

YOUR Experience Guide

to Community Participation



Sign Up Begins:
Wednesday March 5, 2025
Spring / Summer
April - September 2025



Welcome to Community Participation Your Experience Guide

Spring / Summer
Sign Up Begins:
Wednesday March 5, 2025

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 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 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 March 5 - 10:00AM - 4:00PM

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

More Information:

Spring/Summer Informational video regarding updates to Community Participation, program selection process and package options will be recorded and posted on cpsandrespite.ca by February 26, 2025.

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FAIRFAX

50 Fairfax Crescent

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FOSTER CONNECTIONS

164 Main Street

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THE EAST MALL

65 The East Mall

25

FINCH

1122 Finch Avenue West

30

ADVANCE

102 Advance Road

35

VIRTUAL PROGRAMS

Online

MONDAY

Monday

9AM - 2PM

Barcode: 36485

Monday Music & Dance

Starting: April 7, 2025 | Ending: September 25, 2025 | 21 weeks
(Please note: no program on April 21, May 19, August 4 & September 1)

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

Monday

9AM - 2PM

Barcode: 36565

Monday Shape Your Day

Starting: April 7, 2025 | Ending: September 25, 2025 | 21 weeks
(Please note: no program on April 21, May 19, August 4 & September 1)

Come join us for a variety of activities including: sports games, table top sport games, dancing, exercising and more. This program will take place on-site and in the community.

Monday

9AM - 2PM

Barcode: 36534

Sensory & Movement

Starting: April 7, 2025 | Ending: September 25, 2025 | 21 weeks
(Please note: no program on April 21, May 19, August 4 & September 1)

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!

Monday

9AM - 2PM

Barcode: 36535

Technology Mondays

Starting: April 7, 2025 | Ending: September 25, 2025 | 21 weeks
(Please note: no program on April 21, May 19, August 4 & September 1)

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

Monday

1PM - 4PM

Barcode: 36536

Flour Power

Starting: April 7, 2025 | Ending: September 25, 2025 | 21 weeks
(Please note: no program on April 21, May 19, August 4 & September 1)

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

Monday

1PM - 4PM

Barcode: 36541

Bingo & Bowling

Starting: April 7, 2025 | Ending: September 25, 2025 | 21 weeks
(Please note: no program on April 21, May 19, August 4 & September 1)

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

Monday

1PM - 4PM

Barcode: 36555

Grocery Shopping

Starting: April 7, 2025 | Ending: September 25, 2025 | 21 weeks
(Please note: no program on April 21, May 19, August 4 & September 1)

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.

Community
Outing



TUESDAY

Tuesday

9AM - 2PM

Barcode: 36566

Tuesday Shape Your Day

Starting: April 8, 2025 | Ending: September 23, 2025 | 24 weeks
(Please note: no program on July 1)

Come join us for a variety of activities, including swimming, sports games, table-top sports, dancing, and exercise. This program will take place on-site and in the community.

Tuesday

9AM - 2PM

Barcode: 36544

Kitchen Creations

Starting: April 8, 2025 | Ending: September 23, 2025 | 24 weeks
(Please note: no program on July 1)

You will develop your kitchen skills and have an opportunity to make a simple breakfast or lunch. 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.

Tuesday

9AM - 2PM

Barcode: 36556

Science and Outdoor Exploring

Starting: April 8, 2025 | Ending: September 23, 2025 | 24 weeks
(Please note: no program on July 1)

Do you like being creative and exploring? This group is for you. We will be having fun while we explore the great outdoors and Science activities all while showcasing our artist abilities!

Tuesday

9AM - 2PM

Barcode: 36564

Intro to Volunteerism

Starting: April 8, 2025 | Ending: September 23, 2025 | 24 weeks
(Please note: no program on July 1)

This small group is focused on learning what valued roles are and how volunteering can help create new roles, skills to needed to be independent in community as a volunteer, how to connect with others, sharing our passions within the community!
Note: This is not a job coach or Supported Work group.

NEW

Tuesday

Tuesday

1PM - 4PM

Barcode: 36557

Science and Outdoor Exploring

Starting: April 8, 2025 | Ending: September 23, 2025 | 24 weeks
(Please note: no program on July 1)

Do you like being creative and exploring? This group is for you. We will be having fun while we explore the great outdoors and Science activities all while showcasing our artist abilities!

Tuesday

1PM - 4PM

Barcode: 36537

Tuesday Flour Power

Starting: April 8, 2025 | Ending: September 23, 2025 | 24 weeks
(Please note: no program on July 1)

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

Tuesday

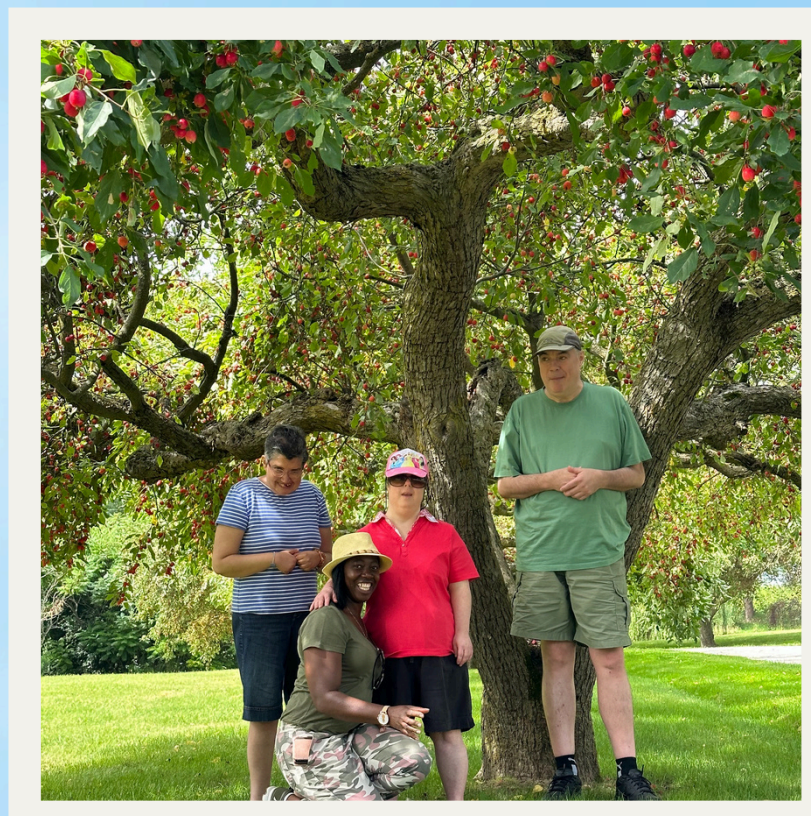
1PM - 4PM

Barcode: 36563

Sensory for Seniors

Starting: April 8, 2025 | Ending: September 23, 2025 | 24 weeks
(Please note: no program on July 1)

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!



WEDNESDAY

Wednesday

9AM - 2PM

Barcode: 36568

Wednesday Shape Your Day & Yoga

Starting: April 9, 2025 | Ending: September 24, 2025 | 25 weeks

Come join us for a variety of activities, including swimming, sports games, table-top sports, dancing, and exercise. This program will take place on-site and in the community.

Wednesday

9AM - 2PM

Barcode: 36545

Kitchen Creations

Starting: April 9, 2025 | Ending: September 24, 2025 | 25 weeks

You will develop your kitchen skills and have an opportunity to make a simple breakfast or lunch. 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.

Wednesday

9AM - 2PM

Barcode: 36553

Craft: Painting

Starting: April 9, 2025 | Ending: September 24, 2025 | 25 weeks

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

Wednesday

9AM - 2PM

Barcode: 36562

Trivia and Games

Starting: April 9, 2025 | Ending: September 24, 2025 | 25 weeks

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

WEDNESDAY

Wednesday

1PM - 4PM

Barcode: 36539

Wednesday Flour Power

Starting: April 9, 2025 | Ending: September 24, 2025 | 25 weeks

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

Wednesday

1PM - 4PM

Barcode: 36554

Sensory and Movement

Starting: April 9, 2025 | Ending: September 24, 2025 | 25 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!

Wednesday

1PM - 4PM

Barcode: 36542

Bingo & Bowling

Starting: April 9, 2025 | Ending: September 24, 2025 | 25 weeks

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



THURSDAY

Thursday

9AM - 2PM

 Barcode: 36567


Thursday Shape Your Day

Starting: April 10, 2025 | Ending: September 25, 2025 | 25 weeks

Come join us for a variety of activities, including swimming, sports games, table-top sports, dancing, and exercise. This program will take place on-site and in the community.

Thursday

9AM - 2PM

 Barcode: 36546

Kitchen Creations

Starting: April 10, 2025 | Ending: September 25, 2025 | 25 weeks

You will develop your kitchen skills and have an opportunity to make a simple breakfast or lunch. 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.

Thursday

9AM - 2PM

 Barcode: 36559

Intro to Literacy & Numeracy

Starting: April 10, 2025 | Ending: September 25, 2025 | 25 weeks

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

Thursday

9AM - 2PM

 Barcode: 36558

Technology Thursdays

Starting: April 10, 2025 | Ending: September 25, 2025 | 25 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.

THURSDAY

Thursday

1PM - 4PM

Barcode: 36540

Thursday Flour Power

Starting: April 10, 2025 | Ending: September 25, 2025 | 25 weeks

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

Thursday

1PM - 4PM

Barcode: 36552

Crafters Corner: Painting

Starting: April 10, 2025 | Ending: September 25, 2025 | 25 weeks

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

Thursday

1PM - 4PM

Barcode: 36543

Bingo & Bowling

Starting: April 10, 2025 | Ending: September 25, 2025 | 25 weeks

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



FRIDAY

Friday

9AM - 2PM

 Barcode: 36569

Friday Shape Your Day

Starting: April 11, 2025 | Ending: September 26, 2025 | 24 weeks
(Please note: no program on April 18)

Come join us for a variety of activities, including walking, sports games, table-top sports, dancing, and exercise. This program will take place on-site and in the community.

Friday

9AM - 2PM

 Barcode: 36549

Kitchen Creations

Starting: April 11, 2025 | Ending: September 26, 2025 | 24 weeks
(Please note: no program on April 18)

Cooking for beginners. You will develop your kitchen skills and have an opportunity to make simple breakfast or lunch options. 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.

Friday

9AM - 2PM

 Barcode: 36560

Spa Day

Starting: April 11, 2025 | Ending: September 26, 2025 | 24 weeks
(Please note: no program on April 18)

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

Friday

9AM - 2PM

 Barcode: 36550

Music and Dance

Starting: April 11, 2025 | Ending: September 26, 2025 | 24 weeks
(Please note: no program on April 18)

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

FRIDAY

Friday

9AM - 12PM

Barcode: 36561

Fairfax Fridays!

Starting: April 11, 2025 | Ending: September 26, 2025 | 24 weeks
(Please note: no program on April 18)

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

Friday

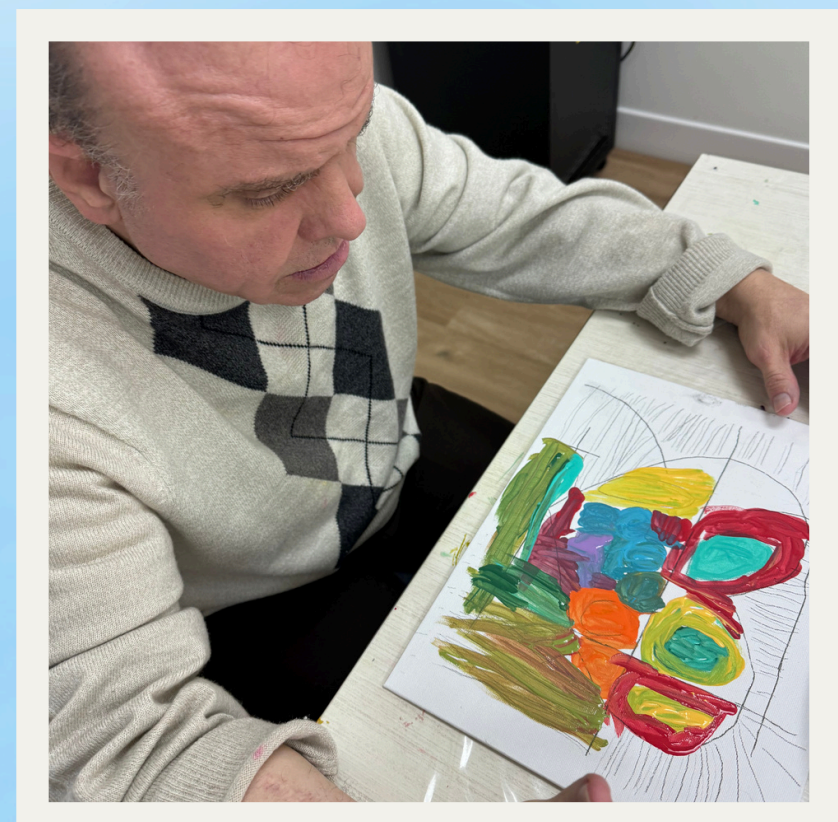
9AM - 12PM

Barcode: 36551

Crafters Corner: Painting

Starting: April 11, 2025 | Ending: September 26, 2025 | 24 weeks
(Please note: no program on April 18)

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



MONDAY

Monday

9:30AM

-
12:30PM

Barcode: 36842

Mix and Mingle Baking Class (3 hours)

Starting: April 7, 2025 | Ending: September 25, 2025 | 21 weeks

(Please note: no program on April 21, May 19, August 4 & September 1)

Join us to make your favourite baked goods. You will mix up the ingredients and create simple recipes to share while you mingle with friends. Opportunities to go to the grocery store will be rotated among all participants. We will be using TTC.

Monday

9:30AM

-
2:30PM

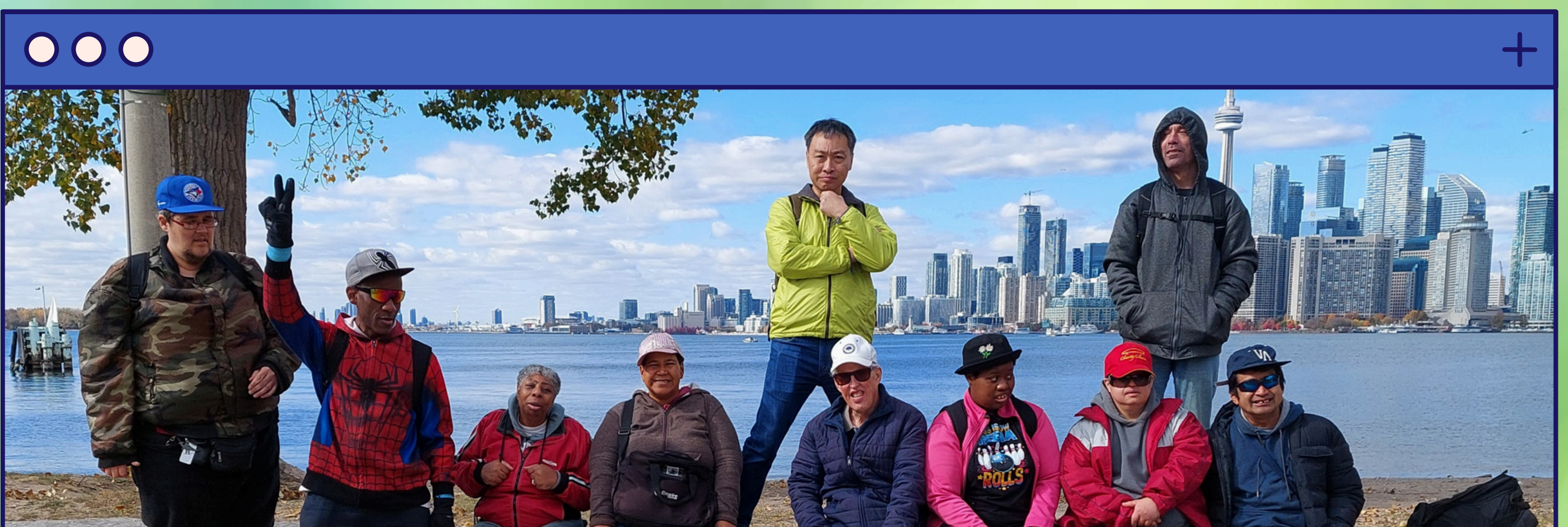
Barcode: 36843

Mix and Mingle Baking Class (5 hours)

Starting: April 7, 2025 | Ending: September 25, 2025 | 21 weeks

(Please note: no program on April 21, May 19, August 4 & September 1)

You will mix up the ingredients and create simple baked goods to share while you mingle with friends. Help to create the shopping list, go to the grocery store (grocery store shopping will be rotated among all participants using TTC), collect your baking equipment and make delicious treats to share.



TUESDAY

Tuesday

9:30AM

-
12:30PM

Barcode: 36844

Morning of Music

Starting: April 8, 2025 | Ending: September 23, 2025 | 24 weeks

(Please note: no program on July 1)

Come and connect with friends while exploring instruments, singing along to your favourite songs and dancing. Featuring Music with Valerie.

Tuesday

9:30AM

-
2:30PM

Barcode: 36846

The Diversity Collective: Music, Art & Movement

Starting: April 8, 2025 | Ending: September 23, 2025 | 24 weeks

(Please note: no program on July 1)

Come and express yourself through a diverse collection of music, art and movement. Choose your favourite songs to share, TikTok dances, incorporate songs and dances from different decades, and from around the world.

NEW

Tuesday

1PM - 4PM

Barcode: 36847

Art in Full Bloom

Starting: April 8, 2025 | Ending: September 23, 2025 | 24 weeks

(Please note: no program on July 1)

Brighten up your day with a spring and summer art class. Create new and exciting art projects using a variety of textiles and vibrant colours. Access the local parks and neighbourhood to get inspiration or collect art materials.

WEDNESDAY

Wednesday

9:30AM
-
12:30PM

Barcode: 36845

The Effortless Kitchen Cooking Class (3 hours)

Starting: April 9, 2025 | Ending: September 24, 2025 | 25 weeks

Come and join our 3hr effortless kitchen cooking class and explore simple spring and summer snacks. Create fresh and healthy recipes with your friends. Opportunities to go to the grocery store will be rotated among all participants.

Wednesday

9:30AM
-
2:30PM

Barcode: 36848

The Effortless Kitchen Cooking Class (5 hours)

Starting: April 9, 2025 | Ending: September 24, 2025 | 25 weeks

Come and join our 5hr effortless kitchen cooking class and explore simple fresh spring and summer snacks. Build your shopping list, go to the grocery store using the TTC, prepare your ingredients and utensils and then create something fresh and healthy. Share your recipes with your friends and family. Opportunities to go to the grocery store will be rotated among all participants.

Wednesday

1PM - 4PM

Barcode: 36849

Playful Pursuits

Starting: April 9, 2025 | Ending: September 24, 2025 | 25 weeks

Welcome to Playful Pursuits 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. Have some friendly competition with your friends.



THURSDAY

Thursday

9:30AM

-
12:30PM

 Barcode: 36850

Rock the Mic

Starting: April 10, 2025 | Ending: September 25, 2025 | 25 weeks

Come join us for karaoke and dancing. Choose your favourite songs from the 80's, 90's, and 2000's. Dance along to the music video with your friends and get your steps in!

Thursday

9:30AM

-
2:30PM

 Barcode: 36851

Celebrating Connections

Starting: April 10, 2025 | Ending: September 25, 2025 | 25 weeks

Come join us for some fresh air and fitness (weather permitting) and play a variety of games in our local parks. We will pack our wagon with your choice of baseball, safe axe throwing, large Jenga or cornhole/bean bag toss. This program will involve both on-site and community exploration. We will use TTC and walk for a minimum of 20 minutes. Please remember to dress for the weather and wear comfortable shoes.

Community
Outing

Thursday

1PM - 4PM

 Barcode: 36852

Drop the Mic

Starting: April 10, 2025 | Ending: September 25, 2025 | 25 weeks

Come and join us for karaoke and dancing. Choose your favourite song's from the 80's, 90's and 2000's. Dance along to the music video with your friends and get your steps in!

FRIDAY

Friday

9:30AM

12:30PM

Barcode: 36853

Discover The World (part 2)

Starting: April 11, 2025 | Ending: September 26, 2025 | 24 weeks

(Please note: no program on April 18)

Discover the World part 2 is a continuation 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!

Please note: you do not need to attend part 1 to attend part 2.

Friday

9:30AM

2:30PM

Barcode: 36854

Trailblazers & Travellers

Starting: April 11, 2025 | Ending: September 26, 2025 | 24 weeks

(Please note: no program on April 18)

Come and explore your community. We will attend local neighbourhoods and community events such as: Woodbine Beach, The Danforth, Queen Street East, and Beach just to name a few. Make suggestions on where you would like to go! We will use TTC and community outings will contain walking greater than 20 minutes. Please remember to dress for the weather and wear comfortable shoes

Friday

1PM - 4PM

Barcode: 36855

Bingo & Beyond

Starting: April 11, 2025 | Ending: September 26, 2025 | 24 weeks

(Please note: no program on April 18)

Join us for some friendly competition and play Bingo, Brain Teasers and a variety of interactive online and tabletop games. Make suggestions on games you like to play with your friends and family.

MONDAY

Monday

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

Barcode: 35819

Funky Fitness With Tammy

**Starting: April 7, 2025 | Ending: September 25, 2025 | 21 weeks
(Please note: no program on April 21, May 19, August 4 & September 1)**

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

Monday

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

Barcode: 35902

Mind, Body and Soul

**Starting: April 7, 2025 | Ending: September 25, 2025 | 21 weeks
(Please note: no program on April 21, May 19, August 4 & September 1)**

Indulge your senses by participating in Zumba, meditation and aromatherapy in a fun healthy safe environment. Relax and recharge your mind and body!

Monday

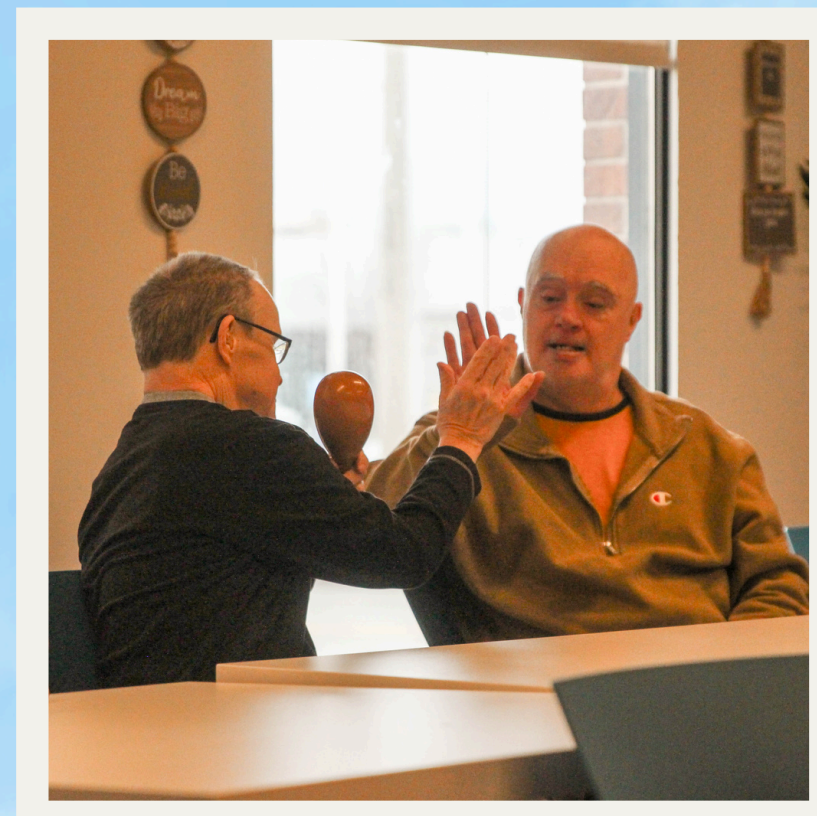
12PM - 3PM

Barcode: 39505

Mix & Mingle

**Starting: April 7, 2025 | Ending: September 25, 2025 | 21 weeks
(Please note: no program on April 21, May 19, August 4 & September 1)**

Mix it up in this class. You not only get to mix and create your own hot and cold drinks but get to mingle with your friends.



TUESDAY

Tuesday

9:30AM

**-
12:30PM**

 Barcode: 35924

Bead Unique (Creating Unique Pieces Using Beads)

**Starting: April 8, 2025 | Ending: September 23, 2025 | 24 weeks
(Please note: no program on July 1)**

Bead some unique easy original craft such as necklaces, keychains, dream catchers or bead related artwork. The sky is the limit with your creativity.

Tuesday

9:30AM

**-
2:30PM**

 Barcode: 35951

Imagine That

**Starting: April 8, 2025 | Ending: September 23, 2025 | 24 weeks
(Please note: no program on July 1)**

Let your imagination soar! What inspires you? The arts, dance, drama, story telling, we have it all!

Tuesday

9:30AM

**-
2:30PM**

 Barcode: 35954

Out & About

**Starting: April 8, 2025 | Ending: September 23, 2025 | 24 weeks
(Please note: no program on July 1)**

Let's get out and about and explore. Each week we will be going on a small local adventure. Come and explore parks, green houses, local shops, and sites. Must be able to walk and keep up with peers. Will be leaving 65 The East Mall at 10:00am sharp. Must be able to get into a large van unassisted and do up their own seatbelt. Outings subject to change based on weather conditions.

Community
Outing

Tuesday

12PM - 3PM

 Barcode: 35955

Game On!

**Starting: April 8, 2025 | Ending: September 23, 2025 | 24 weeks
(Please note: no program on July 1)**

From X-box to Bingo, every week you will play a new intriguing game of your choice, while munching down on some tasty treats.

WEDNESDAY

Wednesday

9:30AM

-

2:30PM



Barcode: 35957

Music with Valerie

Starting: April 9, 2025 | Ending: September 24, 2025 | 25 weeks

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

Wednesday

9:30AM

-

2:30PM

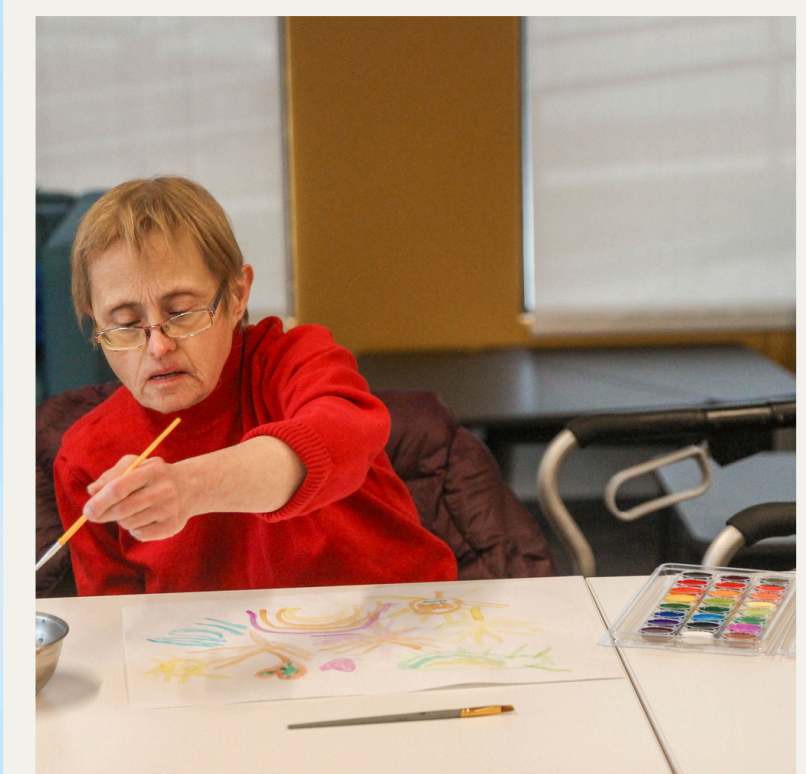


Barcode: 35958

Shake, Rattle & Roll

Starting: April 9, 2025 | Ending: September 24, 2025 | 25 weeks

Come on out and dance to our favorite tunes, sing some of our favorite songs and play our favorite games like giant Jenga, snakes and ladders and Bingo. This is a day to Shake your bootie, Rattle out the tunes and Roll the dice!



THURSDAY

Thursday

9:30AM

12:30PM

Barcode: 35960

Whisk It Up

Starting: April 10, 2025 | Ending: September 25, 2025 | 25 weeks

Cookies, Cupcakes, Banana Bread, does that sound good to you? Come on out and try simple samplings of a tasty snacks, you know you want to.

NEW

Thursday

9:30AM

12:30PM

Barcode: 35962

Green Thumb Club

Starting: April 10, 2025 | Ending: September 25, 2025 | 25 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.

Thursday

9:30AM

2:30PM

Barcode: 35967

Movie Buffs (Movie & Exercise)

Starting: April 10, 2025 | Ending: September 25, 2025 | 25 weeks

You will participate in a fun and engaging, simple work out. Followed by an interesting movie voted on by the group. Ending with a discussion hitting certain key points.

Thursday

12PM - 3PM

Barcode: 35969

Cool Coffee Crew

Starting: April 10, 2025 | Ending: September 25, 2025 | 25 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 playing fun games.

FRIDAY

Friday

9:30AM

2:30PM

 Barcode: 35973

Wrap it Up

Starting: April 11, 2025 | Ending: September 26, 2025 | 24 weeks
(Please note: no program on April 18)

Do you enjoy creating wraps, salads and pastas? Come and enjoy a small sampling of your handiwork. Help us decide which cool creations we will work on next! (Please note that this sampling is not meant to replace your lunch)

Friday

9:30AM

2:30PM

 Barcode: 35974

Singing Sensations

Starting: April 11, 2025 | Ending: September 26, 2025 | 24 weeks
(Please note: no program on April 18)

Have you ever dreamed of being the next Canadian Idol?? Well then this is the group for you! Join us as we practice your favourite songs Karaoke Style! Vocal warmups and lyric learning will be part of the fun. Microphone techniques and stage presence will be worked on in a fun, recreational environment! Come sing your heart out!

Friday

9:30AM

2:30PM

 Barcode: 35975

Fabulous Friday's

Starting: April 11, 2025 | Ending: September 26, 2025 | 24 weeks
(Please note: no program on April 18)

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!

Friday

12:00PM

3PM

 Barcode: 35976

Flavour Fridays

Starting: April 11, 2025 | Ending: September 26, 2025 | 24 weeks
(Please note: no program on April 18)

Do you like mock tails like Pina Colada's, Sangria, Strawberry Daiquiri? How about a root beer float? Then this class might interest you. Every week we will make a different mocktail or cold drink. Come on out and enjoy the fun!

MONDAY

Monday

9:30AM

-
2:30PM

Barcode: 35637

Life Rhythms: Art Discovery Mondays

Starting: April 7, 2025 | Ending: September 25, 2025 | 21 weeks

(Please note: no program on April 21, May 19, August 4 & September 1)

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. As the weather warms up, we will also discover inspiration in our local community.

Monday

9:30AM

-
12:30PM

Barcode: 35636

Artistic Adventures with Lisa

Starting: April 7, 2025 | Ending: September 25, 2025 | 21 weeks

(Please note: no program on April 21, May 19, August 4 & September 1)

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.



TUESDAY

Community
Outing

Tuesday

9:30AM

2:30PM

 Barcode: 35639

Life Rhythms: Health and Well-Being Tuesdays

Starting: April 8, 2025 | Ending: September 23, 2025 | 24 weeks

(Please note: no program on July 1)

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. As the weather warms up, we might also explore our local community on planned outings that foster health and well-being.

Tuesday

9:30AM

12:30PM

 Barcode: 35642

Inclusive Serenity Yoga and Meditation


Starting: April 8, 2025 | Ending: September 23, 2025 | 24 weeks

(Please note: no program on July 1)

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. Each 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, relaxation and well-being begin here.

Tuesday

1PM - 4PM

 Barcode: 35638

Throwback Tuesdays

Starting: April 8, 2025 | Ending: September 23, 2025 | 24 weeks

(Please note: no program on July 1)

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

WEDNESDAY

Wednesday

9:30AM

2:30PM

 Barcode: 35641

Life Rhythms: Mid-Week Masterpieces

Starting: April 9, 2025 | Ending: September 24, 2025 | 25 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.

Wednesday

9:30AM

12:30PM

 Barcode: 35643

Musicology

Starting: April 9, 2025 | Ending: September 24, 2025 | 25 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, favorite songs, rhythm, and movement. Tune in to your inner musician!

Wednesday

1PM - 4PM

 Barcode: 35645

Employment SkillBuilders

Starting: April 9, 2025 | Ending: September 24, 2025 | 25 weeks

Employment SkillBuilders is a program designed to equip individuals with the essential skills, tools, and confidence needed for employment. Focus will be on soft and hard skills, resume writing, interview preparation, and professionalism in the workplace. This program is suitable for individuals who are focused on gaining employment skills and working independently, or with minimal supports.



THURSDAY

Thursday

9:30AM

-
2:30PM

 Barcode: 35647

Life Rhythms: Thursday Tune Up

Starting: April 10, 2025 | Ending: September 25, 2025 | 25 weeks

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. We might also explore our local community.

Thursday

9:30AM

-
12:30PM

 Barcode: 35648

Kitchen Krafters

Starting: April 10, 2025 | Ending: September 25, 2025 | 25 weeks

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.

Thursday

1PM - 4PM

 Barcode: 35649

Expressive Art Therapy with Yona

Starting: April 10, 2025 | Ending: September 25, 2025 | 25 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

Friday

9:30AM

-
2:30PM

 Barcode: 35650

Life Rhythms: Funtastic Fridays

Starting: April 11, 2025 | Ending: September 26, 2025 | 24 weeks

(Please note: no program on April 18)

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.

Friday

9:30AM

-
12:30PM

 Barcode: 35651

Body Alive Fitness and Nutrition

Starting: April 11, 2025 | Ending: September 26, 2025 | 24 weeks

(Please note: no program on April 18)

Participants will be able practice gentle movements adapted for both seated and standing position. You will explore yoga, meditation, toning with Fitness Instructor Melissa. 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.

Friday

1PM - 4PM

 Barcode: 35652

See It, Say It, Sign It!

Starting: April 11, 2025 | Ending: September 26, 2025 | 24 weeks

(Please note: no program on April 18)

This engaging and inclusive experience celebrates the beauty of diverse communication styles. Whether you prefer visual learning, verbal expression, sign language, or written communication, we've designed this session to accommodate all preferences. Let's bridge the gap and celebrate the beauty of human expression.

MONDAY

Monday

9AM - 2PM

Barcode: 36469

Health & Wellness: Body & Mind

Starting: April 7, 2025 | Ending: September 25, 2025 | 21 weeks
(Please note: no program on April 21, May 19, August 4 & September 1)

Join us for a fun filled day of Zumba, Dance, Chair Exercise, Yoga, Meditation, and more! This program will focus on Health and Wellbeing by focusing on various types of physical activities in order to encourage a health active lifestyle.

Monday

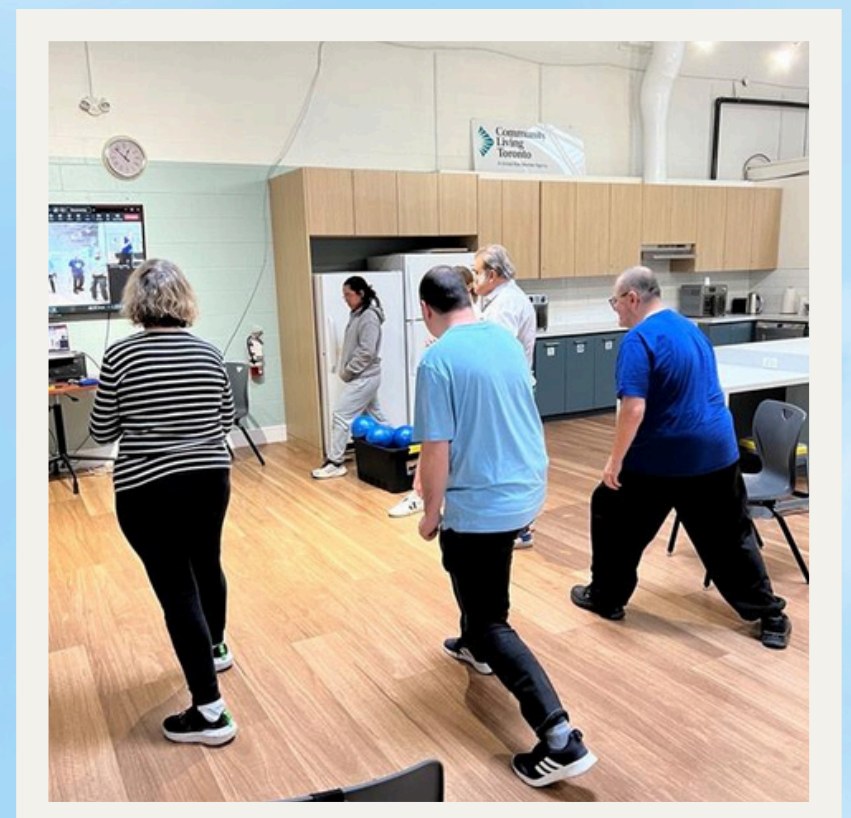
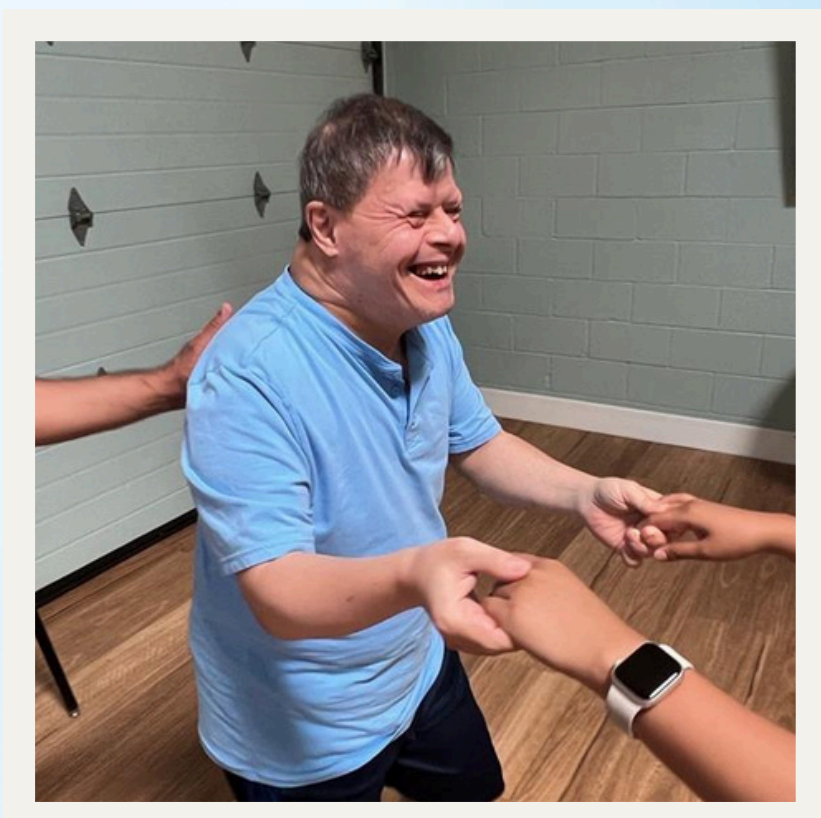
9AM - 12PM

Barcode: 36470

This or That: Learning About Nature & Game Shows

Starting: April 7, 2025 | Ending: September 25, 2025 | 21 weeks
(Please note: no program on April 21, May 19, August 4 & September 1)

Come join us for a fun packed day of learning and fun. In this program you will be learning about animals, space, nature, people, geography and much more. You will also be switching it up by playing various Game Shows while competing with your peers for prizes. So come on down for a day filled with fun.



TUESDAY

Tuesday

9AM - 2PM

Barcode: 36473

Music World

Starting: April 8, 2025 | Ending: September 23, 2025 | 24 weeks

(Please note: no program on July 1)

Have you ever wanted to learn about different kinds of music? Where it comes from? When it was made? When it came out? The meaning behind the lyrics? In this program we will be exploring and listening to music of all kinds. There will be a mix of live music, sing-a-longs, karaoke, learning and quizzes, and much more. So come on down and let's learn about the world of music around us.

Community
Outing

Tuesday

9AM - 12PM

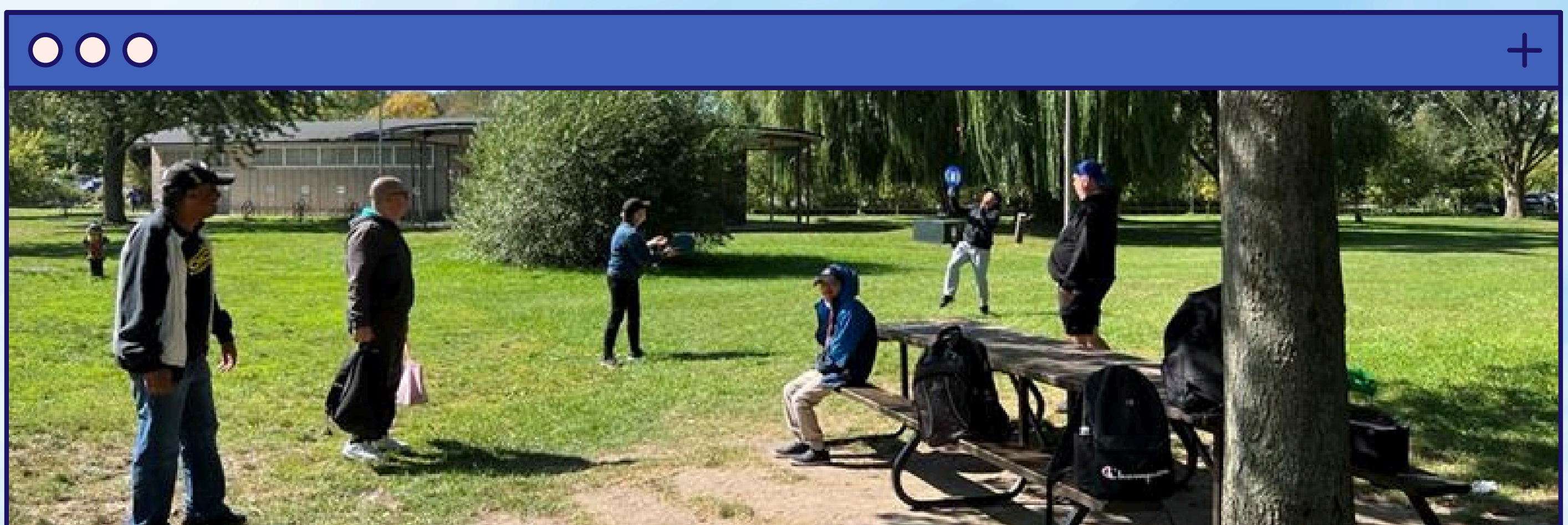
Barcode: 36474

Community Connections

Starting: April 8, 2025 | Ending: September 23, 2025 | 24 weeks

(Please note: no program on July 1)

Join us for a day of learning and personal growth, where you'll connect with your community. We'll visit local businesses, parks, and events, exploring themes of diversity, multiculturalism, rights, and responsibilities through music, food, and cultural celebrations.



WEDNESDAY

Wednesday

9AM - 2PM

Barcode: 36475

Creative Minds

Starting: April 9, 2025 | Ending: September 24, 2025 | 25 weeks

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

Wednesday

9AM - 12PM

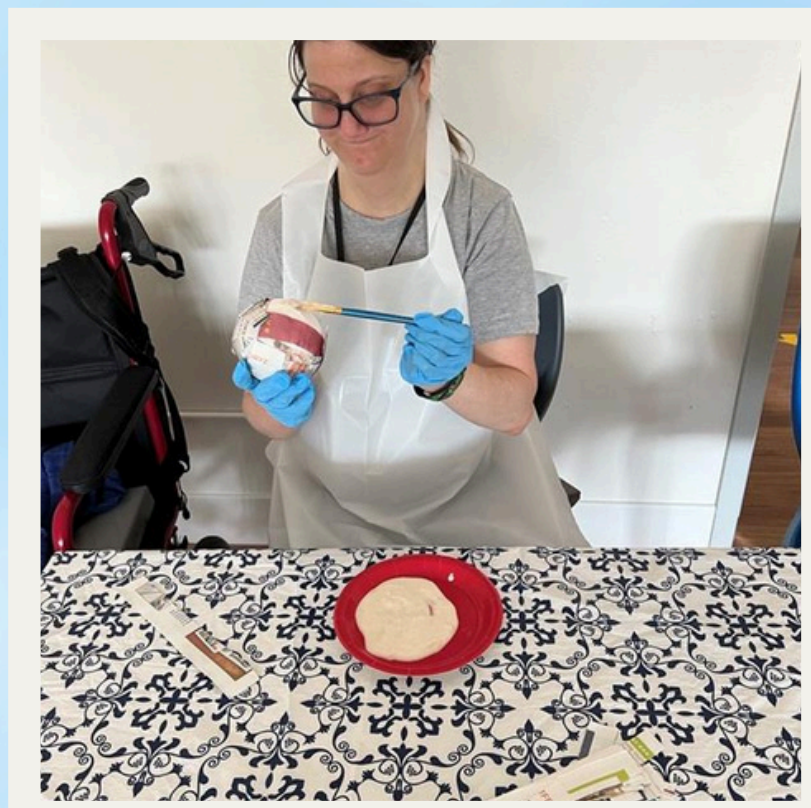
Barcode: 36476

Party Games

Starting: April 9, 2025 | Ending: September 24, 2025 | 25 weeks

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



THURSDAY

Thursday

9AM - 2PM

Barcode: 36477

Community Learning & Exploration

Starting: April 10, 2025 | Ending: September 25, 2025 | 25 weeks

Would you like to learn more about your community? In this program we will be developing skills that can be used at home or in the community, exploring various communities around the city, learning about various cultural celebrations, connecting with community members and businesses, going on outings, and much, much, more. We will be exploring different places by walking and using public transit.

Thursday

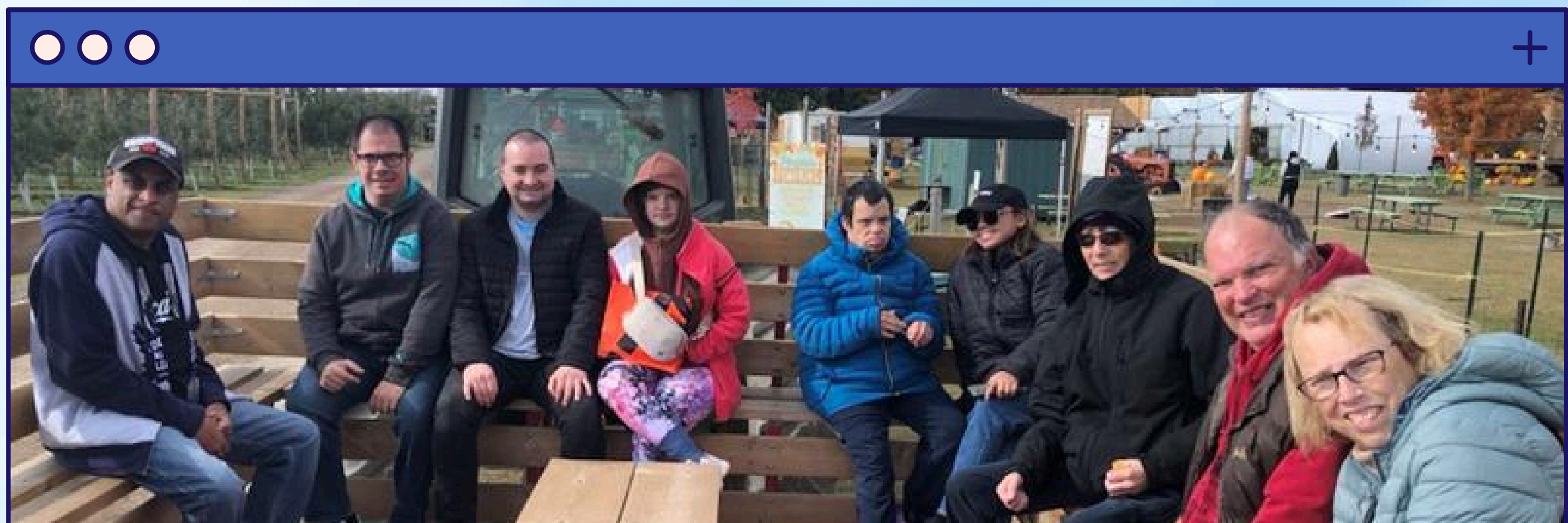
9AM - 12 PM

Barcode: 36478

Winner Winner Chicken Dinner Bingo!

Starting: April 10, 2025 | Ending: September 25, 2025 | 25 weeks

Are you feeling lucky? If so, come on down to our bingo activity where you can be our next winner winner chicken dinner!



FRIDAY

Friday

9AM - 2PM

Barcode: 36479

Life Vibes: Entertainment

Starting: April 11, 2025 | Ending: September 26, 2025 | 24 weeks
(Please note: no program on April 18)

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 this fun activity.

Friday

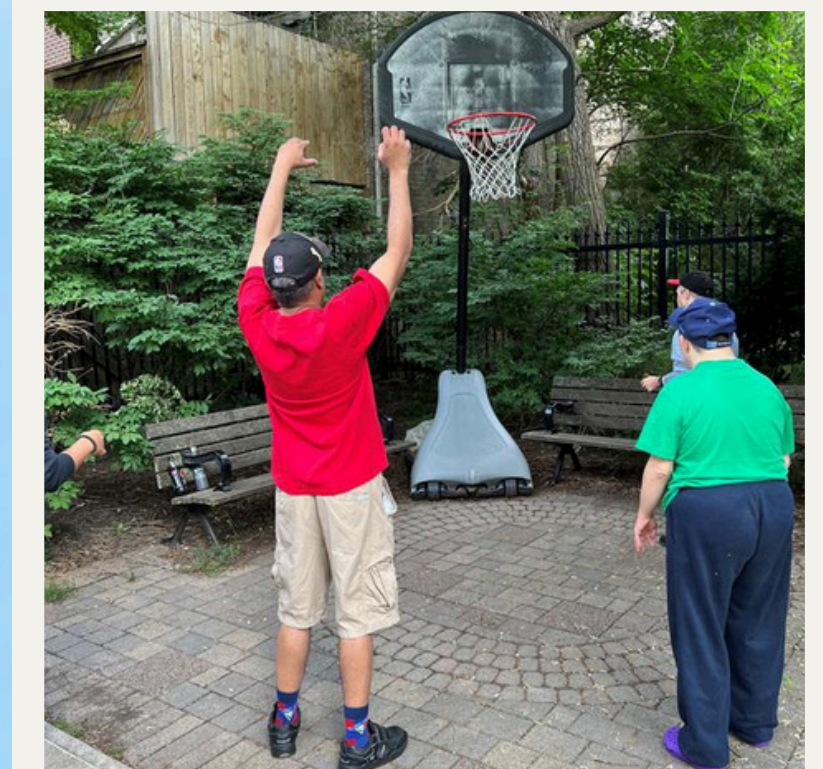
9AM - 12PM

Barcode: 36480

Jam with Dan

Starting: April 11, 2025 | Ending: September 26, 2025 | 24 weeks
(Please note: no program on April 18)

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 morning with music and fun.



MONDAY

Monday

10AM - 11AM

 Barcode: 36859

Health and Wellness Body and Mind

Starting: April 7, 2025 | Ending: September 25, 2025 | 21 weeks
(Please note: no program on April 21, May 19, August 4 & September 1)

Join us for a fun filled hour of Zumba, Dance, Chair Exercise, Yoga, Meditation, and more! This program will focus on Health and Wellbeing by focusing on various types of physical activities in order to encourage a health active lifestyle.

Monday

**1:30AM
-
2:30PM**

 Barcode: 36862

Monday Bingo

Starting: April 7, 2025 | Ending: September 25, 2025 | 21 weeks
(Please note: no program on April 21, May 19, August 4 & September 1)

Participants will come together for afternoon bingo! The bingo numbers will be called by our in-person facilitators for all participants to play along with. Virtual Participants will receive bingo cards prior to the session start dates.

Monday

3PM - 4PM

 Barcode: 36866

Monday Masterpieces

Starting: April 7, 2025 | Ending: September 25, 2025 | 21 weeks
(Please note: no program on April 21, May 19, August 4 & September 1)

Get your paper and pencils ready for Monday afternoon drawing! Each week will follow a creative drawing tutorial to create your own personal masterpieces.

TUESDAY

Tuesday

10AM - 11AM

 Barcode: 36869

Music World

Starting: April 8, 2025 | Ending: September 23, 2025 | 24 weeks
(Please note: no program on July 1)

Have you ever wanted to learn about different kinds of music? Where it comes from? When it was made? When It came out? The meaning behind the lyrics? In this program we will be exploring and listening to music of all kinds. There will be a mix of live music, sing-a-longs, karaoke, learning and quizzes, and much more. So come on down and lets learn about the world of music around us.

Tuesday

**1:30 PM
-
2:30 PM**

 Barcode: 36870

Art in Full Bloom

Starting: April 8, 2025 | Ending: September 23, 2025 | 24 weeks
(Please note: no program on July 1)

Brighten up your day with a spring and summer art class. Create new and exciting art projects using a variety of textiles and vibrant colours. Access the local parks and neighbourhood to get inspiration or collect art materials.

Tuesday

3PM - 4PM

 Barcode: 36871

Friendship Circle

Starting: April 8, 2025 | Ending: September 23, 2025 | 24 weeks
(Please note: no program on July 1)

Welcome to Friendship Circle! This is a participant-led program in which we will spend an hour building connections, interacting in a fun social setting, and sharing and discussing topics of interest while building friendships among participants

NEW

WEDNESDAY

Wednesday

10:30AM

-
11:30PM

 Barcode: 36872

Yoga

Starting: April 9, 2025 | Ending: September 24, 2025 | 25 weeks

Join us on Wednesday mornings for yoga and meditation to start your day. This yoga class will center around stretching and gentle movements with a guided meditation at the end of the program.

Wednesday

1:30PM

-
2:30PM

 Barcode: 36874

Fit Fusion

Starting: April 9, 2025 | Ending: September 24, 2025 | 25 weeks

Fit Fusion is a dynamic, full-body workout session that blends multiple exercise styles to deliver maximum results and keep things exciting. Participants will be able practice gentle movements adapted for both seated and standing position. Participants will participate in toning, resistance exercises, stretching, dancing and other range of motion exercises. Come ready to move, groove and have fun! Please note this program will follow a variety of instructional exercise videos and routines.

Wednesday

2:30PM

-
3:30PM

 Barcode: 36875

Playful Pursuits

Starting: April 9, 2025 | Ending: September 24, 2025 | 25 weeks

Welcome to Playful Pursuits 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. Have some friendly competition with your friends.

THURSDAY

Thursday

10:30AM

-
11:30AM

 Barcode: 36876

Story Circle

Starting: April 10, 2025 | Ending: September 25, 2025 | 25 weeks

Join us every Thursday as we explore all things literature. We will hear and discuss stories, poetry, books, articles and everything in between. This program is perfect for any participants who love to read or listen along!

Thursday

1:30AM

-
2:30PM

 Barcode: 36877

Karaoke

Starting: April 10, 2025 | Ending: September 25, 2025 | 25 weeks

Join us every Thursday afternoon at 1:30 for karaoke and dance. We encourage participants to sing their favorite songs and cheer on other participants for an upbeat and fun afternoon.

Thursday

3PM - 4PM

 Barcode: 36878

Around the World

Starting: April 10, 2025 | Ending: September 25, 2025 | 25 weeks

Get ready to learn our way around the world. During this program, we will discuss and share about all different parts of the world. We will explore different countries and learn about different cultures, traditions, celebrations, environments and so much more.

NEW

FRIDAY

Friday

10:30AM

11:30AM

Barcode: 36879

Friday Morning Music

Starting: April 11, 2025 | Ending: September 26, 2025 | 24 weeks

(Please note: no program on April 18)

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

Friday

1:30PM

2:30PM

Barcode: 36880

See it, Say it, Sign it

Starting: April 11, 2025 | Ending: September 26, 2025 | 24 weeks

(Please note: no program on April 18)

This engaging and inclusive experience celebrates the beauty of diverse communication styles. Whether you prefer visual learning, verbal expression, sign language, or written communication, we've designed this session to accommodate all preferences. Let's bridge the gap and celebrate the beauty of human expression.

Friday

3PM - 4PM

Barcode: 36881

Curiosity Chronicles

Starting: April 11, 2025 | Ending: September 26, 2025 | 24 weeks

(Please note: no program on April 18)

Join us every Friday as we dive into a new and exciting topic. We will learn about a new topic each week such as animals, health and the human body, famous inventors, and monumental historical events. Get your thinking cap on and get ready to learn!

GO VIRTUALITY



We want to hear from you!

Fill out our form here:

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.



COMMUNITY LIVING

Toronto

The logo graphic consists of several blue and green triangles of varying sizes and orientations, arranged to form a stylized arrow or fan shape pointing to the right.

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