



# Winter 2025

January 6th - March 28th

Registration start: December 16, 2024



Community Junction  
2934 Dundas St. West

Register at:



# MONDAY

**10 AM**

**1 PM**

**\$415**

## RUSTIC WINTER LUNCHES

Instructor: Community Junction staff

#35681

Join us each week to practice your cooking skills ! 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!

**1:30PM**

**3:30PM**

**\$480**

## ARTFUL ADVENTURES (FFS)

Instructor: Lisa Fong

#35685



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

**3:30PM**

**4:30PM**

**\$310**

## MUSIC JAM SESSION

Instructor: Andre Tellier

#35687

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

# TUESDAY

10:30AM

-

11:30AM

\$365

## JAMMING ZUMBA

Instructor: Tammy Gunn

**ADAPTIVE**

#35689

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 putting you, the student, in the driver's seat to create choreography to some of your favorite songs.

12:30PM

-

1:30PM

\$365

## STRETCH AND TONE

Instructor: Tammy Gunn

#35692

This adaptive class focuses on standing stretches, chair exercises, light weights, and mat work to strengthen your core at a slower pace. The goal is to leave each session feeling rejuvenated and strong.

10:30 AM

-

12:30 PM

\$525

## ARTFUL ADVENTURES (MAIN)

Instructor: Lisa Fong

**Location: Foster Connection - 164 Main Street**

#35694



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

1:30 PM

-

3:30 PM

\$560

## ART AND MIXED MEDIA (MAIN)

Instructor: Lisa Fong

**Location: Foster Connection - 164 Main Street**

#35695



In this innovative class, you'll explore various art mediums and techniques to create unique works. You'll also learn about historical and contemporary artists in the world of mixed media.

2 PM

-

3:30PM

\$270

## COMMUNITY JUNCTION BOOK CLUB

Instructor: Community Junction staff

#35697

This winter, cozy up with a good book and a warm beverage while connecting with fellow book lovers. Enjoy flexible reading at your own pace, choosing your own books or participating in monthly picks, with opportunities to join group discussions.

# WEDNESDAY

10:30AM

-

11:30AM

\$395

## CREATIVE MOVEMENT

Instructor: Tammy Gunn

**ADAPTIVE**

#35700

Start your fitness journey with Creative Movement – focus on core strength, flexibility and having fun. No experience required, just bring your enthusiasm.

10:30AM

-

12 PM

\$420

## BUILDING FRIENDSHIPS WITH CONFIDENCE

Instructor: CLTO Recreation therapist

#35704

Each week, we'll explore essential social skills for building healthy, respectful relationships, topics like communication, boundaries, and emotions. You'll develop practical skills to improve interactions and create meaningful connections.

1:00PM

-

3:00PM

\$530

## THE ARTIST IN YOU

Instructor: Lisa Fong

#35705



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

3 PM

-

5 PM

\$270

## JUNCTION GAMES & SOCIAL CLUB

Instructor: Community Junction staff

#35706

Join this vibrant community where fun and camaraderie come together every week. Whether you're a board game enthusiast, trivia buff, outdoor adventurer, puzzle master, or someone who loves to socialize and unwind, there's something for everyone.

5:30PM

-

7 PM

\$425

## MUSIC AND RHYTHM

Instructor: Valarie Conforti

#35708

Discover the magic of music and rhythm in our captivating class! Open to all levels of experience, our class provides a welcoming pace to explore the world of melodies and beats. Join us to embrace the joy of music and find your rhythm!

# THURSDAY

**10 AM**

**1 PM**

**\$470**

## WARM WINTER FLAVOURS

Instructor: CJ/CVS staff

#35709

Dive into the art of crafting hearty, comforting dishes perfect for the cooler months. You'll learn to make rich, flavorful soups and stews using the best 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**

**12:30PM**

**\$525**

## ARTFUL ADVENTURE ADVANCE

Instructor: Lisa Fong

Location : 102 Advance Road

#35710



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

**11 AM**

**12:30 PM**

**\$435**

## WORKING WITH CLAY

Instructor: Ashley Smith

#35711



This program is designed for anyone who want to explore the basics of working with clay. You will be introduced to various hand-building techniques, tools, and creative processes, ensuring a fun and engaging experience. The focus will be on getting familiar with the material, understanding its texture and malleability, and creating simple, functional, or decorative pieces.

# THURSDAY

**1:30 PM**

-

**3:30 PM**

**\$560**

## ART AND MIXED MEDIA (TEM)

Instructor: Lisa Fong

Location : 65 The East Mall

#35712



In this innovative class you will have the opportunity to explore a variety of art mediums and techniques; then combine them to create interesting grounds and finishes. You will also be introduced to historical and contemporary artists whose works invites us into the wonderful world of mix media art. No experience necessary.

**1:30PM**

-

**2:30PM**

**\$345**

## ACOUSTIC KITCHEN PARTY

Instructor: Andre Tellier

#35715

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.

**2:30PM**

-

**3:30PM**

**\$405**

## LET'S GET CRAFTING

Instructor: Creative Village Studio staff

#35714



This fun, hands-on workshop is perfect for beginners in arts and crafts. You'll learn easy, enjoyable crafting techniques to express your creativity. Instructors will guide you step-by-step through various projects, helping you discover the joy of making by hand.

# FRIDAY

**10 AM**

-

**4 PM**

**\$675**

## EXPLORE YOUR CITY

Instructor: CJ/CVS staff

#35716

Discover the magic of our city has to offer during the festive 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! Admission & TTC Fare Provided.

**10 AM**

-

**1 PM**

**\$500**

## MINDFUL MEALS

Instructor: CLTO Recreational Therapist

#35717

Welcome to a program designed to help you develop the skills and knowledge to make healthier food choices and prepare delicious, nutritious meals! This hands-on program offers practical guidance on meal planning, cooking techniques, and understanding the importance of balanced nutrition.

**1:30 PM**

-

**3 PM**

**\$305**

## NIMBLE NEEDLES

Instructor: Mary O'Hearn

#35718

In this knitting and crochet class, you'll learn how to use yarn and needles or hooks to make many craft items. You'll start with simple stitches and can gradually make more complicated patterns it's a fun way to be creative.

**2 PM**

-

**3:30 PM**

**\$315**

## CHOIR ESSENTIALS

Instructor: Valarie Conforti

#35719

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.