

COMMUNITY LIVING

Toronto



YOUR
EXPERIENCE
GUIDE
TO COMMUNITY
PARTICIPATION

Fall / Winter
OCT 2025 - MAR 2026

Sign Up Begins:
Wednesday, September 10 , 2025



cps@cltoronto.ca



647-729-2976

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](#) to speak with a member
of the Community Participation team.

In Person

Visit any of the Community Participation locations on:
Wednesday, September 10 - 10 A.M. - 4 P.M.

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](#) by February 26, 2025.



5 **FAIRFAX**
50 Fairfax Crescent

15 **FOSTER CONNECTIONS**
164 Main Street

20 **THE EAST MALL**
65 The East Mall

25 **FINCH**
1122 Finch Avenue West

30 **ADVANCE**
102 Advance Road

35 **VIRTUAL PROGRAMS**
Online

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Welcome to Community Participation Your Experience Guide

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.





MONDAY

9:00 AM
-
2:00 PM

 **#43296**

SHAPE YOUR DAY: GENTLE MOVEMENTS

Starting: October 6, 2025 | Ending: March 23, 2026 | 22 weeks
(No program on October 13, December 29, February 16)

This group is all about moving our bodies in a calm, easy, and relaxing way. Through light stretches, breathing, and simple exercises, we help our bodies feel better and our minds feel calm. Enjoy can join in- go at your own pace and do what feels right for you!

9:00 AM
-
2:00 PM

 **# 43298**

FLOUR POWER

Starting: October 6, 2025 | Ending: March 23, 2026 | 22 weeks
(No program on October 13, December 29, February 16)

In this group, we'll have fun baking simple and tasty treats together! From measuring and mixing to decorating and tasting, everyone can join in and enjoy the process. It is a great way to learn new skills, share smiles and enjoy something delicious at the end!

9:00 AM
-
2:00 PM

 **#43299**

SENSORY SENSATIONS

Starting: October 6, 2025 | Ending: March 23, 2026 | 22 weeks
(No program on October 13, December 29, February 16)

This group is a safe and calming space where we explore different sights, sounds, smells, textures, and movements. Through fun, exploring the Mobii and gentle activities, we'll help our bodies feel relaxed, focused, and happy. Whether we're playing with sensory toys, listening to music, or enjoying quiet time, everyone is welcome to join at their own pace.

9:00 AM
-
2:00 PM

 **#43300**

TECHNOLOGY MONDAYS

Starting: October 6, 2025 | Ending: March 23, 2026 | 22 weeks
(No program on October 13, December 29, February 16)

In this group, we'll learn how to use everyday technology like computers, tablets, and smartphones. Together, we'll practice simple skills like typing, sending emails, and using apps to help in daily life. We will also be able to explore using the Mobii, play interactive games and stream our favourite resources!



MONDAY

9:00 AM
-
2:00 PM

 **#43301**

SEASONAL CRAFTS

Starting: October 6, 2025 | Ending: March 23, 2026 | 22 weeks
(No program on October 13, December 29, February 16)

Join us as we get creative and make fun crafts that celebrate each season! From autumn leaves to winter snowflakes — we'll use colors, textures, and imagination to bring the seasons to life.

1:00 PM
-
4:00 PM

 **#43302**

GROCERY SHOPPING

Starting: October 6, 2025 | Ending: March 23, 2026 | 22 weeks
(No program on October 13, December 29, February 16)

In this group, we'll practice shopping skills like making a list, finding items, and paying at the checkout. It's a great way to build confidence and independence when shopping for groceries for Fairfax CPS program.

1:00 PM
-
4:00 PM

 **#43303**

SCIENCE & EXPLORING

Starting: October 6, 2025 | Ending: March 23, 2026 | 22 weeks
(No program on October 13, December 29, February 16)

Get ready to explore, experiment, and discover! In this group, we'll learn about science through fun hands-on activities and simple experiments. From bubbling reactions to cool facts about the world around us, there's something exciting every time.

1:00 PM
-
4:00 PM

 **#43305**

FLOUR POWER

Starting: October 6, 2025 | Ending: March 23, 2026 | 22 weeks
(No program on October 13, December 29, February 16)

In this group, we'll have fun baking simple and tasty treats together! From measuring and mixing to decorating and tasting, everyone can join in and enjoy the process. It is a great way to learn new skills, share smiles and enjoy something delicious at the end!



TUESDAY

9:00 AM**2:00 PM** **#43306**

SHAPE YOUR DAY: SPORTS & COMMUNITY

Starting: October 7, 2025 | Ending: March 24, 2026 | 24 weeks
(No program on December 30)

Join us for fun and active days filled with friendly sports games like soccer, basketball, and relay races. We'll also go on exciting day trips to parks, nature trails, or local attractions. It's a great way to stay active, make new friends, and explore the community together!

9:00 AM**2:00 PM** **#43308**

KITCHEN CREATIONS

Starting: October 7, 2025 | Ending: March 24, 2026 | 24 weeks
(No program on December 30)

You will have the opportunity to develop your kitchen skills by making a simple breakfast or lunch. The group will work together to decide on recipes, create a grocery list, prepare and cook the meal, and enjoy it with your peers. We will also participate in setting the table, cleaning up, and maintaining a tidy kitchen.

9:00 AM**2:00 PM** **#43309**

SCIENCE & EXPLORING

Starting: October 7, 2025 | Ending: March 24, 2026 | 24 weeks
(No program on December 30)

Get ready to explore, experiment, and discover! In this group, we'll learn about science through fun hands-on activities and simple experiments. From bubbling reactions to cool facts about the world around us, there's something exciting every time.

9:00 AM**2:00 PM** **#43311**

INTRO TO VOLUNTEERISM

Starting: October 7, 2025 | Ending: March 24, 2026 | 24 weeks
(No program on December 30)

This small group is focused on learning what valued roles are and how volunteering can create new roles, skills 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

BEST

TUESDAY

9:00 AM
-
2:00 PM

 **#43312**

INTRO TO BASIC SIGN LANGUAGE

Starting: October 7, 2025 | Ending: March 24, 2026 | 24 weeks
(No program on December 30)

In this group, we'll learn simple signs to help us communicate using our hands and expressions. We'll practice everyday words and phrases in a fun and easy way. This is a beginner group and everyone can go at their own pace!

1:00 PM
-
4:00 PM

 **#43313**

BINGO & BOWLING

Starting: October 7, 2025 | Ending: March 24, 2026 | 24 weeks
(No program on December 30)

Join us for fun times playing bowling and bingo! Whether you like rolling the ball down the lane or marking your bingo cards, there's something for everyone. It's a great way to relax, enjoy friendly competition, and spend time with friends.

1:00 PM
-
4:00 PM

 **#43314**

TECHNOLOGY TUESDAYS

Starting: October 7, 2025 | Ending: March 24, 2026 | 24 weeks
(No program on December 30)

In this group, we'll learn how to use everyday technology like computers, tablets, and smartphones. Together, we'll practice simple skills like typing, sending emails, and using apps to help in daily life. We will also be able to explore using the Mobii, play interactive games and stream our favourite resources!

1:00 PM
-
4:00 PM

 **#43315**

FLOUR POWER

Starting: October 7, 2025 | Ending: March 24, 2026 | 24 weeks
(No program on December 30)

In this group, we'll have fun baking simple and tasty treats together! From measuring and mixing to decorating and tasting, everyone can join in and enjoy the process. It is a great way to learn new skills, share smiles and enjoy something delicious at the end!



WEDNESDAY

9:00 AM
-
2:00 PM

 **# 43334**

SHAPE YOUR DAY: YOGA

Starting: October 8, 2025 | Ending: March 25, 2026 | 24 weeks
(No program on December 31)

In this group, we'll do gentle yoga stretches with Franklyn and breathing exercises that help our bodies feel strong and relaxed. No experience is needed — everyone moves at their own pace and listens to what feels good.

9:00 AM
-
2:00 PM

 **#43335**

KITCHEN CREATIONS

Starting: October 8, 2025 | Ending: March 25, 2026 | 24 weeks
(No program on December 31)

You will have the opportunity to develop your kitchen skills as you make a simple breakfast or lunch. The group will work together to decide on recipes, create a grocery list, prepare and cook the meal, and enjoy it with your peers. We will also participate in setting the table, cleaning up, and maintaining a clean kitchen.

9:00 AM
-
2:00 PM

 **#43336**

MUSIC & DANCE

Starting: October 8, 2025 | Ending: March 25, 2026 | 24 weeks
(No program on December 31)

Let's connect with your passion for music and dancing. We will explore a variety of instruments, stream music, dance and sing along with Courtney to your favorite songs!



WEDNESDAY

9:00 AM
-
2:00 PM

🔍 # 43337

SEASONAL CRAFTS

Starting: October 8, 2025 | Ending: March 25, 2026 | 24 weeks
(No program on December 31)

Join us as we get creative and make fun crafts that celebrate each season! From autumn leaves to winter snowflakes — we'll use colors, textures, and imagination to bring the seasons to life.

1:00 PM
-
4:00 PM

🔍 #43338

MEDIATION & WELLNESS

Starting: October 8, 2025 | Ending: March 25, 2026 | 24 weeks
(No program on December 31)

This group is all about finding calm and taking care of your mind and body. We'll practice simple meditation, breathing exercises, and gentle wellness activities to help you feel relaxed and refreshed.

BEST

1:00 PM
-
4:00 PM

🔍 #43339

FLOUR POWER

Starting: October 8, 2025 | Ending: March 25, 2026 | 24 weeks
(No program on December 31)

In this group, we'll have fun baking simple and tasty treats together! From measuring and mixing to decorating and tasting, everyone can join in and enjoy the process. It is a great way to learn new skills, share smiles and enjoy something delicious at the end!





THURSDAY

9:00 AM
-
2:00 PM

 #43341

SHAPE YOUR DAY: SPORTS & GAMES

Starting: October 9, 2025 | Ending: March 26, 2026 | 23 weeks
(No program on December 25, January 1)

This fun and active group gives everyone a chance to join in different sports and games. From team activities like soccer and basketball to fun group games and challenges, it's a great way to stay healthy, learn teamwork, and have fun with friends. All skill levels are welcome!

9:00 AM
-
2:00 PM

 #43382

KITCHEN CREATIONS

Starting: October 9, 2025 | Ending: March 26, 2026 | 23 weeks
(No program on December 25, January 1)

You will have the opportunity to develop your kitchen skills as you make a simple breakfast or lunch. The group will work together to decide on recipes, create the grocery list, prepare, cook and enjoy a snack size portion with your peers. We will participate in the setting the table, cleaning up and maintaining a clean kitchen.

9:00 AM
-
2:00 PM

 #43383

NUMERACY & LITERACY

Starting: October 9, 2025 | Ending: March 26, 2026 | 23 weeks
(No program on December 25, January 1)

In this group, we'll practice simple reading, writing, and math skills to help with everyday life. Through fun activities and games, we'll build confidence in numbers and words together. Everyone can join and go at their own pace!

9:00 AM
-
2:00 PM

 #43384

TRAVELING THURSDAYS

Starting: October 9, 2025 | Ending: March 26, 2026 | 23 weeks
(No program on December 25, January 1)

This group is all about getting out and exploring! Together, we'll go on fun and safe day trips to different places like parks, museums, local events, or nearby towns. It's a great chance to try new things, enjoy the outdoors, and spend time with friends. Bring your curiosity and make new memories together!



THURSDAY

DRAMA & THEATRE

9:00 AM

2:00 PM

 **#43385**

Starting: October 9, 2025 | Ending: March 26, 2026 | 23 weeks
(No program on December 25, January 1)

In this group, we explore acting, storytelling, and fun games that help us express ourselves. Whether we're pretending to be different characters, using our voices, or playing drama games, everyone can join in and shine in their own way. It is all about working together, having fun and building confidence!

SENSORY SENSATIONS

1:00 PM

4:00 PM

 **#43386**

Starting: October 9, 2025 | Ending: March 26, 2026 | 23 weeks
(No program on December 25, January 1)

This group is a safe and calming space where we explore different sights, sounds, smells, textures, and movements. Through fun, exploring the Mobii and gentle activities, we'll help our bodies feel relaxed, focused, and happy. Whether we're playing with sensory toys, listening to music, or enjoying quiet time, everyone is welcome to join at their own pace.

INTRO TO BASIC SIGN LANGUAGE

1:00 PM

4:00 PM

 **#43387**

Starting: October 9, 2025 | Ending: March 26, 2026 | 23 weeks
(No program on December 25, January 1)

In this group, we'll learn simple signs to help us communicate using our hands and expressions. We'll practice everyday words and phrases in a fun and easy way. This is a beginner group and everyone can go at their own pace!

NEW

FLOUR POWER

1:00 PM

4:00 PM

 **#43388**

Starting: October 9, 2025 | Ending: March 26, 2026 | 23 weeks
(No program on December 25, January 1)

In this group, we'll have fun baking simple and tasty treats together! From measuring and mixing to decorating and tasting, everyone can join in and enjoy the process. It is a great way to learn new skills, share smiles and enjoy something delicious at the end!



FRIDAY

9:00 AM
-
2:00 PM

 #43389

SHAPE YOUR DAY: CREATIVE & COMMUNITY

Starting: October 10, 2025 | Ending: March 27, 2026 | 24 weeks
(No program on December 26)

Come join us for a variety of activities including: exploring your creative interests and accessing the community.

9:00 AM
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2:00 PM

 #43390

KITCHEN CREATIONS

Starting: October 10, 2025 | Ending: March 27, 2026 | 24 weeks
(No program on December 26)

You will have the opportunity to develop your kitchen skills as you make a simple breakfast or lunch. The group will work together to decide on recipes, create the grocery list, prepare, cook and enjoy a meal with your peers. We will participate in the setting the table, cleaning up and maintaining a clean kitchen.

9:00 AM
-
2:00 PM

 #43391

TECHNOLOGY FRIDAYS

Starting: October 10, 2025 | Ending: March 27, 2026 | 24 weeks
(No program on December 26)

In this group, we'll learn how to use everyday technology like computers, tablets, and smartphones. Together, we'll practice simple skills like typing, sending emails, and using apps to help in daily life. We will also be able to explore using the Mobii, play interactive games and stream our favourite resources!

9:00 AM
-
2:00 PM

 #43392

SPA DAY

Starting: October 10, 2025 | Ending: March 27, 2026 | 24 weeks
(No program on December 26)

In this group, we'll enjoy relaxing activities like gentle hand massages, simple skincare, at times hair styling and calming music. It's a peaceful time to unwind, feel pampered, and take care of yourself.



FRIDAY

9:00 AM
-
2:00 PM

 **# 43393**

SIP & SOCIAL

Starting: October 10, 2025 | Ending: March 27, 2026 | 24 weeks
(No program on December 26)

Join us on Fridays for a cup of coffee/tea as we socialize with friends new and old. This group is perfect for coffee lovers who want to learn how to make their own coffee and explore coffee shops in the community. Don't miss out on this opportunity to engage and have a great time!

9:00 AM
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12:00 PM

 **#43394**

SPA DAY

Starting: October 10, 2025 | Ending: March 27, 2026 | 24 weeks
(No program on December 26)

In this group, we'll enjoy relaxing activities like gentle hand massages, simple skincare, at times hair styling and calming music. It's a peaceful time to unwind, feel pampered, and take care of yourself.

9:00 AM
-
12:00 PM

 **#43395**

TECHNOLOGY FRIDAYS

Starting: October 10, 2025 | Ending: March 27, 2026 | 24 weeks
(No program on December 26)

In this group, we'll learn how to use everyday technology like computers, tablets, and smartphones. Together, we'll practice simple skills like typing, sending emails, and using apps to help in daily life. We will also be able to explore using the Mobii, play interactive games and stream our favourite resources!

BEST





MONDAY

9:30 AM
-
12:30 PM

 **# 43400**

COSY KITCHEN

Starting: October 6, 2025 | Ending: March 23, 2026 | 22 weeks
(No program on October 13, December 29, February 16)

Join in on the fun as you bake with friends and sample your sweet treat creations while you socialize with friends.

9:30 AM
-
2:30 PM

 **# 43401**

GENTLE GROVES

Starting: October 6, 2025 | Ending: March 23, 2026 | 22 weeks
(No program on October 13, December 29, February 16)

Move to music, try some fun activities focused around health and wellness while you socialize and make new friends.

1:00 PM
-
4:00 PM

 **#43402**

CALM AND SENSE

Starting: October 6, 2025 | Ending: March 23, 2026 | 22 weeks
(No program on October 13, December 29, February 16)

Enjoy sensory activities that focus on your mind, body and wellness. Meditation, yoga, relaxation and exploring physical senses with others.



TUESDAY

9:30 AM
-
12:30 PM

 # 43403

MORNING MELODIES (VALERIE)

Starting: October 7, 2025 | Ending: March 24, 2026 | 24 weeks
(No program on December 30)

Connect with friends sing and play along to your favourite songs featuring music with Valerie.

9:30 AM
-
2:30 PM

 # 43404

RHYTHM & BRUSH STROKES

Starting: October 7, 2025 | Ending: March 24, 2026 | 24 weeks
(No program on December 30)

Rotate through a variety of activities from music, games, arts and crafts while you enjoy the spirit of friendship with others.

BEST

1:00 PM
-
4:00 PM

 #43406

ART AT YOUR FINGERTIPS

Starting: October 7, 2025 | Ending: March 24, 2026 | 24 weeks
(No program on December 30)

Join us for a variety of craft and seasonal themed activities while connecting with new and old friends.





WEDNESDAY

9:30 AM
-
12:30 PM

 **#43407**

COOKING ON A DIME

Starting: October 8, 2025 | Ending: March 25, 2026 | 24 weeks
(No program on December 31)

Come join our cooking group and create simple dishes and snacks. Plan the menu, create the dish, set the table and enjoy with friends. Opportunities to go to the grocery store on a rotation schedule using the TTC.

9:30 AM
-
2:30 PM

 **#43408**

MIND GAMES

Starting: October 8, 2025 | Ending: March 25, 2026 | 24 weeks
(No program on December 31)

Welcome to where fun meets learning. From board games, interactive educational videos and trivia games, have some friendly competition while you play and learn.





THURSDAY

NEW

9:30 AM
-
12:30 PM

 **#43409**

MONEY AND MINUTES

Starting: October 9, 2025 | Ending: March 26, 2026 | 23 weeks
(No program on December 25, January 1)

Fine tune your money skills and learn to tell time on an analog clock in a supportive learning environment. Explore topics of your interest within a group setting as you have fun while learning.

9:30 AM
-
2:30 PM

 **#43410**

DAY TRIPPERS

Starting: October 9, 2025 | Ending: March 26, 2026 | 23 weeks
(No program on December 25, January 1)

Come and explore your community, attend local neighbourhood and community events. Make suggestions on where you would like to go! Using TTC and walking longer than 20 minutes will be involved. Please remember to dress for the weather and wear comfortable shoes.

1:00 PM
-
4:00 PM

 **#43411**

IN THE KNOW

Starting: October 9, 2025 | Ending: March 26, 2026 | 23 weeks
(No program on December 25, January 1)

Socialize with friends as we explore what is happening around the globe and locally in our communities. We'll have some laughs as we learn more about the world we live in together.



FRIDAY

9:30 AM
-
12:30 PM

 **#43412**

KARAOKE JAMS

Starting: October 10, 2025 | Ending: March 27, 2026 | 24 weeks
(No program on December 26)

Come spend the morning with friends as you sing and dance your cares away. Perform your favourite tunes and have some fun while you twist and shout.

9:30 AM
-
2:30 PM

 **#43413**

FEEL GOOD FRIDAY

Starting: October 10, 2025 | Ending: March 27, 2026 | 24 weeks
(No program on December 26)

Join us for a variety of activities while connecting with new and old friends. Play games and have some fun as you sing and dance the day away.

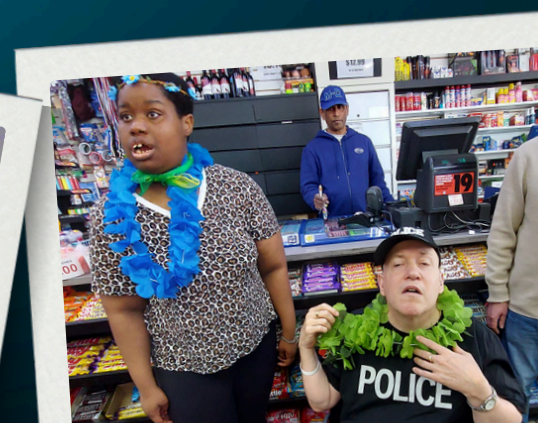
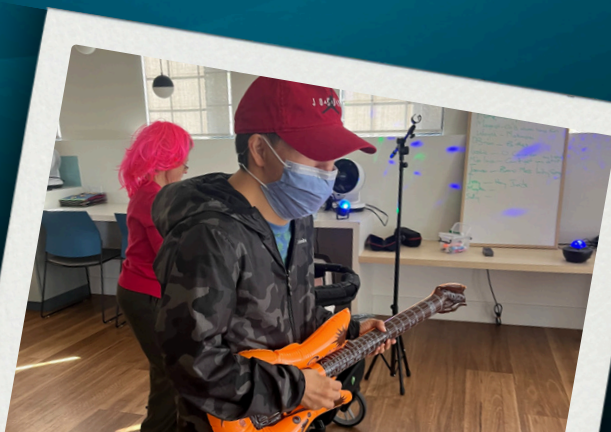
1:00 PM
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4:00 PM

 **#43414**

TWIST & SHOUT

Starting: October 10, 2025 | Ending: March 27, 2026 | 24 weeks
(No program on December 26)

Join us at Fosters for a fun filled afternoon of activities, including music, dance, games and social engagement with friends.



MONDAY

ZANY ZUMBA

9:30 AM
-
12:30 PM

 # 42314

Starting: October 6, 2025 | Ending: March 23, 2026 | 22 weeks
(No program on October 13, December 29, February 16)

Get ready to move, groove, and laugh with Zany Zumba! This high-energy class features great music, a fun and welcoming atmosphere, and easy-to-follow moves that anyone can enjoy. Whether you're a beginner or a seasoned dancer, you can go at your own pace and just have fun. Every class feels like a dance party—no pressure, just plenty of smiles and good times!

ENERGIZE AND UNWIND

9:30 AM
-
2:30 PM

 # 42319

Starting: October 6, 2025 | Ending: March 23, 2026 | 22 weeks
(No program on October 13, December 29, February 16)

This experience balances movement and mindfulness. Start your day with an upbeat, feel-good Zumba session to get your body moving, heart pumping, and spirits lifted. In the afternoon, shift gears with calming activities designed to soothe your mind and body. Whether it's gentle stretching, guided breathing, or sensory relaxation, you'll leave feeling refreshed, recharged, and deeply relaxed. This class offers the best of both worlds—energy in the morning, tranquility in the afternoon.

KNIT CLIQUE

12:00 PM
-
3:00 PM

 # 42320

Starting: October 6, 2025 | Ending: March 23, 2026 | 23 weeks
(No program on October 13, February 16)

This experience is a fun, laid-back knitting class where creativity and friendship come together, one stitch at a time! This group is a space to relax, chat, and create with others who share your interest in learning to knit. We'll work on simple, enjoyable projects while sharing laughs, stories, and maybe a few tangles along the way. No pressure, just good company and cool vibes—because in The Knit Clique, everyone's in the loop!



TUESDAY

9:30 AM
-
12:30 PM

 **#42322**

THE MIC IS YOURS

Starting: October 7, 2025 | Ending: March 24, 2026 | 24 weeks
(No program on December 30)

The experience is a fun, supportive class where everyone gets a chance to step into the spotlight! Whether you love singing karaoke, telling jokes, sharing stories, or trying something new, this is your moment to shine. Just bring your voice, sense of humor, and courage to have fun. It's about building confidence, expressing yourself, and celebrating each other in a relaxed, feel-good space. In this class, the mic is yours—what will you say?

9:30 AM
-
2:30 PM

 **#42330**

SIGN, SING & CREATE

Starting: October 7, 2025 | Ending: March 24, 2026 | 24 weeks
(No program on December 30)

This experience is the perfect way to spend your day in great company! Start your morning with staff guided chat about current events, or topics of your interests. Each week the participants will learn one or two ASL signs, creating a way to connect with everyone. Then turn up the fun with music activities and lively karaoke sing-alongs. In the afternoon, let your creativity shine with arts, crafts, and games that are all about having fun and making memories

NEW

12:00 PM
-
3:00 PM

 **#42323**

MIX AND MINGLE

Starting: October 7, 2025 | Ending: March 24, 2026 | 24 weeks
(No program on December 30)

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.





WEDNESDAY

9:30 AM

12:30 PM

 **#42329**

MUSIC WITH VALERIE

Starting: October 8, 2025 | Ending: March 25, 2026 | 24 weeks
(No program on December 31)

Music with Valerie is a joyful, acoustic sing-along experience where everyone is welcome to join in and enjoy the music! With Valerie on guitar, we'll sing familiar songs together in a feel-good atmosphere. No singing skills required. Just bring your voice, your smile, and your love of music. Whether you're clapping, singing out loud, or playing along with rhythm instruments, this class is all about having fun and making music as a group.

9:30 AM

2:30 PM

 **#42331**

MELODY & MURALS

Starting: October 8, 2025 | Ending: March 25, 2026 | 24 weeks
(No program on December 31)

This experience is a creative, feel-good class that kicks off your day with music and art! In the morning, we'll enjoy fun, interactive music activities—singing, rhythm games, and playing with sound. Afterward, we'll roll up our sleeves and get creative with group murals in a relaxed, graffiti-inspired style. No pressure, no perfection—just bold colors, big ideas, and lots of fun. If you love to make music, draw, or hang out, Melody and Murals is the perfect place to express yourself and be part of something cool and collaborative!

BEST





THURSDAY

BEST

9:30 AM
-
12:30 PM

 **#42332**

WHISK IT UP

Starting: October 9, 2025 | Ending: March 26, 2026 | 23 weeks
(No program on December 25, January 1)

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.

9:30 AM
-
2:30 PM

 **#42333**

TOPSY TURVY THURSDAYS

Starting: October 9, 2025 | Ending: March 26, 2026 | 23 weeks
(No program on December 25, January 1)

Get ready to turn your week upside down with Topsy Turvy Thursday! This fun and energetic program combines light exercise with playful, recreational activities set to music. Move, laugh, and groove as we play with balls, balloons, hula hoops, and more. Challenge yourself with giant Jenga, Connect 4, and bean bag toss—all designed to keep you active, social, and smiling. It's the perfect mix of movement and fun to brighten your Thursday!

12:00 PM
-
3:00 PM

 **#42336**

COOL COFFEE CREW

Starting: October 9, 2025 | Ending: March 26, 2026 | 23 weeks
(No program on December 25, January 1)

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

COZY COMFORT FOODS

9:30 AM

12:30 PM

 **#42334**

Starting: October 10, 2025 | Ending: March 27, 2026 | 24 weeks
(No program on December 26)

This experience is a warm, welcoming class where we explore the joy of creating hearty meals that nourish body and soul. Each session, we'll prepare classic comfort dishes that bring back happy memories—think soups, casseroles, stews, and more. It's all about good food, good company, and the simple pleasure of sharing a taste with friends (Please note participants must bring their own lunch, as this class provides small portions).

WALKING, TALKING, WINDOW GAWKING

9:30 AM

12:30 PM

 **#42337**

Starting: October 10, 2025 | Ending: March 27, 2026 | 24 weeks
(No program on December 26)

This experience is all about getting out, getting moving, and enjoying the sights together! We'll take leisurely strolls, chat along the way, and explore local malls and window display. Spend time to browse, laugh, and enjoy good company. It's the perfect mix of light exercise, social time, and a bit of playful people-watching. Come walk, talk, and gawk with us!

FRIDAY FUSION

9:30 AM

2:30 PM

 **#42335**

Starting: October 10, 2025 | Ending: March 27, 2026 | 24 weeks
(No program on December 26)

This experience is the ultimate feel-good way to kick off your weekend! This interactive, social class blends all your favorite activities—games, crafts, music, and even a little pampering with manicures. If you want to get creative, laugh over a game, dance to your favorite tunes, or just relax and treat yourself, Friday Fusion has something for everyone. It's the perfect mix of fun, friendship, and feel-good vibes to start your Friday right!

SHOW TIME!

12:00 PM

3:00 PM

 **#42339**

Starting: October 10, 2025 | Ending: March 27, 2026 | 24 weeks
(No program on December 26)

Kick back with friends, enjoy some popcorn and catch your favourite flicks, in this fun and interactive movie program. Whether it's action comedy or musicals you are the director and you pick the show!

MONDAY

9:30 AM
-
2:30 PM

 **#43381**

LIFE RHYTHMS - ART DISCOVERY

Starting: October 6, 2025 | Ending: March 23, 2026 | 22 weeks
(No program on October 13, December 29, February 16)

Embark on a captivating journey to self-discovery through art. Unleash your creativity and explore the expressive power of colours and shapes to connect with your inner emotions and experiences.

9:30 AM
-
12:30 PM

 **#43380**

ARTISTIC ADVENTURES WITH LISA

Starting: October 6, 2025 | Ending: March 23, 2026 | 22 weeks
(No program on October 13, December 29, February 16)

Embark on a colourful journey of artistic adventures with artist Lisa. A variety of art mediums and techniques are combined to take your art to interesting grounds and finishes. Lisa's warm and encouraging approach will make you feel like the true artist that you are.

1:00 PM
-
4:00 PM

 **#43379**

SCIENCE

Starting: October 6, 2025 | Ending: March 23, 2026 | 22 weeks
(No program on October 13, December 29, February 16)

Science is essentially a way of learning and understanding the world around us by observations, experiments, and evidence-based reasoning. It's a process of asking questions, making predictions, and testing ideas to see if they are true, like a detective solving a mystery. Science helps us understand how things work and why things happen.

NEW





TUESDAY

9:30 AM
-
2:30 PM

 **#43378**

LIFE RHYTHMS - HEALTH AND WELL-BEING

Starting: October 7, 2025 | Ending: March 24, 2026 | 24 weeks
(No program on December 30)

You will be immersed in a rejuvenating experience that combines mindful practices, fitness, and nutrition to nourish your body and mind. You will learn a healthier, happier life.

9:30 PM
-
12:30 PM

 **#43377**

KITCHEN KRAFTERS

Starting: October 7, 2025 | Ending: March 24, 2026 | 24 weeks
(No program on December 30)

Join us on a culinary adventure where you will create delicious treats in the kitchen. From baking cupcakes to crafting healthy snacks. Our hands-on approach encourages creativity and team work. You will also learn about what you are creating.

1:00 PM
-
4:00 PM

 **#43376**

GEOLOGY AND GEOGRAPHY

Starting: October 7, 2025 | Ending: March 24, 2026 | 24 weeks
(No program on December 30)

The Earth's surface and internal structure are where we live. Let's study the weather, the impact of human activities on the environment, and the causes of earthquakes, volcanic eruptions, and other climate-related issues. How do the Earth's physical features and composition relate to each other? Let's find out!

NEW



WEDNESDAY

9:30 AM
-
2:30 PM

 #43375

LIFE RHYTHMS - MID WEEK MASTER PIECES

Starting: October 8, 2025 | Ending: March 25, 2026 | 24 weeks
(No program on December 31)

Discover the joy of self-expression as you unleash your imagination and bring your visions to life. You will be able to experiment, learn, and grow as an artist. Are you seeking to nurture your artistic skills or simply indulge in creative escape? This session promises to ingite your passion for the art and appreciation for the beauty of the creation.

9:30 AM
-
12:30 PM

 #43374

MUSICOLOGY

Starting: October 8, 2025 | Ending: March 25, 2026 | 24 weeks
(No program on December 31)

Music lovers unite. Come join us for an exploration of all things music. We will delve into playing, singing, learning, the history, other cultures, instruments and movement. Tune into your inner musician.

1:00 PM
-
4:00 PM

 #43373

LANGUAGES

Starting: October 8, 2025 | Ending: March 25, 2026 | 24 weeks
(No program on December 31)

Languages - spoken, written, or signed are all forms of language. Do you want to learn how to say, write or sign easy words and phrases in another language? Hola, Bonjour, Hallo, Ciao, Ni Hao, Konnichiaw are six different ways to say Hello. Les toilette, s'il vous plait, Donde esta el bano por favor, Wo ist Toilette bitte is Washroom please in three languages. What word or phrase would you like to learn in another language?

NEW





THURSDAY

9:30 AM
-
2:30 PM

 #43372

LIFE RHYTHMS - TUNE-UP THURSDAY

Starting: October 9, 2025 | Ending: March 26, 2026 | 23 weeks
(No program on December 25, January 1)

Enhance the rhythms of your life by exploring a variety of activities and daily living skills including financial literacy, cooking, art expression, and health and wellness topics. We might explore the local community.

9:30 AM
-
12:30 PM

 #43371

KITCHEN KRAFTERS

Starting: October 9, 2025 | Ending: March 26, 2026 | 23 weeks
(No program on December 25, January 1)

Join us on a culinary adventure where you will create delicious treats in the kitchen. From baking cupcakes to crafting healthy snacks. Our hands - on approach encourages creativity and team work. You will also learn about what you are creating.

1:00 PM
-
4:00 PM

 #43370

ART THERAPY WITH YONA

Starting: October 9, 2025 | Ending: March 26, 2026 | 23 weeks
(No program on December 25, January 1)

Yona is a certified Art Therapist who will guide you through therapeutic approaches that use 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 explore emotions, self awareness, manage behaviour, reduce stress and boost self-esteem





FRIDAY

9:30 AM
2:30 PM

 **#43369**

LIFE RHYTHMS - FUN-TASTIC FRIDAY

Starting: October 10, 2025 | Ending: March 27, 2026 | 24 weeks
(No program on December 26)

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 to enhance your life skills. Do a little exercise in the morning with Melissa.

9:30 AM
12:30 PM

 **#43368**

EMPLOYMENT SKILL BUILDING

Starting: October 10, 2025 | Ending: March 27, 2026 | 24 weeks
(No program on December 26)

Employment Skill Builders is a program designed to equip you with the essential skills, tools, and confidence needed for employment. The 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 support.





MONDAY

9:00 AM
-
2:00 PM

 **#42245**

ACTIVE MONDAYS

Starting: October 6, 2025 | Ending: March 23, 2026 | 22 weeks
(No program on October 13, December 29, February 16)

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 every Monday.

9:00 AM
-
12:00 PM

 **#42246**

SPA DAY

Starting: October 6, 2025 | Ending: March 23, 2026 | 22 weeks
(No program on October 13, December 29, February 16)

Join us at Advance Spa for a rejuvenating day of self-care, featuring manicures and guided meditation





TUESDAY

9:00 AM
-
2:00 PM

 #42240

HARMONY HEROES

Starting: October 7, 2025 | Ending: March 24, 2026 | 24 weeks
(No program on December 30)

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.

BEST

9:00 AM
-
12:00 PM

 #42247

PARTY GAMES

Starting: October 7, 2025 | Ending: March 24, 2026 | 24 weeks
(No program on December 30)

Join us for a lively morning of classic party games, including flip cup, kings cup, and beer-free pong. To wrap up the fun, participants will have the opportunity to craft their own mocktails. Don't miss out—come enjoy the excitement!





WEDNESDAY

9:00 AM
-
2:00 PM



#42242

CREATIVE TIME

Starting: October 8, 2025 | Ending: March 25, 2026 | 24 weeks
(No program on December 31)

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

9:00 AM
-
12:00 PM



#42243

THE INVICTUS GAMES

Starting: October 8, 2025 | Ending: March 25, 2026 | 24 weeks
(No program on December 31)

Come on down for a fun filled day competing with other participants in competitive games; earning you rewards at the end.





THURSDAY

BEST

COMMUNITY EXPLORATION

Starting: October 9, 2025 | Ending: March 26, 2026 | 23 weeks
(No program on December 25, January 1)

9:00 AM
-
2:00 PM

 #42241

Would you like to learn more about your community? Then join us in exploring your community and everything it has to offer! 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 on outing days while also learning various skills and elements of community life at our program site.





FRIDAY

9:00 AM
-
2:00 PM

 **#42236**

FRIDAY BAKERY

Starting: October 10, 2025 | Ending: March 27, 2026 | 24 weeks
(No program on December 26)

Join us during the Friday Bakery activity where we will be learning how to bake sweet goods and enjoying a sweet treat at the end of the day.

9:00 AM
-
12:00 PM

 **#42215**

FRIDAY ENTERTAINMENT HUB

Starting: October 10, 2025 | Ending: March 27, 2026 | 24 weeks
(No program on December 26)

This experience 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.





MONDAY

BEST

10:30 AM

11:30 AM

 #43415

COSY KITCHEN

Starting: October 6, 2025 | Ending: March 23, 2026 | 22 weeks
(No program on October 13, December 29, February 16)

Join in on the fun as you bake with friends and sample your sweet treat creations while you socialize with friends.

1:00 PM

2:00 PM

 #43416

GENTLE GROOVES

Starting: October 6, 2025 | Ending: March 23, 2026 | 22 weeks
(No program on October 13, December 29, February 16)

Move to music, try some fun activities focused around health and wellness while you socialize and make new friends.

2:30 PM

3:30 PM

 #43417

CALM AND SENSE

Starting: October 6, 2025 | Ending: March 23, 2026 | 22 weeks
(No program on October 13, December 29, February 16)

Enjoy sensory activities that focus on your mind, body and wellness. Meditation, yoga, relaxation and exploring physical senses with others.





TUESDAY

10:00 AM**11:00 AM** **#43418**

SHANNON'S DANCE CREW TUESDAY

Starting: October 7, 2025 | Ending: March 24, 2026 | 24 weeks
(No program on December 30)

Get ready to move, groove, and have a blast with Shannon's Dance Crew! This fun, recreational virtual class is all about enjoying great music, staying active, and exploring dance styles — from classic to contemporary and everything in between. No experience needed — just bring your energy and your smile! With easy-to-follow moves and a welcoming vibe, Shannon's Dance Crew is a great way to boost confidence, stay healthy, and connect with others through the joy of dance.

11:00 AM**12:00 PM** **#43419**

VIRTUAL BINGO

Starting: October 7, 2025 | Ending: March 24, 2026 | 24 weeks
(No program on December 30)

Join us for a fun and easygoing virtual bingo program—all from the comfort of your own home! Enjoy the excitement of calling out "Bingo!" in a relaxed, recreational setting where everyone's welcome and the vibes are always friendly. It's a great way to connect, laugh, and unwind without having to leave your couch. Pajamas optional, fun guaranteed!

BEST**1:00 PM****2:00 PM** **#43420**

KARAOKE CRAZE

Starting: October 7, 2025 | Ending: March 24, 2026 | 24 weeks
(No program on December 30)

Get ready to sing your heart out from the comfort of home! This fun and recreational online karaoke class is all about good vibes, great tunes, and letting loose. Whether you're a seasoned performer or just love to sing in the shower, everyone is welcome to join in the fun. With themed sing-alongs, throwback hits, and plenty of laughter, this class is the perfect midweek mood booster. No pressure, just pure joy — mic on or off, it's your stage!





WEDNESDAY

10:00 AM

11:00 AM

 #43421

SHAPE YOUR DAY: YOGA

Starting: October 8, 2025 | Ending: March 25, 2026 | 24 weeks
(No program on December 31)

In this group, we'll do gentle yoga stretches with Franklyn and breathing exercises that help our bodies feel strong and relaxed. No experience is needed — everyone moves at their own pace and listens to what feels good.

1:00 PM

2:00 PM

 #43422

MUSIC & DANCE

Starting: October 8, 2025 | Ending: March 25, 2026 | 24 weeks
(No program on December 31)

Let's connect with your passion for music and dancing. We will explore a variety of instruments, stream music, dance and sing along with Courtney to your favourite songs

2:30 PM

3:30 PM

 #43423

MEDIATION & WELLNESS

Starting: October 8, 2025 | Ending: March 25, 2026 | 24 weeks
(No program on December 31)

This group is all about finding calm and taking care of your mind and body. We'll practice simple meditation, breathing exercises, and gentle wellness activities to help you feel relaxed and refreshed.





THURSDAY

BEST

10:00 AM

11:00 AM

 #43424

MUSIC WORLD

Starting: October 9, 2025 | Ending: March 26, 2026 | 23 weeks
(No program on December 25, January 1)

Join us for a fun filled day of Music. Where we will be exploring and listening to all kinds of music genres and singing along to your favourite songs.

11:00 AM

12:00 PM

 #43425

EXERCISE & FITNESS

Starting: October 9, 2025 | Ending: March 26, 2026 | 23 weeks
(No program on December 25, January 1)

Want to keep active? Have a goal of keeping healthy? Come on down for an hour of fun and exercise.

1:00 PM

2:00 PM

 #43426

THURSDAY FUNDAY

Starting: October 9, 2025 | Ending: March 26, 2026 | 23 weeks
(No program on December 25, January 1)

Join us for a fun filled afternoon of fun where a variety of games and activities will be played.





FRIDAY

10:30 AM

11:30 AM

 #43427

ORIGAMI AND DRAWING

Starting: October 10, 2025 | Ending: March 27, 2026 | 24 weeks
(No program on December 26)

Curious about art but not sure where to start? This beginner-friendly class is the perfect place to explore your paper creativity - no experience needed. We will learn together. Items needed: paper, scissors, pen, pencil, crayons, markers, sharpie, pencil crayons and your imagination.

1:30 PM

2:30 PM

 #43428

CONFAB AT FINCH

Starting: October 10, 2025 | Ending: March 27, 2026 | 24 weeks
(No program on December 26)

An informal gathering" please join your friends for learning and fun. Bring your ideas for topics of discussion and we'll bring ours. Let's see where the discussion goes.

3:00 PM

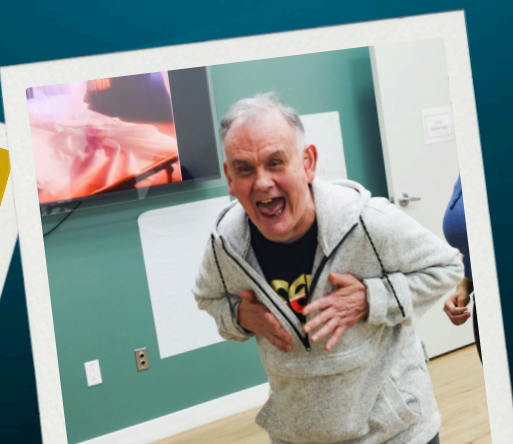
4:00 PM

 #43429

FRIENDSHIP CIRCLE

Starting: October 10, 2025 | Ending: March 27, 2026 | 24 weeks
(No program on December 26)

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





CONTACT US

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COMMUNITY

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

