



# WINTER

## *Mini session*

December 2nd - 20th

Music | Seasonal Arts & Craft | Choir |  
Excursions | Karaoke & Games

2934 Dundas St West

Register at



# MONDAY



**10AM**

-

**1PM**

**\$135**

## HOLIDAY CELEBRATION MEALS

Instructor: CLTO Recreation Therapist, Natalie & Jessica #34653

Join us to learn about different cultural holiday celebrations. We will explore how various communities celebrate the holidays and learn to make traditional dishes. Share your holiday traditions and prepare holiday meals that we can enjoy together.

**1:30PM**

-

**3:30PM**

**\$130**

## ARTFUL ADVENTURES (PART 1)

Instructor: Lisa Fong

#34656

Embark on a journey of creativity with our "Artful Adventures" class!

Unleash your imagination as you explore a variety of artistic mediums, including painting, printmaking, and collage!

**3:30PM**

-

**4:30PM**

**\$90**

## HOLIDAY MUSIC JAM SESSION

Instructor: Andre Tellier

#34657

The Music Jam is your chance to relax, enjoy, and express yourself in a social group setting. You are encouraged to express themselves through singing, percussion, and social dancing. We will be singing popular songs, old favorites, and standards.



# TUESDAY

**10:30  
AM**

**-  
11:30  
AM**

**\$120**

## JAMMING ZUMBA

#34658

Instructor: Tammy Gunn

Have fun learning how to put moves to music! With her passion for Latin cardio dance music, Tammy incorporates not only learning new moves but also putting you, the student, in the driver's seat to create choreography to some of your favorite songs.

**ADAPTIVE**

**12:30  
PM**

**-  
1:30  
PM**

**\$120**

## STRETCH AND TONE

#34659

Instructor: Tammy Gunn

Learning the proper ways to stretch your body can help you feel good all over. In this adaptive class, we will focus on standing stretches, chair exercises, light weights, and mat work at a slower pace, with an emphasis on strengthening your core. The goal is for you to leave each class feeling rejuvenated and strong.

**ADAPTIVE**

**2PM**

**-  
4PM**

**\$90**

## GIFT WRAPPING AND SEASONAL CARD MAKING

Instructor: CVS Staff, Leighton S.



#34660

Learn to create beautiful, personalized cards for all your autumn and holiday celebrations. Whether you're a seasoned crafter or a beginner, you'll enjoy bringing your creativity to life with festive designs, stamps, and embellishments.

# WEDNESDAY



**10:30AM**  
-  
**11:30AM**  
**\$120**

## CREATIVE MOVEMENT

#34670

Instructor: Tammy Gunn

Start your fitness journey with Creative Movement – focusing on core strength, flexibility, and having fun. No experience is required; just bring enthusiasm. **ADAPTIVE**

**1PM**  
-  
**2:30PM**  
**\$125**

## FESTIVE SING-ALONG

#34671

Instructor: - Valarie Conforti

Elevate your voice in our dynamic choir class! No matter your vocal experience, our class welcomes you to explore the world of harmonies and melodies.

**1:30PM**  
-  
**3:30PM**  
**\$144**

## THE ARTIST IN YOU

#34672

Instructor: Lisa Fong

Whether you're a seasoned artist or a beginner, this course offers a supportive environment to explore various artistic mediums and techniques.

**4PM**  
-  
**6PM**  
**\$45**

## JUNCTION GAMES & SOCIAL CLUB

#34673

Instructor: CJ staff, Khalid S

The Junction Games Club is a vibrant community where fun meets camaraderie every week. Whether you're a board game enthusiast, a trivia buff, an outdoor adventurer, a puzzle master, or simply someone who loves to socialize and unwind.



# THURSDAY

**10AM  
-  
1PM**  
**\$135**

## FESTIVE SEASONAL EATS #34674

Instructor: CJ staff, Jennifer N

Learn to make rich, flavorful soups and stews using the finest seasonal ingredients. Whether you're cooking for your family or hosting a cozy dinner, these recipes will become your go-to for winter comfort food.

**10:30AM  
-  
12PM**  
**\$130**

## ARTFUL ADVENTURES (PART 2)

#34675

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, including painting and sketching.

**1:30PM  
-  
3:30PM**  
**\$144**

## ART AND MIXED MEDIA (PART 2)

#34676

Instructor: Lisa Fong



Explore various art mediums and techniques, then combine them to create unique textures and finishes while learning about historical and contemporary mixed-media artists.

**1:30PM  
-  
2:30PM**  
**\$90**

## ACOUSTIC KITCHEN PARTY #34677

Instructor: Andre Tellier

Come and enjoy an acoustic music sing-along! No experience necessary. Acoustic instruments, including guitar, hand drums, maracas, percussion, and, of course, everyone singing. A chance for you to express yourself in a laid-back, mellow musical setting.

# FRIDAY



**10AM**

-

**4PM**

**\$150**

## EXPLORE YOUR CITY

#34678

Instructor: CJ staff, Jennifer N  
Admission & TTC Fare Provided

Join us this festive season to explore Toronto's iconic landmarks! We'll visit museums, festivals, neighborhoods, and cultural sites that showcase the city's vibrant diversity. Experience the magic that makes Toronto unique and exciting!

**10AM**

-

**1PM**

**\$115**

## MAKING HOLIDAY TREATS

#34679

Instructor: CVS staff, Leighton

This class provides participants with the opportunity to bake their favourite holiday treats. Indulge your sweet tooth this holiday season.

**1PM**

-

**2:30PM**

**\$80**

## HOLIDAY NIMBLE NEEDLES

#34684

Instructor: Mary O'Hearn

In this knitting and crochet class, you'll learn how to use yarn, needles, or hooks to create holiday decorations. It's a fun way to craft festive, handmade items!

**2:30PM**

-

**3:30PM**

**\$45**

## SONGS OF THE SEASON KARAOKE

#34680

Instructor: CJ Staff, Khalid S

Come join us as we sing your favorite holiday songs! From seasonal classics to contemporary hits and everything in between. What's your jam?