - 3:00PM | \$40*

Barcode: 30283

Starting: July 12, 2024 | Ending: September 27, 2024 | 12 weeks

Have lunch with your friends! Try new pizza and make your own pizzas! After you eat, play Pictionary and do puzzles and other activities with the staff! A great way to spend your Friday!

*Fee is to cover cost of food supplies.



MONDAY

Life Vibes: Active Lifestyle

Mondays | 9:00AM - 2:00PM

Barcode: 30231

Starting: July 8, 2024 | Ending: September 23, 2024 | 10 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 at the same time! This program will focus on exercise and dance in order to encourage a healthy active lifestyle.

Summer Site Seeing

Mondays | 9:00AM - 2:00PM

Barcode: 30235

Starting: July 8, 2024 | Ending: September 23, 2024 | 10 weeks

(Please note: no programs on Statutory Holidays)



Join us for some fun-filled days going around the city seeing various sites and locations and experiencing what different neighbourhoods have to offer. Exploring different architecture, city designs, cultural events, as well as tourist locations will be part of what we have in store for this activity. So come on down and let's go site seeing!

TUESDAY

Life Vibes: Body & Mind

Tuesdays | 9:00AM - 2:00PM

Barcode: 30232

Starting: July 9, 2024 | Ending: September 24, 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 out our day in a stress-free and relaxing environment.

Jam with Dan

Tuesdays | 12:30PM - 3:30PM

Barcode: 30236

Starting: July 9, 2024 | Ending: September 24, 2024 | 12 weeks



Come on down and Jam with Dan, our resident musician. Dan will be leading a sing-a-long group where he will be playing all the classics, filling your afternoon with music and fun.

WEDNESDAY

Life Vibes: Creativity & Mental Health

Wednesdays | 9:00AM - 2:00PM

Barcode: 30233

Starting: July 10, 2024 | Ending: September 25, 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.



Music Explosion with Dan

Wednesdays | 9:00AM - 12:00PM

Barcode: 30237

Starting: July 10, 2024 | Ending: September 25, 2024 | 12 weeks

Deep dive into the world of music with Dan, our resident musician. Dan will go over the theory of music, touch on various music genres, history, lyrics and more. Singing songs of various genres will be a feature of this activity. So come on down if you want to sing, learn, and play!



THURSDAY

Life Vibes: Entertainment

Thursdays | 9:00AM - 2:00PM

Barcode: 30238

Starting: July 11, 2024 | Ending: September 26, 2024 | 12 weeks

This activity is all about having fun! We will be doing a wide variety of activities including board games, karaoke, video games, art, BINGO, music and more. The activity will be directed as a group by the participants and a variety of interests will be touched on in the chosen fun activity.



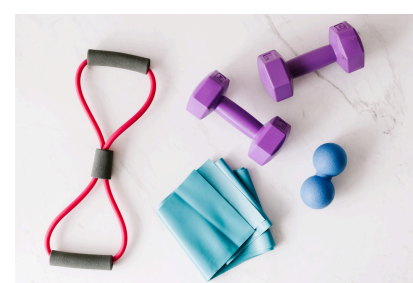
Life Vibes: Exercise and Nutrition

Thursdays | 9:30AM - 12:30PM

Barcode: 30234

Starting: July 11, 2024 | Ending: September 26, 2024 | 12 weeks

Come join us at the Life Vibes: Exercise & Nutrition program where we can enjoy a range of activities focused on exercise and nutrition. We will be cooking once a month, and doing physical activities while being guided by a certified health and exercise professional. We will also be discussing topics around building a healthy and balanced lifestyle.



FRIDAY

Summer Adventure Days **Fridays | 9:00AM - 2:00PM**

Barcode: 30239

Starting: July 12, 2024 | Ending: September 27, 2024 | 12 weeks

Ready to have an adventure? Join us for fun-filled days of exploring parks, tourist attractions, and various neighbourhoods in and around the city of Toronto. Come on down and let's have a blast!



Music with Valerie **Fridays | 9:00AM - 12:00PM**

Barcode: 30240

Starting: July 12, 2024 | Ending: September 27, 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 be rounding the activity off with other music related activities as an added bonus.

