

# MONDAY

9:30AM

12:30PM

\$360

#### **AUTUMN HARVEST COOKING**

**Instructor: Community Junction Staff** 

#43745

Pumpkins, apples, squash, oh my! This class will focus on seasonal ingredients. Dive into the art of crafting hearty, comforting dishes perfect for the cooler months.

1:00PM

2:00PM

\$250

**ACOUSTIC ESCAPADES** 

Instructor: Andre Tellier

#43746

Come and enjoy our acoustic music singulong! No experience necessary. Acoustic instruments, guitar, hand drums, maracas, percussion and especially singing - a chance for you to express yourself in a laid-back mellow musical setting.

#### **JUNCTION PICASSOS**

2:00PM

4:00PM

\$340

Instructor: Lisa Fong

#43747

This hands-on program is designed to inspire creativity through the fusion of art and craft. You will explore various techniques, from traditional methods to modern innovations, in creating unique and personalized works of art. Transform everyday materials into extraordinary works of art, expressing yourself through creation and colours.



# TUESDAY

9:30AM

**BREAKFAST CLUB** 

**Instructor: Community Junction Staff** 

#43748

10:30AM

\$190

The best way to start the day is to gather with friends and enjoy a light meal to give you energy and get you ready for a fun-filled day ahead.

10:30AM

**MOVE AND GROOVE ZUMBA** 

**ADAPTIVE** #43749

11:30AM

\$290

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

12:30PM

1:30PM

\$290

**FLEXIBLY FIT STRETCH AND TONE** 

**Instructor: Tammy Gunn** 

**ADAPTIVE** #43750

Learning proper stretching can help you feel good all over. This adaptive class focuses on standing stretches, chair exercises, light weights, and slower-paced mat work to strengthen your core. Leaving you feeling rejuvenated and strong.

1:30PM

2:30PM

\$165

**KNITTING CIRCLE** 

**Instructor: Mary O'Hearn** 

#43751

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!

2:30PM

4:00PM

\$350

**CREATE - A - CHARACTER: PUPPET MAKING** 

**Instructor: Catherine Moeller** 

#43752

Create your own paper characters to bring to life in a theatre you'll help decorate. We'll put on short performances to showcase your creations, then make papier-mâché and clay mask puppets with your choice of hair and clothes.

# WEDNESDAY

10:00AM

11:00AM \$290

#### **CREATIVE MOVEMENT**

Instructor: Tammy Gunn

**ADAPTIVE** 

#43753

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

11:00AM

-12:30PM

\$350

JUNCTION PHOTOGRAPHERS

Instructor: Ebru Winegard

#43754

Calling all photography enthusiasts! Join us weekly to learn new skills for better pictures. Each session highlights a different aspect of photography, from people to places and things. Channel your creativity to capture inspiring images in this supportive group.

1:00PM

3:00PM

\$390

**ART ATTACK!** 

**Instructor: Lisa Fong** 

#43755

In this innovative class, you'll explore a variety of art mediums and techniques, then combine them to create unique grounds and finishes. You'll also be introduced to historical and contemporary artists who invite us into the world of mixed media art.

3:00PM

4:00PM

\$295

**VOCAL VIBES** 

**Instructor: Valarie Conforti** 

#43756

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. Come join us to sing songs!

4:00PM

5:30PM

\$225

**JUNCTION GAMES CLUB** 

**Instructor: Community Junction Staff** 

#43757

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 adventurist, a puzzle master, or simply someone who loves to socialize and unwind.



# THURSDAY

9:30AM

12:30PM

\$395

#### **FALLING FOR FLAVOURS**

**Instructor: Community Junction Staff** 

#43758

'Tis the season for comforting and delicious foods. In this supportive class, learn to chop, slice, sauté, and bake your way to meals that embrace all that the season has to offer and that will satisfy your taste buds, one flavour at a time.

1:00PM

2:00PM

\$280

**SOUND PIONEERS** 

Instructor: Andre Tellier

#43759

This 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.

2:00PM

3:30PM

\$350

**CURTAIN CALL DRAMA** 

**Instructor: CLTO Rec Therapist** 

#43760

An interactive drama program which uses games, skits and creative activities to explore and express emotions. You will build confidence and emotional awareness through playful exercises, props and music in a fun supportive environment.

9:30AM

3:30PM

\$650

#### TREKKING THROUGH TORONTO

**Instructor: Community Junction staff** 

#43761

Discover the magic of our city has to offer. 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 included.

10:00AM

1:00PM

\$395

#### **COZY KITCHEN CREATIONS**

**Instructor: Community Junction Staff** 

#43762

Come enjoy the warmth of Fall cooking. We will be cooking both savoury and sweet meals, including soups, stews, casseroles, and pies! Whether you're cooking for your family or hosting a cozy dinner, recipes will become your go-to for autumn comfort food.

1:30PM

2:30PM

\$295

#### **RHYTHM AND SONG**

**Instructor: Valarie Conforti** 

#43763

This innovative program invites individuals to explore and engage with music and instruments, with a focus on inclusivity, individualized support, and sensory engagement. Both educational and therapeutic, it helps participants build skills, deepen their understanding of genres, and experience the joy of music.

2:30PM

3:30PM

\$350

#### **BEADS AND BEYOND JEWELRY MAKING**

**Instructor: Community Junction Staff** 

#43764

Create beautiful accessories that compliment beautiful you. Necklaces, bracelets, brooches, headbands, and more. We will use various materials to create pieces you can wear and show off your inner fashionista. Hewence!

## CVS SATELLITE LOCATIONS

FOSTER CONNECTION Q 164 MAIN ST.

#43765

#### **MUSICAL MORNINGS WITH VALARIE**

**Instructor: Valarie Conforti** 

Come and explore your favorite tunes, rhythms, and other musical skills, in a welcoming sing-along environment. We welcome all to join us in the fun and interactive way to celebrate music.

**TUESDAY** 

11:00AM

12:30PM

\$300

FOSTER CONNECTION

• 164 MAIN ST.

#43766

**TUESDAY** 

1:00PM

3:00PM

\$390

○ 164 MAIN ST.

#### **ART YOUR HEART OUT**

Instructor: Lisa Fong

If you love to express yourself through art, this is the class for you. Unleash your inner creativity with various materials such as pencils, paints, oil pastels and more to explore basic concepts of art such as line, shape and colour.

ADVANCE OF 102 ADVANCE RD.

#43767

**WEDNESDAY** 

10:00AM

12:00PM

\$390

#### **MASTERPIECE MAKERS**

Instructor: Lisa Fong

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

THE EAST MALL Q 65 THE EAST MALL

#43768

**LIFE'S A CANVAS (PAINTING, DRAWING AND MORE)** 

Instructor: Lisa Fong

In this hands-on class, we will focus on developing various artistic skills by exploring different types of media and techniques. Students are encouraged to develop their own creative style through imagination and exploration.

**THURSDAY** 

10:00AM

12:00PM

\$390

## CVS SATELLITE LOCATIONS

### THE EAST MALL Q 65 THE EAST MALL

#43769

#### JOYFUL SONGS CHOIR

Instructor: Valarie Conforti

Gather each week and build community with this supportive group. Create music that will bring everyone together in song and spirit. We will be singing songs old and new, as well as songs based on the group's interests.

#### **THURSDAY**

12:30PM

1:30PM

\$300

#### THE EAST MALL **Q 65 THE EAST MALL**

#43770

#### **THURSDAY**

#### THE ART OF CRAFTING

**Instructor: Lisa Fong** 

The program inspires creativity through the fusion of art and craft. Transform everyday materials into extraordinary works of art, expressing yourself through creation and colours, culminating in a blast of dynamic pieces.

1:30PM

3:30PM

\$390

### THE CLUBHOUSE o 20 SPADINA RD.

#43771

#### MINDFUL MEALS

**Instructor: CLTO Rec Therapist** 

Welcome to Mindful Meals, the program where you will grow your 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.

**FRIDAY** 

10:00AM

1:00PM

\$400

## THE CLUBHOUSE o 20 SPADINA RD.

#43772

#### FROM PAPER TO TEXTILES: FUN WITH WEAVING

Instructor: Ebru Winegard

Learn various weaving techniques, starting with simple paper weaving, moving to more complicated projects using threads. This class will focus on both the technical aspects of weaving as well as the creative possibilities it offers. Express yourself with design and colour. **FRIDAY** 

1:00PM

2:30PM

\$335