

# YOUR Experience Guide

## to Community Participation



**Sign Up Begins:**

**Wednesday, September 4, 2024**

**Fall/Winter**

**October 2024 - March 2025**





# Welcome to Community Participation Your Experience Guide Fall/Winter

Sign Up Begins:  
Wednesday, September 4, 2024

## 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\**

## 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) **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 package sup 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 Sign Up



## Online

Go to [MyCommunityHub](#) or scan the barcode  
Register for an account



Need help creating an account on MyCommunityHub? [Click here](#) for a demonstration.



## Phone

Call [\(647\) 729 - 2976](tel:647-729-2976) to speak with a member of the Community Participation team.



## In Person

Visit any of the Community Participation locations on:  
Wednesday September 4, 2024 - 10:00AM - 4:00PM

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

## More Information:

Fall/Winter Informational video regarding updates to Community Participation, program selection process and package options will be recorded and posted on [cpsandrespite.ca](http://cpsandrespite.ca) by August 30, 2024.



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*50 Fairfax Crescent*

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**FOSTER CONNECTIONS**

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**THE EAST MALL**

*65 The East Mall*

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**25**

**FINCH**

*1122 Finch Avenue West*

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**30**

**ADVANCE**

*102 Advance Road*

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# MONDAY

*"My Favourite Program!"*

**Monday Circuit & Yoga**  
**Mondays | 9:00AM - 2:00PM**

Barcode: 31822

Starting: October 7, 2024 | Ending: March 24, 2025 | 22 weeks

(Please note: no program on October 14, December 30 & February 17)

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

**Monday Music & Dance**  
**Mondays | 9:00AM - 2:00PM**

Barcode: 31823

Starting: October 7, 2024 | Ending: March 24, 2025 | 22 weeks

(Please note: no program on October 14, December 30 & February 17)

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

**Sensory & Movement**  
**Mondays | 9:00AM - 2:00PM**

Barcode: 31824

Starting: October 7, 2024 | Ending: March 24, 2025 | 22 weeks

(Please note: no program on October 14, December 30 & February 17)

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: Sensory room, Mobii projector, through music, movement and so much more!

**Technology Mondays**  
**Mondays | 9:00AM - 2:00PM**

Barcode: 31826

Starting: October 7, 2024 | Ending: March 24, 2025 | 22 weeks

(Please note: no program on October 14, December 30 & February 17)

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.



# MONDAY

### Grocery Shopping

**Mondays | 9:00AM - 12:00PM**

Barcode: 31827

Starting: October 7, 2024 | Ending: March 24, 2025 | 22 weeks

(Please note: no program on October 14, December 30 & February 17)

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

### Flour Power

**Mondays | 9:00AM - 12:00PM**

Barcode: 31828

Starting: October 7, 2024 | Ending: March 24, 2025 | 22 weeks

(Please note: no program on October 14, December 30 & February 17)

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



Fun day exploring nature



Visit from Santa



Thanksgiving fun



# TUESDAY

## Tuesday Circuit

Tuesdays | 9:00AM - 2:00PM

Barcode: 31825

Starting: October 8, 2024 | Ending: March 25, 2025 | 24 weeks

(Please note: no program on December 31)

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

## Intro to Volunteerism

Tuesdays | 9:00AM - 2:00PM

Barcode: 32160

Starting: October 8, 2024 | Ending: March 25, 2025 | 24 weeks

(Please note: no program on December 31)

Learn what valued roles are, how volunteering can help create new skills, how to connect with others and have fun while doing it! Please note this is not a job coaching or supported work group.

NEW!

## Kitchen Creations

Tuesdays | 9:00AM - 2:00PM

Barcode: 31834

Starting: October 8, 2024 | Ending: March 25, 2025 | 24 weeks

(Please note: no program on December 31)

Cooking for beginners. You will help decide what to make, create a grocery list, prepare, cook and enjoy a snack sized meal. Learn how to set a table, basic etiquette, and cleaning up. Let us know your dietary restrictions or any cultural considerations.

## Crafts: Greeting Cards

Tuesdays | 9:00AM - 2:00PM

Barcode: 31833

Starting: October 8, 2024 | Ending: March 25, 2025 | 24 weeks

(Please note: no program on December 31)

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

"So much fun!"



# TUESDAY

### Sensory & Movement

**Tuesdays | 1:00PM - 4:00PM**

**Barcode: 31831**

**Starting: October 8, 2024 | Ending: March 25, 2025 | 24 weeks**

**(Please note: no program on December 31)**

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: Sensory room, Mobii projector, through music, movement and so much more!

### Bingo & Bowling

**Tuesdays | 1:00PM - 4:00PM**

**Barcode: 31840**

**Starting: October 8, 2024 | Ending: March 25, 2025 | 24 weeks**

**(Please note: no program on December 31)**

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



Yummy veggies



Horsing around!



Warming up by the campfire



# WEDNESDAY

## Wednesday Circuit & Yoga

**Wednesdays | 9:00AM - 2:00PM**

Barcode: 31849

Starting: October 9, 2024 | Ending: March 26, 2025 | 23 weeks

(Please note: no program on December 25 & January 1)

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

## Trivia & Games

**Wednesdays | 9:00AM - 2:00PM**

Barcode: 31847

Starting: October 9, 2024 | Ending: March 26, 2025 | 23 weeks

(Please note: no program on December 25 & January 1)

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

## Kitchen Creations

**Wednesdays | 9:00AM - 2:00PM**

Barcode: 31835

Starting: October 9, 2024 | Ending: March 26, 2025 | 23 weeks

(Please note: no program on December 25 & January 1)

Cooking for beginners. You will help decide what to make, create a grocery list, prepare, cook and enjoy a snack sized meal. Learn how to set a table, basic etiquette, and cleaning up. Let us know your dietary restrictions or any cultural considerations.

*"I'm so excited to try this one!"*

## Seasonal Crafts

**Wednesdays | 9:00AM - 2:00PM**

Barcode: 31843

Starting: October 9, 2024 | Ending: March 26, 2025 | 23 weeks

(Please note: no program on December 25 & January 1)

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



# WEDNESDAY

### **Social Club: Spilling the Tea** **Wednesdays | 1:00PM - 4:00PM**

Barcode: 31851

Starting: October 9, 2024 | Ending: March 26, 2025 | 23 weeks

(Please note: no program on December 25 & January 1)

Spill your Tea and socialize with friends new and old. Enjoy a cup of tea or coffee as conversations flow and connections are made. Don't miss out on this opportunity to engage and have a great time

### **Flour Power** **Wednesdays | 1:00PM - 4:00PM**

Barcode: 31829

Starting: October 9, 2024 | Ending: March 26, 2025 | 23 weeks

(Please note: no program on December 25 & January 1)

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



Skiing adventures



Laughing with friends



Chilling in the snow



# THURSDAY

## Thursday Circuit

Thursdays | 9:00AM - 2:00PM

Barcode: 31852

Starting: October 10, 2024 | Ending: March 27, 2025 | 24 weeks

(Please note: no program on December 26)

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

## Music & Dance

Thursdays | 9:00AM - 2:00PM

Barcode: 31842

Starting: October 10, 2024 | Ending: March 27, 2025 | 24 weeks

(Please note: no program on December 26)

Come connect with your passion for music and dance as we explore together using instruments, singing voices while dancing to our favourite artists.

## Kitchen Creations

Thursdays | 9:00AM - 2:00PM

Barcode: 31836

Starting: October 10, 2024 | Ending: March 27, 2025 | 24 weeks

(Please note: no program on December 26)

Cooking for beginners. You will help decide what to make, create a grocery list, prepare, cook and enjoy a snack sized meal. Learn how to set a table, basic etiquette, and cleaning up. Let us know your dietary restrictions or any cultural considerations.

## Intro to Literacy & Numeracy

Thursdays | 9:00AM - 2:00PM

Barcode: 31838

Starting: October 10, 2024 | Ending: March 27, 2025 | 24 weeks

(Please note: no program on December 26)

Do you enjoy reading or working with numbers? Join us for an introductory session on literacy and numeracy basics for adults.

NEW!



# THURSDAY

### Craft: Painting

Thursdays | 1:00PM - 4:00PM

Barcode: 31844

Starting: October 10, 2024 | Ending: March 27, 2025 | 24 weeks

(Please note: no program on December 26)

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

### Bingo & Bowling

Thursdays | 1:00PM - 4:00PM

Barcode: 31841

Starting: October 10, 2024 | Ending: March 27, 2025 | 24 weeks

(Please note: no program on December 26)

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



Stuffed animal collector,  
carnival champion!



Messy hands, happy heart,  
slimy fun!



Snow much fun in  
winter wonderland!



# FRIDAY

### Friday Circuit & Games

**Fridays | 9:00AM - 2:00PM**

Barcode: 31850

Starting: October 11, 2024 | Ending: March 28, 2025 | 24 weeks

(Please note: no program on December 27)

Come join us for a variety of activities including: Board and Card games, trivia, sports games, table top sports games, dancing and exercising. May include on site and in community participation.

*"It was super fun & relaxing!!"*

### Spa Day

**Fridays | 9:00AM - 2:00PM**

Barcode: 31845

Starting: October 11, 2024 | Ending: March 28, 2025 | 24 weeks

(Please note: no program on December 27)

Do you like relaxing, listening to calming music and getting your nails painted and decorated? Join us for a great Spa Day experience.

### Kitchen Creations

**Fridays | 9:00AM - 2:00PM**

Barcode: 31837

Starting: October 11, 2024 | Ending: March 28, 2025 | 24 weeks

(Please note: no program on December 27)

Cooking for beginners. You will help decide what to make, create a grocery list, prepare, cook and enjoy a snack sized meal. Learn how to set a table, basic etiquette, and cleaning up. Let us know your dietary restrictions or any cultural considerations.

### Sensory & Movement

**Fridays | 9:00AM - 2:00PM**

Barcode: 31832

Starting: October 11, 2024 | Ending: March 28, 2025 | 24 weeks

(Please note: no program on December 27)

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: Sensory room, Mobii projector, through music, movement and so much more!



# FRIDAY

### Flour Power

**Fridays | 1:00PM - 4:00PM**

**Barcode: 31830**

**Starting: October 11, 2024 | Ending: March 28, 2025 | 24 weeks**

**(Please note: no program on December 27)**

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

### Fairfax Fridays!

**Fridays | 1:00PM - 4:00PM**

**Barcode: 31839**

**Starting: October 11, 2024 | Ending: March 28, 2025 | 24 weeks**

**(Please note: no program on December 27)**

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



Santa's sleigh and smiles  
all day!



Smudging ceremony



Fresh air and endless joy



# MONDAY

**Sugar & Spice Baking Club**  
**Mondays | 9:30AM - 12:30PM**

Barcode: 31846

Starting: October 7, 2024 | Ending: March 24, 2025 | 22 weeks

(Please note: no program on October 14, December 30 & February 17)

Enjoy a tea of 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 and cultural considerations.

I'm excited  
to meet new  
people!"

**Monday Fostering Connections**  
**Mondays | 9:30AM - 2:30PM**

Barcode: 31848

Starting: October 7, 2024 | Ending: March 24, 2025 | 22 weeks

(Please note: no program on October 14, December 30 & February 17)

Join us for a variety of activities and connect with new and old friends. Enjoy seasonal crafts, spa treatments (fingernail painting, hand massages and simple face masks) games and baked goods while relaxing and getting pampered.



Making tobacco ties



Day of laughter and  
farm fun



Fall-ing for nature



# TUESDAY

## **Main Music Connection**

**Tuesdays | 9:30AM - 12:30PM**

**Barcode: 31853**

**Starting: October 8, 2024 | Ending: March 25, 2025 | 24 weeks**

**(Please note: no program on December 31)**

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: 31854**

**Starting: October 8, 2024 | Ending: March 25, 2025 | 24 weeks**

**(Please note: no program on December 31)**

Connect with friends and enjoy your favourite music, dancing and exploring instruments. Featuring music with Valerie. Participants will also play games and create seasonal crafts using a variety of methods.

## **Tuesday Spa Day**

**Tuesdays | 1:00PM - 4:00PM**

**Barcode: 31872**

**Starting: October 8, 2024 | Ending: March 25, 2025 | 24 weeks**

**(Please note: no program on December 31)**

Come and get pampered. You will enjoy a relaxing and fun experience including painting fingernails with bright colours, having gentle hand massages, and even try out some simple face masks. Please share any allergies and or cultural considerations.





# WEDNESDAY

## **Fostering Your Cuisine**

**Wednesdays | 9:30AM - 12:30PM**

**Barcode: 31855**

**Starting: October 9, 2024 | Ending: March 26, 2025 | 23 weeks**

**(Please note: no program on December 25 & January 1)**

Come and join us to make some fresh soups by using seasonal vegetables. The options are endless. Suggest your favourite soups to make. At the end of the program you will receive a copy of the recipes to take home and share with family and friends. Please remember to share your dietary and cultural considerations.

## **Wednesday Fostering Connections**

**Wednesdays | 9:30AM - 2:30PM**

**Barcode: 31856**

**Starting: October 9, 2024 | Ending: March 26, 2025 | 23 weeks**

**(Please note: no program on December 25 & January 1)**

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

## **Canvas Painting & Seasonal Crafts**

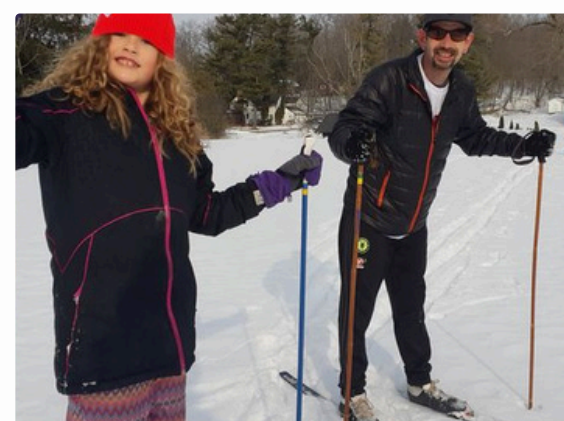
**Wednesdays | 1:00PM - 4:00PM**

**Barcode: 31858**

**Starting: October 9, 2024 | Ending: March 26, 2025 | 23 weeks**

**(Please note: no program on December 25 & January 1)**

Come and create seasonal arts and crafts and paintings that reflect our community and environment. Use different types of methods and textiles. Celebrate equity, diversity and inclusion and choose interesting activities as a group.





# THURSDAY

## Thursday Karaoke & Dance

Thursdays | 9:30AM - 12:30PM

Barcode: 31859

Starting: October 10, 2024 | Ending: March 27, 2025 | 24 weeks

(Please note: no program on December 26)

Come join us for karaoke and dancing. Choose your favourite song and dance along to the music video with your friends.

## Thursday Fostering Connections

Thursdays | 9:30AM - 2:30PM

Barcode: 31861

Starting: October 10, 2024 | Ending: March 27, 2025 | 24 weeks

(Please note: no program on December 26)

Come join us for a variety of activities both on site and in the community. We will use the TTC and walk for a minimum of 20 minutes to local parks and ravines to collect leaves for art projects. Please remember to dress for the weather.

## Drawing & Simple Origami

Thursdays | 1:00PM - 4:00PM

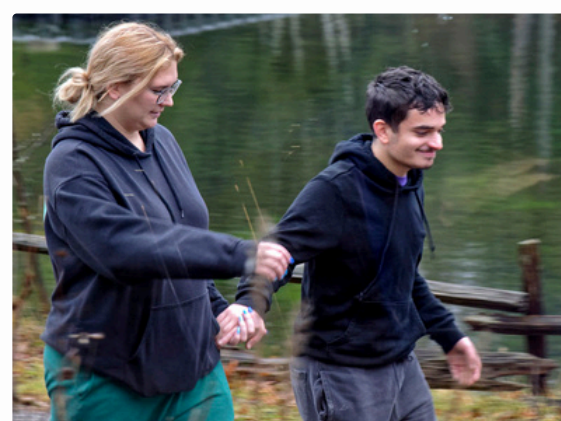
Barcode: 31863

Starting: October 10, 2024 | Ending: March 27, 2025 | 24 weeks

(Please note: no program on December 26)

Come and learn how to create simple drawings and sketches of animals and people and the environment. We will explore simple origami and creating 'stained glass' leaves collected from our local parks and ravines.

NEW!





# FRIDAY

“I’m excited to try something new & explore other cultures!”

**Discover the World**  
**Fridays | 9:30AM - 12:30PM**

Barcode: 31865

Starting: October 11, 2024 | Ending: March 28, 2025 | 24 weeks  
(Please note: no program on December 27)

Discover the World is a fun program where participants can learn about different cultures from all around the globe! You will explore unique traditions, colourful clothing, and delicious snacks from various countries. Join us on this exciting journey to see how people live, dress, and eat in different parts of the world!

**Friday Fostering Connections**  
**Fridays | 9:30AM - 2:30PM**

Barcode: 31868

Starting: October 11, 2024 | Ending: March 28, 2025 | 24 weeks  
(Please note: no program on December 27)

Come join us for a variety of activities by learning and exploring unique traditions, colourful clothing, and delicious snacks from cultures around the globe on site and in the community - dress for the weather. TTC and walk a minimum of 20 minutes.

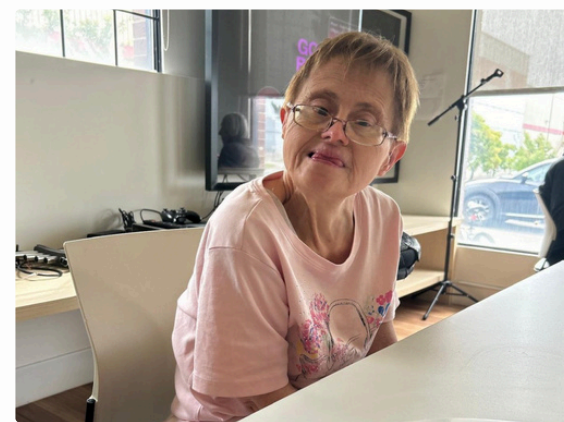
**Games at Fosters**  
**Fridays | 1:00PM - 4:00PM**

Barcode: 31869

Starting: October 11, 2024 | Ending: March 28, 2025 | 24 weeks  
(Please note: no program on December 27)

Welcome to Games at Fosters where fun meets learning! Through a mix of classic board games and interactive educational video games, you will develop critical thinking, teamwork, and problem-solving skills in an engaging and supportive environment.

**NEW!**





# MONDAY

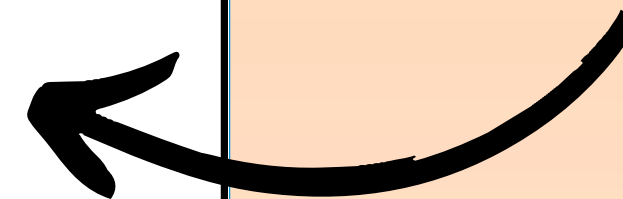
**Funky Fitness with Tammy**  
**Mondays | 9:30AM - 12:30PM**

Barcode: 32137

Starting: October 7, 2024 | Ending: March 24, 2025 | 22 weeks  
(Please note: no program on October 14, December 30 & February 17)

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

“Tammy's  
classes are SO  
MUCH fun!!”



**Mad Hatter's Tea Party**  
**Mondays | 9:30AM - 2:30PM**

Barcode: 32138

Starting: October 7, 2024 | Ending: March 24, 2025 | 22 weeks  
(Please note: no program on October 14, December 30 & February 17)

Come on out to our tea party. Every Monday we are going to learn about celebrations from around the world, have tea, play games and do a little dancing. Come on out to our world and have fun and learn about a different country each time.

**NEW!**

**Cold Coffee Crew**  
**Mondays | 12:00PM - 3:00PM**

Barcode: 32139

Starting: October 7, 2024 | Ending: March 24, 2025 | 22 weeks  
(Please note: no program on October 14, December 30 & February 17)

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 playing fun games.





# TUESDAY

## **Singing Sensations**

**Tuesdays | 9:30AM - 12:30PM**

**Barcode: 32140**

**Starting: October 8, 2024 | Ending: March 25, 2025 | 24 weeks**

**(Please note: no program on December 31)**

Have you ever dreamed of being the next Canadian Idol? Sing your heart out and practice your favourite songs Karaoke Style! Vocal warmups, lyric learning, microphone techniques and stage presence will be worked on in a fun environment!

## **Yoga That Right!**

**Tuesdays | 9:30AM - 2:30PM**

**Barcode: 32141**

**Starting: October 8, 2024 | Ending: March 25, 2025 | 24 weeks**

**(Please note: no program on December 31)**

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!

## **Bowling**

**Tuesdays | 1:00PM - 4:00PM**

**Barcode: 32142**

**Starting: October 8, 2024 | Ending: March 25, 2025 | 24 weeks**

**(Please note: no program on December 31)**

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, do up your own seatbelt, walk and keep up with your peers. Please dress weather appropriate.



# WEDNESDAY

## Music with Valerie

Wednesdays | 9:30AM - 12:30PM

Barcode: 32143

Starting: October 9, 2024 | Ending: March 26, 2025 | 23 weeks

(Please note: no program on December 25 & January 1)

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

## Put Your Heart into Art

Wednesdays | 9:30AM - 2:30PM

Barcode: 32144

Starting: October 9, 2024 | Ending: March 26, 2025 | 23 weeks

(Please note: no program on December 25 & January 1)

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, music and many more.

NEW!



Strike your pose



Lost in music's embrace



Smile for the camera



# THURSDAY

## Tripple Threat

**Thursdays | 9:30AM - 12:30PM**

Barcode: 32145

Starting: October 10, 2024 | Ending: March 27, 2025 | 24 weeks

(Please note: no program on December 26)

Calling all future triple threats. Do you want to act, sing or dance? Then this class is for you. Before you know it, you will be accepting your Oscar!

**NEW!**

## Cooking Creations and Conversations

**Thursdays | 9:30AM - 12:30PM**

Barcode: 32146

Starting: October 10, 2024 | Ending: March 27, 2025 | 24 weeks

(Please note: no program on December 26)

Welcome to back to the basics cooking. Here you will learn simple cooking techniques. How to make a grocery list and kitchen safety. This class is good for someone who has never cooked before.

## Bingo Bonanza

**Thursdays | 9:30AM - 2:30PM**

Barcode: 32147

Starting: October 10, 2024 | Ending: March 27, 2025 | 24 weeks

(Please note: no program on December 26)

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

## Adaptive Swim

**Thursdays | 12:30PM - 3:30PM**

Barcode: 32148

Starting: October 10, 2024 | Ending: March 27, 2025 | 24 weeks

(Please note: no program on December 26)

Come on out to a splashing good time at Alderwood pool. We will swim, play games and have fun. Note: Walk down multiple stairs to enter the pool, be able to get dressed and undressed without staff assistance including drying your hair and put your shoes/ socks on, step up into a large Ford van and do up your own seatbelt. Weather appropriate clothes.

**NEW!**



# FRIDAY

## Walking, Walking, Window Shopping

**Fridays | 9:30AM - 12:30PM**

Barcode: 32149

Starting: October 11, 2024 | Ending: March 28, 2025 | 24 weeks

(Please note: no program on December 27)

Rotation between multiple malls this group makes fitness fun! Each week we will meet at a designated place and walk our way to healthy activity! Social, fun and engaging, fitness was never as easy or as fun!. Comfortable shoes and clothes encouraged.

**NEW!**

## Beautiful Baking

**Fridays | 9:30AM - 12:30PM**

Barcode: 32150

Starting: October 11, 2024 | Ending: March 28, 2025 | 24 weeks

(Please note: no program on December 27)

Come and join us for a good time each week learning a new recipe for a baked good. From muffins to cakes to cookies, we are going to make them all. Come on out and join the fun.

**NEW!**

## A Little Bit of Everything

**Fridays | 9:30AM - 2:30PM**

Barcode: 32151

Starting: October 11, 2024 | Ending: March 28, 2025 | 24 weeks

(Please note: no program on December 27)

It's Friday, let's listen to our favorite tunes, relax and do a puzzle. Let the staff give you a manicure and hairstyles. This is a self-directed class filled with a little bit of everything! Let us help you have a fantastic day!

**NEW!**

## Pizza & A Movie

**Fridays | 12:00PM - 3:00PM**

Barcode: 32152

Starting: October 11, 2024 | Ending: March 28, 2025 | 24 weeks

(Please note: no program on December 27)

Have lunch with your friends! Try out new pizza and make your own pizzas! After you eat, watch a cool movie and have fun! A great way to spend your Friday!

**NEW!**



# MONDAY

## Life Rhythms: Art Discovery Mondays

**Mondays | 9:30AM - 2:30PM**

Barcode: 32047

Starting: October 7, 2024 | Ending: March 24, 2025 | 22 weeks

(Please note: no program on October 14, December 30 & February 17)

Embark on a captivating journey of self-discovery through art in this Life Rhythms session. Unleash your creativity and explore the expressive power of colors and shapes to connect with your inner emotions and experiences.

"I LOVE art programs!"

## Artistic Adventures with Lisa Mondays | 9:30AM - 12:30PM

Barcode: 32052

Starting: October 7, 2024 | Ending: March 24, 2025 | 22 weeks

(Please note: no program on October 14, December 30 & February 17)

Discover the joy of bringing your imagination to life and embark on a colourful journey of artistic adventures with artist Lisa, where creativity knows no bounds; explore a variety of art mediums and techniques, then combine them into interesting masterpieces.



Cozy vibes & crackling warmth



Rock on!



Turning miles into memories



# TUESDAY

## **Life Rhythms: Health and Well-Being Tuesdays**

**Tuesdays | 9:30AM - 2:30PM**

**Barcode: 32049**

**Starting: October 8, 2024 | Ending: March 25, 2025 | 24 weeks**

**(Please note: no program on December 31)**

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: 32046**

**Starting: October 8, 2024 | Ending: March 25, 2025 | 24 weeks**

**(Please note: no program on December 31)**

Welcome to Inclusive Serenity, where the power of yoga and meditation is accessible to all, celebrates diversity and encourages self-discovery. Every session is thoughtfully adapted to meet individual needs. Let your journey towards peace and well-being begin.

## **Throwback Tuesdays**

**Tuesdays | 1:00PM - 4:00PM**

**Barcode: 32059**

**Starting: October 8, 2024 | Ending: March 25, 2025 | 24 weeks**

**(Please note: no program on December 31)**

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 on Tuesdays. The sessions might involve: Photo sharing, memory sharing, themed activities, music and multimedia, and other creative projects.



# WEDNESDAY

## **Life Rhythms: Midweek Masterpieces**

**Wednesdays | 9:30AM - 2:30PM**

Barcode: 32050

Starting: October 9, 2024 | Ending: March 26, 2025 | 23 weeks

(Please note: no program on December 25 & January 1)

Discover the joy of self-expression as you unleash your imagination and bring your visions to life on various art mediums. You will be able to experiment, learn, and grow as an artist. This session promises to ignite your passion for art and beauty of creation.

*“Music classes  
are always my  
fav”*

## **Musicology**

**Wednesdays | 9:30AM - 12:30PM**

Barcode: 32056

Starting: October 9, 2024 | Ending: March 26, 2025 | 23 weeks

(Please note: no program on December 25 & January 1)

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, favorite songs, rhythm, and movement. Tune in to your inner musician!

## **Body Alive Fitness**

**Wednesdays | 1:00PM - 4:00PM**

Barcode: 32054

Starting: October 9, 2024 | Ending: March 26, 2025 | 23 weeks

(Please note: no program on December 25 & January 1)

Practice gentle movements adapted for both seated and standing position through yoga, meditation, toning and other range of motion exercises and healthy living and nutrition. Topics can include physical and mental health and body positivity.



# THURSDAY

## **Life Rhythms: Thursday Tune Up**

**Thursdays | 9:30AM - 2:30PM**

**Barcode: 32051**

**Starting: October 10, 2024 | Ending: March 27, 2025 | 24 weeks**

**(Please note: no program on December 26)**

Enhance the rhythms of your life by exploring a variety of activities and daily living skills including artistic expression, financial literacy, cooking, and health and wellness topics. Come out and get ready to enjoy this session!

## **Kitchen Krafters**

**Thursdays | 9:30AM - 12:30PM**

**Barcode: 32066**

**Starting: October 10, 2024 | Ending: March 27, 2025 | 24 weeks**

**(Please note: no program on December 26)**

Join us on a culinary adventure where we will create delicious treats in the kitchen. From baking cupcakes, to crafting healthy snacks, our hands-on approach encourages creativity and team work.

## **Expressive Art Therapy with Yona**

**Thursdays | 1:00PM - 4:00PM**

**Barcode: 32055**

**Starting: October 10, 2024 | Ending: March 27, 2025 | 24 weeks**

**(Please note: no program on December 26)**

Certified Art Therapist Yona will guide you through this therapeutic approach that uses creative expression through art as a means to improve mental health and well-being. Explore your emotions, self-awareness, reduce stress and boost self-esteem.



# FRIDAY

## Life Rhythms: Funtastic Friday

**Fridays | 9:30AM - 2:30PM**

Barcode: 32048

Starting: October 11, 2024 | Ending: March 28, 2025 | 24 weeks

(Please note: no program on December 27)

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: 32053

Starting: October 11, 2024 | Ending: March 28, 2025 | 24 weeks

(Please note: no program on December 27)

Practice gentle movements adapted for both seated and standing position, explore yoga, meditation, toning and other range of motion exercises with Fitness Instructor Melissa and explore healthy living and nutrition.

## Say It, See it, Sign It

**Fridays | 1:00PM - 4:00PM**

Barcode: 32065

Starting: October 11, 2024 | Ending: March 28, 2025 | 24 weeks

(Please note: no program on December 27)

Celebrate the beauty of diverse communication styles. Whether you prefer visual learning, verbal expression, sign language, or written communication, celebrate the beauty of human expression in See It, Say It, Sign It.

**NEW!**



# MONDAY

## Monday Fundays

**Mondays | 9:00AM - 2:00PM**

Barcode: 32240

Starting: October 7, 2024 | Ending: March 24, 2025 | 22 weeks

(Please note: no program on October 14, December 30 & February 17)

An awesome fun filled time on Monday Fundays—where you are the creators of your own activities. Each week you will decide on what activities you will be engaging in. Each activity will be tailored according to your interests.

“Love to move  
and grove!!”

## Life Vibes: Active Lifestyle

**Mondays | 9:00AM - 12:00PM**

Barcode: 32241

Starting: October 7, 2024 | Ending: March 24, 2025 | 22 weeks

(Please note: no program on October 14, December 30 & February 17)

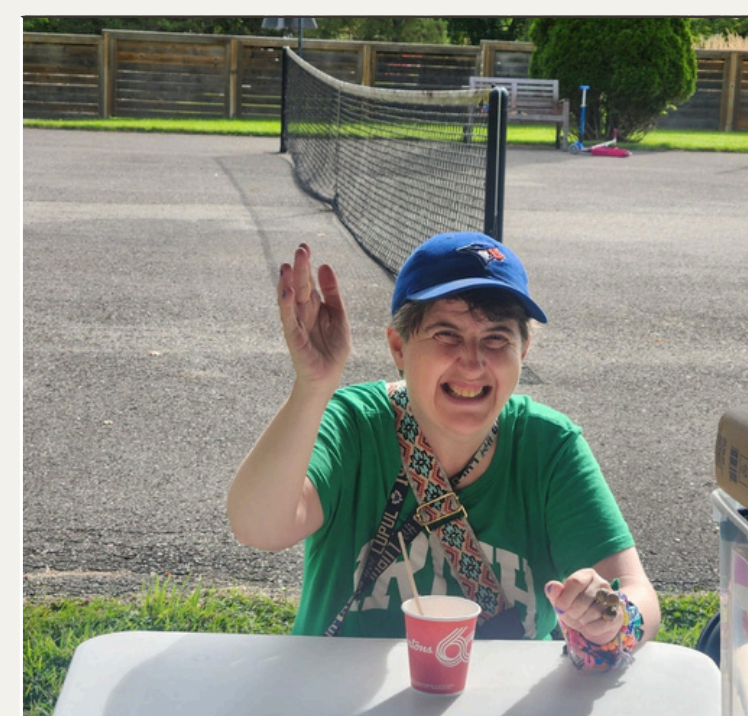
Join us in moving and grooving to the sweet, sweet, vibes of Zumba beats while getting some unnoticed exercise done at the same time! This program will focus on exercise and dance in order to encourage a health active lifestyle every Monday.



Relaxin' in the sunshine



Saving the day one  
pic at a time!



Proof that happiness is  
contagious



# TUESDAY

## Life Vibes: Body & Mind

Tuesdays | 9:00AM - 2:00PM

Barcode: 32242

Starting: October 8, 2024 | Ending: March 25, 2025 | 24 weeks

(Please note: no program on December 31)

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, Art, Meditation and Yoga to achieve a state of relaxation and mental clarity.

## Jam with Dan

Tuesdays | 12:00PM - 3:00PM

Barcode: 32243

Starting: October 8, 2024 | Ending: March 25, 2025 | 24 weeks

(Please note: no program on December 31)

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



Chilling out and soaring high



Sprinkling a little extra magic today!



Making a splash!



# WEDESDAY

## Life Vibes: Creative Arts

Wednesdays | 9:00AM - 2:00PM

Barcode: 32244

Starting: October 9, 2024 | Ending: March 26, 2025 | 23 weeks  
(Please note: no program on December 25 & January 1)

Come explore your creative side through the wonderful world of Art. This activity will focus on various visual art forms while encouraging artistic expression.

## Party Games

Wednesdays | 9:00AM - 12:00PM

Barcode: 32245

Starting: October 9, 2024 | Ending: March 26, 2025 | 23 weeks  
(Please note: no program on December 25 & January 1)

Come join us for a fun fill morning playing all your most popular party games such as flip cup, kings cup, beer-free pong, and more! At the end, participants will be able to make their own mocktails to end off their day. So, come on down and let's have a blast!

NEW!



Laughter is the best kind of therapy



The best kind of double-trouble!



Thanksgiving smiles and grateful hearts



# THURSDAY

## Community Learning & Exploration

Thursdays | 9:00AM - 2:00PM

Barcode: 32246

Starting: October 10, 2024 | Ending: March 27, 2025 | 24 weeks

(Please note: no program on December 26)

Come out out to develop skills that can be used at home or in the community, exploring various communities around the city by walking and public transit, learning about various cultural celebrations, connecting with community members and businesses.

NEW!

## Music Rhythm & Beats

Thursdays | 9:30AM - 12:30PM

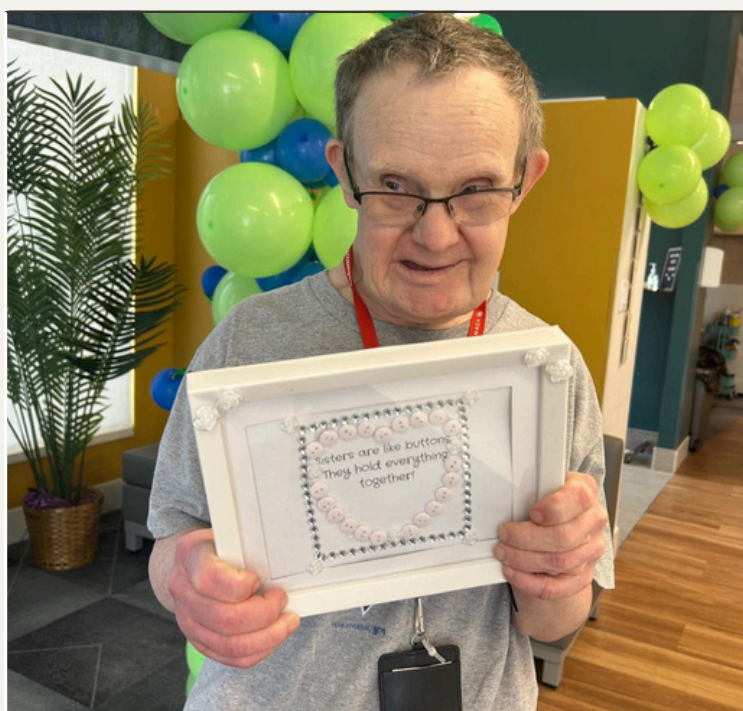
Barcode: 32247

Starting: October 10, 2024 | Ending: March 27, 2025 | 24 weeks

(Please note: no program on December 26)

exploring various musical genres, enjoying instructor led dance classes, discovering new music, falling into moments of nostalgia with familiar songs from the past, singing to oldies, learning about music theory, making playlists and much, much, more!

NEW!



Every masterpiece deserves its moment in the spotlight



Turning creativity into a show-and-tell!



Making memories one neigh at a time



# FRIDAY

**Life Vibes: Entertainment  
Fridays | 9:00AM - 2:00PM**

Barcode: 32248

Starting: October 11, 2024 | Ending: March 28, 2025 | 24 weeks

(Please note: no program on December 27)

Let's have some fun while 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 you and a variety of interests will be touched on in this fun activity.

*"Valerie's music  
classes are  
always a blast!"*

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

Barcode: 32249

Starting: October 11, 2024 | Ending: March 28, 2025 | 24 weeks

(Please note: no program on December 27)

Listen to live music play instruments, and sing along to old classics with our instructor led music program. We will also have a chance to request some songs as well. So come on down and join us for Live Music with Valerie and let's have some fun!



Life's better with a  
side of laughter



Guaranteed smiles and  
slobbery kisses!



Serving up smiles one  
slice at a time



# COMMUNITY



**We want to hear from you!**

**Fill out our form here:**

[www.cpsandrespite.ca/contact](http://www.cpsandrespite.ca/contact)

Can't fill the form out online? No problem! We still want to hear from you. Please share your feedback with a staff member at your Community Participation location or call us at (647) 729- 2976.





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