



# YOUR EXPERIENCE GUIDE

## TO COMMUNITY PARTICIPATION

Spring / Summer  
APR - SEP 2026



Sign up for Funded Community:

➤ March 4, 2026

Sign up for CLTO Supported Living:

➤ March 11, 2026

# Community Participation Support

## 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 4 - 10 A.M. - 4 P.M.  
Alternative times can be arranged with CPS location supervisors by calling [\(647\) 729 - 2976](tel:(647)729-2976)



# Welcome to Community Participation Your Experience Guide

## Experiences (programs) will be offered at:

- 📍 Advance - 102 Advance Road
- 📍 East Mall - 65 The East Mall
- 📍 Finch - 1122 Finch Avenue West
- 📍 Fairfax - 50 Fairfax Crescent
- 📍 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.

Your Experience Guide is for participants who have funded Community Participation Supports with CLTO. Not sure if you are eligible, call or email our general line to confirm before registering.

DISCLAIMER: Community Participation Supports reserves the right to combine or cancel any programs based on low/no registration with notice.



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**5** **ADVANCE**  
*102 Advance Road*

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**10** **EAST MALL**  
*65 The East Mall*

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**15** **FAIRFAX**  
*50 Fairfax Crescent*

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**25** **FINCH**  
*1122 Finch Avenue West*

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**30** **FOSTER CONNECTIONS**  
*164 Main Street*

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**35** **VIRTUAL PROGRAMS**  
*Online*

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# MONDAY

ADVANCE

STARTING: APRIL 13, 2025 | ENDING: SEPTEMBER 21, 2026 | 21 WEEKS  
(NO PROGRAM ON APR 6, MAY 12, AUG 13, SEP 7)

9:00 AM - 12:00 PM

## ZenDai Spa

Come join us for a relaxing time doing some basic spa treatments, guided meditation and yoga. It's a day to get intune with your innerself while having a selfcare day. Relaxed and stress free is the aim. So come on down and let your mind and body reach ultimate zen.



🔍 #48461

9:00 AM - 2:00 PM

## Music Jam

Come and join us for Music Jam! Play instruments, sing your favorite tunes, and have a great time in a lively, welcoming environment. No experience is needed—we provide the music, and you bring the energy. Enjoy making music, connecting with others, and sharing fun, creative moments together!



🔍 #48460



# TUESDAY

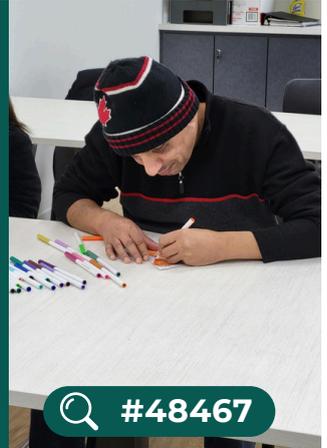
ADVANCE

STARTING: APRIL 7, 2025 | ENDING: SEPTEMBER 22, 2026 | 25 WEEKS

9:00 AM - 12:00 PM

## Advance Road Bingo Hall

Winner Winner Chicken Dinner! Will you be the next one to win? If your feeling lucky or like the thrill of playing your luck, come on down and join our Bingo Hall. Meet new people and old friends while having a blast at Advance Road Bingo Hall.



 #48467

9:00 AM - 2:00 PM

## Comedy & Games Club

Come join us for a day filled with laughter! Comedy & Games Club is a creative group activity for anyone looking to make friends, have a laugh and play some games. Participants will get a chance to perform their own stand up comedy bits or be part of a funny sketch. So, come on down and get ready to have some fun!



 #48465



# WEDNESDAY

ADVANCE

STARTING: APRIL 8, 2025 | ENDING: SEPTEMBER 23, 2026 | 24 WEEKS

9:00 AM - 12:00 PM

## The Walking Club

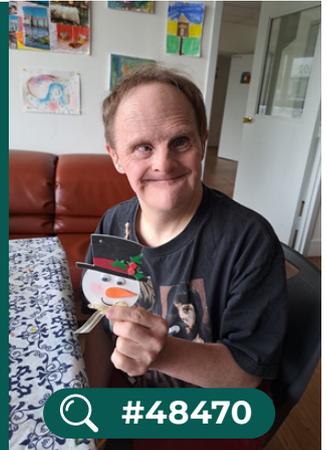
Ready to get moving? The Walking Club is an inclusive group promoting heart health and community connection. Starting with short indoor loops to build confidence, we'll progress to outdoor walks at the nearby park. All abilities welcome—come join us, get active, and enjoy moving together!



9:00 AM - 2:00 PM

## Creative Arts

Come explore your creative side through the wonderful world of Art. This activity will focus on a variety of art forms while encouraging your growth in modernist and abstract art expression. So come on down and express your artistic creativity.



# THURSDAY

ADVANCE

STARTING: APRIL 9, 2025 | ENDING: SEPTEMBER 24, 2026 | 25 WEEKS

9:00 AM - 12:00 PM

## Entertainment Hub

This experience is all about having fun. We will be doing a variety of activities including boardgames, karaoke, video games, art, bingo, music, short community outings to parks and more! The activity will be participant led, touching on a wide range of interests and hobbies; in a fun and engaging way.



🔍 #48486

9:00 AM - 2:00 PM

## Advance Road Baking Club

Do you enjoy to bake? If so, this activity is for you. Come on down to our Advance Road Baking Club where you will be baking (and eating) a variety of goods while learning about safety around the kitchen.



🔍 #48475



# FRIDAY

ADVANCE

STARTING: APRIL 10, 2025 | ENDING: SEPTEMBER 25, 2026 | 25 WEEKS

9:00 AM - 2:00 PM

## Urban Explorers

Would you like to learn more about your community? Maybe go to places you've never been or maybe just visit your favourite spot in the city? If so, join us in exploring all the best places in the GTA! We will be visiting various attractions, going to cultural hotspots, hitting up touristic locations, and visiting scenic views. So come on down and lets explore!



STARTING: APRIL 13, 2025 | ENDING: SEPTEMBER 21, 2026 | 21 WEEKS  
(NO PROGRAM ON APR 6, MAY 12, AUG 13, SEP 7)

### 9:30 AM - 12:30 PM

## Zany Zumba

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!



 #48520

### 9:30 AM - 12:30 PM

## Quick Trips

This short community based group offers easy, relaxed trips like neighbourhood walks, visits to gardens, mall strolls, and coffee shop stops. It's a great way to get some fresh air, stay active, socialize with friends, and enjoy simple outings at a comfortable pace. Quick Trips Crew is perfect for getting out, connecting with others, and having fun, one quick trip at a time.



 #48523

### 9:30 AM - 2:30 PM

## Marvelous Mondays

Marvellous Mondays is where magic meets science in a fun, relaxed setting! Each week, participants explore magic tricks, hands-on experiments, and exciting discoveries while socializing and trying new things. It's all about curiosity, creativity, laughter, and connecting with friends through playful learning and shared experiences.



 #48578

### 12:00 PM - 3:00 PM

## Cool Crafting

Cool Crafting is a relaxed, creative class where simple projects become something special. Explore hands-on crafts using various materials, from paper to seasonal themes. Have fun, try new techniques, and express yourself without pressure. All skill levels welcome—create, experiment, and take home something you're proud of.



 #48594

9:30 AM - 12:30 PM

## Sunny Side Cooking

Sunny Side Cooking is a fun, hands-on class featuring fresh, seasonal recipes with a picnic-style twist. Build kitchen skills, explore new flavors, and enjoy socializing with friends. From chopping to taste-testing, it's all about cooking together, sharing samples, and soaking up the fun!



 #48609

9:30 AM - 12:30 PM

## The Mic is Yours

The Mic is Yours is a fun, supportive class where everyone can shine. Sing karaoke, tell jokes, share stories, or try something new—just bring your voice and courage. Build confidence, express yourself, and celebrate each other in a relaxed, feel-good space. What will you say?

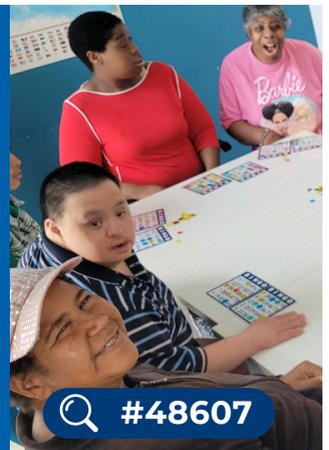


 #48610

9:30 AM - 2:30 PM

## Twisted Tuesday

Twisted Tuesdays turns up the fun with brain-teasing puzzles, lively trivia, and interactive activities. Think, laugh, and cheer each other on in a relaxed, social setting. Enjoy friendly competition, connect with friends, and meet new people. Come challenge your mind and have a great time together!



 #48607

12:00 PM - 3:00 PM

## Animate & Create

Animate & Create is a hands-on class for exploring creativity through drawing! Practice sketching, character design, and cartoon techniques while experimenting, sharing ideas, and having fun. Perfect for cartoon lovers, it's all about imagination, improving skills, and enjoying the joy of bringing your ideas to life on paper.



 #48612

# WEDNESDAY

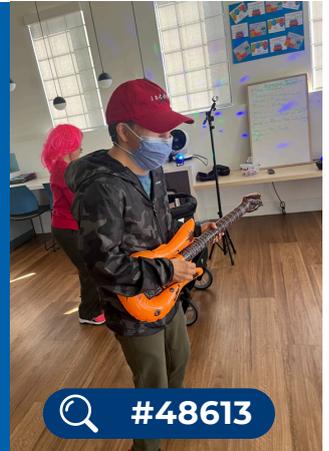
STARTING: APRIL 8, 2025 | ENDING: SEPTEMBER 23, 2026 | 24 WEEKS

EAST MALL

9:30 AM - 12:30 PM

## Music with Valerie

Music with Valerie is a joyful acoustic sing-along where everyone can join! With Valerie on guitar, sing familiar songs, clap, or play rhythm instruments in a fun, feel-good atmosphere. No experience needed—just bring your voice, smile, and love of music for a shared, musical experience.



9:30 AM - 2:30 PM

## Express Yourself

Express Yourself: Graffiti Style is a high-energy art program where bold ideas come to life. Explore vibrant graffiti-inspired murals, express your identity, culture, and interests, and celebrate diversity. No experience needed—just imagination. Collaboration, and creativity are at the heart of every mural, making art fun and personal.



# THURSDAY

STARTING: APRIL 9, 2025 | ENDING: SEPTEMBER 24, 2026 | 25 WEEKS

EAST MALL

9:30 AM - 12:30 PM

## Whisk it up

Cookies, cupcakes, banana bread—does that sound good to you? Come join us and sample a variety of tasty, homemade treats! Enjoy delicious bites, try simple recipes, and satisfy your sweet tooth. It's the perfect way to indulge, share flavors with friends, and treat yourself to something yummy.



 #48616

9:30 AM - 12:30 PM

## Green Thumb Club

Like Jack and the Beanstalk, we'll grow plants from seeds and cultivate our own vegetables. Ever wondered if you can cook with what you've grown? Join us to plant, nurture, and harvest your garden creations, and discover the fun of turning your homegrown produce into delicious, tasty treats!



 #48621

9:30 AM - 2:30 PM

## Motion & Mind Thursdays

Motion & Mind Thursdays is an energizing class combining music, full-body movement, chair yoga, and stretching, ending with calming relaxation and guided meditation. Boost your mood, move with joy, and leave feeling relaxed, confident, and refreshed—whether dancing, stretching, or finding your calm.



 #48619

12:00 PM - 3:00 PM

## Cool Coffee Crew

Come join us to explore a variety of coffees—hot and cold—teas, and some surprise drinks! After tasting, enjoy socializing with friends, listening to cool tunes, and playing fun games. It's a relaxed, friendly space to sip, chat, laugh, and have a great time together.



 #48620

STARTING: APRIL 10, 2025 | ENDING: SEPTEMBER 25, 2026 | 25 WEEKS

### 9:30 AM - 12:30 PM

## Show up, Glow up

Show Up, Glow Up is a fun, interactive class for socializing, self-care, and confidence-building. Enjoy grooming, hand care, personal style, light fitness, games, and group activities. Explore self-expression, boost self-esteem, and connect with others while relaxing, learning tips, and having fun in a supportive, feel-good environment.



 #48622

### 9:30 AM - 12:30 PM

## Urban Adventure Friday

Urban Adventures is your ticket to exploring local attractions, parks, gardens, and hidden gems. Enjoy fresh air, stay active, and connect with friends old and new. Discover scenic spots, wander through gardens, and explore your city—each outing is a fun, social adventure full of new experiences.



 #48623

### 12:00 PM - 3:00 PM

## Pie Hard!

Pie Hard is the ultimate pizza-and-action movie experience! Enjoy epic stunts, high-speed chases, and edge-of-your-seat excitement while making and eating cheesy, delicious pizza. Hang out with friends, relax, and savor the fun—where thrilling movies and tasty pizza come together for a perfect, action-packed evening.



 #48624

# MONDAY

## FAIRFAX

STARTING: APRIL 13, 2025 | ENDING: SEPTEMBER 21, 2026 | 21 WEEKS  
(NO PROGRAM ON APR 6, MAY 12, AUG 13, SEP 7)

### 9:00 AM - 2:00 PM

## Zen Den

Come enjoy the sensory room and plenty of activities. Explore sights, sounds, smells, textures, and movements within small groups. Have fun with the Mobii machine, an interactive projector. Then relax and unwind as you enjoy sensory spa experiences while socializing with friends.



 #48524

### 9:00 AM - 2:00 PM

## Shake, Rattle & Roll

Join in on the fun with a variety of musical activities while moving to your own beat. From singing, karaoke, instruments, music streaming, dancing and rhythm and movement activities all while listening to your favorite music.



 #48525

### 9:00 AM - 2:00 PM

## Wonder & Wander : World & Community Exploration

Learn about far away places, experience their history, culture, famous landmarks and attractions through virtual tours. Get out and about in a small group to explore what our neighbourhood has to enjoy from parks, libraries, events and Variety Village on a rotational basis.



 #48526

# MONDAY

FAIRFAX

STARTING: APRIL 13, 2025 | ENDING: SEPTEMBER 21, 2026 | 21 WEEKS  
(NO PROGRAM ON APR 6, MAY 12, AUG 13, SEP 7)

9:00 AM - 12:00 PM

## Bits & Bites - Monday

Join us in the kitchen as we prepare snacks, treats and light refreshments. Sample your creations while socializing and learning about menu planning, healthy eating habits, nutrition and safety in the kitchen.

\*\*Please note, you may register for only one Bits and Bites session per week, same recipe and topics are repeated each day offered\*\*



1:00 PM - 4:00 PM

## Chimes & Rhymes

Join the group and share your creativity through poetry, song reading & creation, open mic sharing and group singing. Courtney will facilitate this interactive group learning about music, song and creation.



1:00 PM - 4:00 PM

## Shop & Shine

In this group, we'll practice shopping skills like making a list, selecting items, bagging items at the checkout while shopping for Fairfax CPS supplies. We will review money management, healthy eating, nutrition and safety in the kitchen. Shoppers will share a rotation for community shopping.



# TUESDAY

FAIRFAX

STARTING: APRIL 7, 2025 | ENDING: SEPTEMBER 22, 2026 | 25 WEEKS

9:00 AM - 2:00 PM

## Brushes & Beakers

Express your creative imagination through a variety of art activities and mediums. Create seasonal and themed works of art. This group will also focus on science and learning through exploration. Get ready to have some fun while you explore, experiment and discover through hands on activities.



9:00 AM - 2:00 PM

## Team Spirit

Join the group for some fun with adaptive team sports and cooperative group games. From Volleyball, floor hockey, basketball to backyard axe throwing, team games and leisure activities. Facilitator Franklyn will introduce us to gentle "Muay Tai" a form of martial arts along with stretching, breathing and meditation.



9:00 AM - 2:00 PM

## Lights-Camera-Action

In this group you will have lots of laughs and fun as we explore acting, storytelling, improvisation, role-playing, fun drama games and group plays. Let your imagination go as you create stories and characters for fun while you practice and perform.



# TUESDAY

FAIRFAX

STARTING: APRIL 7, 2025 | ENDING: SEPTEMBER 22, 2026 | 25 WEEKS

9:00 AM - 12:00 PM

## Bits & Bites - Tuesday

Join us in the kitchen as we prepare snacks, treats and light refreshments. Sample your creations while socializing and learning about menu planning, healthy eating habits, nutrition and safety in the kitchen.

\*\*Please note, you may register for only one Bits and Bites session per week, same recipe and topics are repeated each day offered\*\*



1:00 PM - 4:00 PM

## Sensory Club

Come enjoy the sensory room and plenty of activities at the sensory stations. Explore sights, sounds, smells, textures, and movements within small groups. Have fun with the Mobii machine, an interactive projector with games and activities.



1:00 PM - 4:00 PM

## Mic Drop

Share your passion for music and song with the group; take the stage and sing karaoke to your favourite songs, group singing, music streaming, instruments and more.



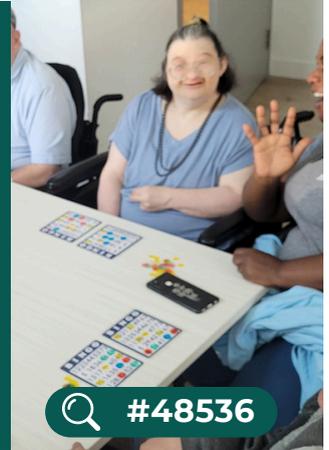
# WEDNESDAY

FAIRFAX

STARTING: APRIL 8, 2025 | ENDING: SEPTEMBER 23, 2026 | 24 WEEKS

## 9:00 AM - 2:00 PM Game On

Let your competitive side shine as you learn fun facts and new knowledge through trivia and games. Explore your interests from space, movies, animals and cartoons as you play, learn, laugh and work together.



 #48536

## 9:00 AM - 2:00 PM Brushes & Beakers

Express your creative imagination through a variety of art activities and mediums. Create seasonal and themed works of art. This group will also focus on science and learning through exploration. Get ready to have some fun while you explore, experiment and discover through hands on activities.



 #48538

## 9:00 AM - 2:00 PM Yoga & Relaxation

In this group we do gentle yoga stretches, Tai Chi Chih and breathing exercises that help our bodies feel strong and relaxed. Move at your own pace and do what feels good for you. Then wind down through guided relaxation and meditation.



 #48539

# WEDNESDAY

FAIRFAX

STARTING: APRIL 8, 2025 | ENDING: SEPTEMBER 23, 2026 | 24 WEEKS

## 9:00 AM - 12:00 PM Foot Loose

Calling all dancing Kings and Queens. Share your best dance moves as you take the dance floor. Facilitator Raj will teach us some new dances and routines as we learn together. Dance like no one is watching.



 #48535

## 1:00 PM - 4:00 PM Variety Village

Join us as we get out to Variety Village, Toronto's leading inclusive community hub for fitness, recreation and adaptive sports. Move at a comfortable pace as you walk the track, check out the exercise equipment or hit the courts. Attendance will be on a rotational basis.



 #48541

## 1:00 PM - 4:00 PM Game On

Let your competitive side shine through as you learn fun facts and new knowledge through trivia and games. Explore your interests from space, movies, animals and cartoons as you play, learn, laugh and work together.



 #48542

# THURSDAY

FAIRFAX

STARTING: APRIL 9, 2025 | ENDING: SEPTEMBER 24, 2026 | 25 WEEKS

9:00 AM - 2:00 PM

## Brushes & Beakers

Express your creative imagination through a variety of art activities using different arts forms and material. Create seasonal and themed works of art. This group will also focus on science and learning through exploration. Get ready to have some fun while you explore, experiment and discover through hands on activities.



 #48552

9:00 AM - 2:00 PM

## Shake, Rattle & Roll

Join in on the fun with a variety of musical activities while moving to your own beat. From singing, karaoke, dancing, instruments, music streaming and rhythm and movement activities, while enjoying music. Singalong with Courtney and enjoy your favorite tunes.



 #48551

9:00 AM - 2:00 PM

## Team Spirit

Join the group for some fun with adaptive team sports and cooperative group games. From Volleyball, floor hockey, basketball to backyard axe throwing and team games.



 #48550

# THURSDAY

FAIRFAX

STARTING: APRIL 9, 2025 | ENDING: SEPTEMBER 24, 2026 | 25 WEEKS

9:00 AM - 12:00 PM

## Bits & Bites - Thursday

Join us in the kitchen as we prepare snacks, treats and light refreshments. Sample your creations while socializing and learning about menu planning, healthy eating habits, nutrition and safety in the kitchen.

\*\*Please note, you may register for only one Bits and Bites session per week, same recipe and topics are repeated each day offered\*\*



9:00 AM - 12:00 PM

## Game On

Let your competitive side shine through as you learn fun facts and new knowledge through trivia and games. Explore your interests from space, movies, animals and cartoons as you play, learn, laugh and work together.



1:00 PM - 4:00 PM

## The Calm Collective

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.



9:00 AM - 2:00 PM

## The Spa Squad

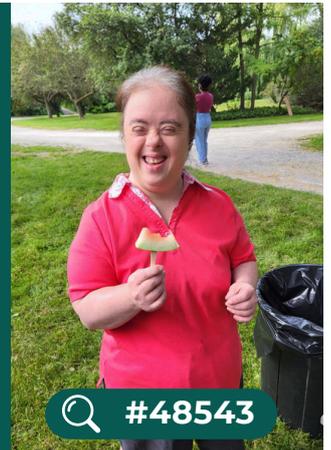
In this group, we'll enjoy relaxing activities like gentle hand massages, simple skincare, nail soaking and painting, as well as occasional hair styling. Learn about self-care, healthy habits and wellness. It's a peaceful time to unwind, feel pampered and take care of yourself as you start your weekend.



9:00 AM - 2:00 PM

## Wonder & Wander: World & Community Exploration

Learn about far away places, experience their history, culture, famous landmarks and attractions through virtual tours. Get out and about in a small group to explore what our neighbourhood has to enjoy from parks, libraries, events and Variety Village on a rotational basis.



9:00 AM - 2:00 PM

## Game On

Let your competitive side shine through as you learn fun facts and new knowledge through trivia and games. Explore your interests from space, movies, animals and cartoons as you play, learn, laugh and work together.



# FRIDAY

FAIRFAX

STARTING: APRIL 10, 2025 | ENDING: SEPTEMBER 25, 2026 | 25 WEEKS

9:00 AM - 12:00 PM

## Bits & Bites - Friday

Join us in the kitchen as we prepare snacks, treats and light refreshments. Sample your creations while socializing and learning about menu planning, healthy eating habits, nutrition and safety in the kitchen.

\*\*Please note, you may register for only one Bits and Bites session per week, same recipe and topics are repeated each day offered\*\*



9:00 AM - 2:00 PM

## Sensory & Mobii

Come enjoy the sensory room and plenty of activities at the sensory stations. Explore sights, sounds, smells, textures, and movements within small groups. Have fun with the Mobii machine, an interactive projector with games and activities.



### 9:30 AM - 12:30 PM

## Art with Lisa

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 really are.



### 9:30 AM - 2:30 PM

## Life Rhythms Monday Matin

Did you know there are 64 forms of art, 10 types of visual art, 9 main types, and 7 traditional arts? Today is the day to learn about the difference between them; or is there a difference?



### 1:00 PM - 4:00 PM

## See It, Say It, Sign It

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.



9:30 AM - 12:30 PM

## Kitchen Krafters

Join us on a culinary adventure where you will create delicious treats in the kitchen. Baking cupcakes to crafting healthy snacks. Our hands on approach encourages creativity and teamwork. You will also develop an understanding of what you are creating.



9:30 AM - 2:30 PM

## Life Rhythms Tune Up Tuesday

Experience a revitalizing blend of mindfulness, movement, and nutrition. Unwind, meditate, and get active—whether dancing to oldies or reconnecting with yourself. Build awareness of body and mind, learn how they work together, and leave feeling balanced, energized, and more in tune with yourself.



1:00 PM - 4:00 PM

## Musicology

Music lovers unite. Join us in exploring all things music. We will dive into playing, singing, learning, history, other cultures, instruments and movement. Tune into your inner musician.



# WEDNESDAY

STARTING: APRIL 8, 2025 | ENDING: SEPTEMBER 23, 2026 | 24 WEEKS

FINCH

## 9:30 AM - 12:30 PM Musicology

Calling all music lovers! Explore the world of music through, singing, music history, culture, instruments, and movement. Discover your inner musician.



🔍 #48504

## 9:30 AM - 2:30 PM

### Life Rhythms Choose Your Adventure

Help us think of something to do today. You decide, your choice, majority rules. You could try your hand at being an artist, or doing sign language, or traveling to a different time/place, or being creative in the kitchen. You may take a trip to a park to discover nature, or take a nature walk or have a picnic. Whatever you decide is what can happen.

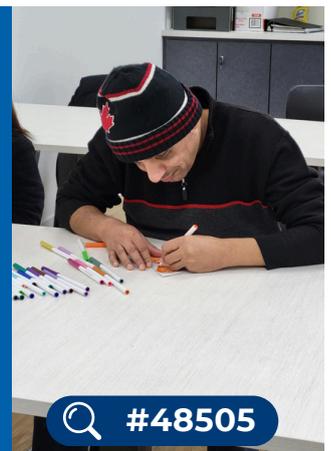


🔍 #48502

## 1:00 PM - 4:00 PM

### Ology.....

"-ology" words, like biology, psychology, and geology, are terms ending in the suffix "-ology," meaning "the study of" a particular subject, ranging from sciences (cardiology, meteorology) and humanities (anthropology, theology), to niche fields (entomology, ornithology, oenology), and even abstract concepts (ideology, epistemology).

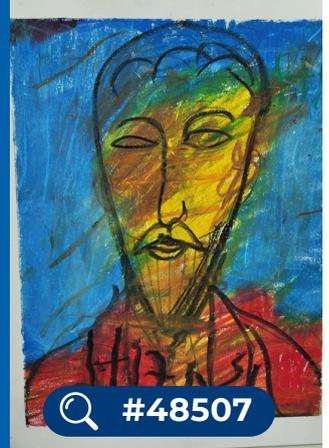


🔍 #48505

### 9:30 AM - 12:30 PM

## See It, Say It, Sign It

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.



### 9:30 AM - 2:30 PM

## Life Rhythms Thinking Thursday

Who, what, where, when, how, and why—every question has an answer. Let's discover who did what, where, when, how, and why. We'll find the answers through games, quizzes, puzzles, music, art, exploration, and the knowledge you've gained along the way.



### 1:00 PM - 4:00 PM

## Art Therapy with Yona

Yona is a certified art therapist who guides individuals through therapeutic approaches that use creative expression to support mental health and well-being. Through art forms such as painting, drawing, sculpture, collage, and other techniques, participants can explore emotions, build self-awareness, manage behavior, reduce stress, and strengthen self-esteem.



STARTING: APRIL 10, 2025 | ENDING: SEPTEMBER 25, 2026 | 25 WEEKS

9:30 AM - 12:30 PM

## Body Alive with Melissa

Join Melissa, a certified fitness instructor, for a fun and supportive workout designed to help you tone your body. Move at your own pace and discover new ways your body can move by the end of the session.

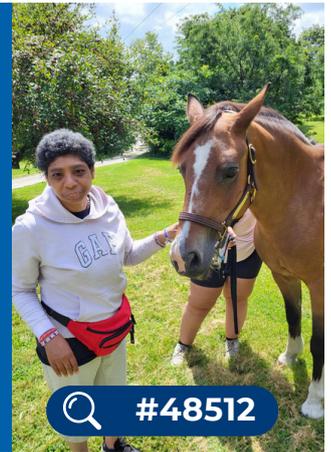


 #48510

9:30 AM - 2:30 PM

## Life Rhythms Fun-tastic Friday

It's the last day of the week and the start of the weekend—let's have some fun together with games, music, movement, and creative activities!



 #48512



# MONDAY

## FOSTER CONNECTIONS

STARTING: APRIL 13, 2025 | ENDING: SEPTEMBER 21, 2026 | 21 WEEKS  
(NO PROGRAM ON APR 6, MAY 12, AUG 13, SEP 7)

### 9:30 AM - 2:30 PM Life Skills 101

Life Skills 101 will build confidence and independence in everyday life. The program focuses on developing practical skills that help participants manage daily activities at home and in the community. Participants will learn and practice important independent living skills such as personal care, community safety, social communication and simple household tasks.



### 9:00 AM - 12:30 PM

### Together we Bake & Create

Join us at Foster Connections to bake a variety of delicious and simple treats. Choose your own recipes to share and bake together. This is a nut free environment.



# TUESDAY

## FOSTER CONNECTIONS

STARTING: APRIL 7, 2025 | ENDING: SEPTEMBER 22, 2026 | 25 WEEKS

9:30 AM - 12:30 PM

### Good Vibes

Good Vibes is a program where participants can enjoy sound, rhythm, and movement in a fun and welcoming environment. Participants will explore music through listening, singing, simple instruments.



#48313



# WEDNESDAY

FOSTER CONNECTIONS STARTING: APRIL 8, 2025 | ENDING: SEPTEMBER 23, 2026 | 24 WEEKS

9:30 AM - 12:30 PM

## Mind Games & Mingling

Ready to get moving? The Walking Club is an inclusive group promoting heart health and community connection. Starting with short indoor loops to build confidence, we'll progress to outdoor walks at the nearby park. All abilities welcome—come join us, get active, and enjoy moving together!



 #48296

9:30 AM - 2:30 PM

## Fun & Lifestyle

Fun & Lifestyle is a program supporting wellbeing, independence, and social connection through life skills, hobbies, and centre- and community-based activities. Participants explore current events, equity, diversity, and inclusion while trying new things, sharing ideas, and enjoying meaningful, engaging experiences together in a supportive environment.



 #48298



# THURSDAY

FOSTER CONNECTIONS STARTING: APRIL 10, 2025 | ENDING: SEPTEMBER 25, 2026 | 25 WEEKS

9:30 AM - 12:30 PM

## Time & Money Matters

Time & Money Matters is a beginner-friendly program that teaches the basics of managing money and time in everyday life. Participants build confidence, ask questions, and practice practical skills, with opportunities to apply and continue developing these skills in real-life community settings.



9:30 AM - 2:30 PM

## Community Choice Club

Community Choice Club is a participant-led program where individuals choose the activities they would like to take part in, both centre based and out in the community. Activities focus on recreation and will include music, arts and crafts, cooking, baking, games, and community outings. The program supports choice, independence, and social connection.



# FRIDAY

## FOSTER CONNECTIONS

STARTING: APRIL 10, 2025 | ENDING: SEPTEMBER 25, 2026 | 25 WEEKS

9:30 AM - 12:30 PM

### Move your Way

Move Your Way is a low-impact, interactive workout designed to support people of all abilities and mobility levels. The program will focus on gentle movement, stretching, balance, and strength, with exercises that can be easily adapted to suit individual needs, whether standing, seated, or supported. Move your way to your favourite songs



9:30 AM - 2:30 PM

### The Choice Lounge

The Choice Lounge is a flexible, participant-led program where individuals choose the activities they would like to do, both within the centre and in the community. Activities are recreational and will include music, arts and crafts, games, and community outings



1:00 PM - 4:00 PM

### Karaoke and Dance

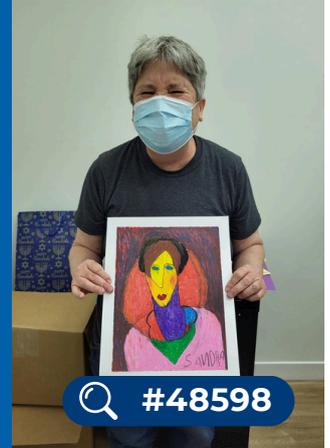
Karaoke and Dance is a music-based program where participants can sing, dance, and share your favourite songs. Everyone is welcome to participate at their own pace, whether singing, dancing, or simply enjoying the music.



10:00 AM - 11:00 AM

## Artistic Flow

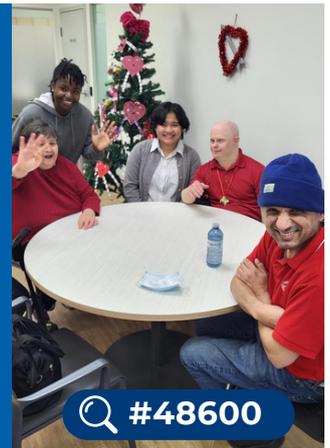
You as the artist will have ideas as to what you want to draw, sketch, or create. Together we will learn and grow as artists. Items needed: ideas, computer, paper, pen, pencil, paper, crayons, markers, pencil crayons, sharpie, scissors, glue, ruler, and your imagination to make your idea happen.



1:00 PM - 2:00 PM

## Confab at Finch

"An informal gathering", please join your friends for learning and fun. Bring your ideas for topics of discussion and we'll bring ours. Lets see what road the discussion takes us on.



2:30 PM - 3:30 PM

## See It, Say It, Sign It

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.



10:00 AM - 11:00 AM

## Gentle Lines

You as the artist will have ideas as to what you want to draw, sketch, or create. Together we will learn and grow as artists. Items needed: ideas, computer, paper, pen, pencil, paper, crayons, markers, pencil crayons, sharpie, scissors, glue, ruler, and your imagination to make your idea happen.



1:00 PM - 2:00 PM

## Good Vibes

Good Vibes is a program where participants can enjoy sound, rhythm, and movement in a fun and welcoming environment. Participants will explore music through listening, singing, simple instruments.



2:30 PM - 3:30 PM

## My Health, My Way

My Health, My Way is a gentle, supportive wellbeing program focused on helping people care for their bodies and minds in simple, realistic ways. We highlight self care, body movement, healthy eating and the importance of sleep and rest.



# WEDNESDAY

STARTING: APRIL 8, 2025 | ENDING: SEPTEMBER 23, 2026 | 24 WEEKS

VIRTUAL PROGRAM

10:00 AM - 11:00 AM

## In the Know Wednesday

In the Know is an interactive virtual class exploring current events, sports, and pop culture through discussion, activities, and trivia. Participants share perspectives in a respectful space while staying informed, speaking up, and having fun together online.



11:00 AM - 12:00 PM

## Bingo

Join us for a fun, easygoing virtual bingo program from the comfort of home! Enjoy calling out "Bingo!" in a relaxed, friendly setting. Connect, laugh, and unwind without leaving your couch, pajamas optional, fun guaranteed.



1:00 PM - 2:00 PM

## Karaoke Craze

Get ready to sing from home in this fun, recreational online karaoke class! With themed sing-alongs, throwback hits, and lots of laughter, everyone is welcome. Whether you're a seasoned performer or just singing for fun, enjoy good vibes, great tunes, and a midweek mood boost—mic on or off!



# THURSDAY

STARTING: APRIL 9, 2025 | ENDING: SEPTEMBER 24, 2026 | 25 WEEKS

VIRTUAL PROGRAM

10:00 AM - 11:00 AM

## Shake, Rattle & Roll

Join in on the fun with a variety of musical activities while moving to your own beat. From singing/karaoke, dancing, instruments, music streaming and rhythm and movement activities while enjoying music. Singalong with Courtney and enjoy your favorite tunes.



 #48554

1:00 PM - 2:00 PM

## Game On

Let your competitive side shine through as you learn fun facts and new knowledge through trivia and games. Explore your interests from space, movies, animals and cartoons as you play, learn, laugh and work together.



 #48555

2:30 PM - 3:30 PM

## The Calm Collective

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.



 #48556

10:00 AM - 11:00 AM

## Music World

Join us for a funfilled hour of music. Where we will be exploring and listening to all kinds of music genres and singing along to your favourite songs.



 #48514

1:00 PM - 2:00 PM

## Exercise & Fitness

Want to keep active but don't know how at home? Do you have a goal to keep as healthy as possible? Come join us for an hour of fun and exercise. Where we will be exercising as a group online in a judgement free environment.

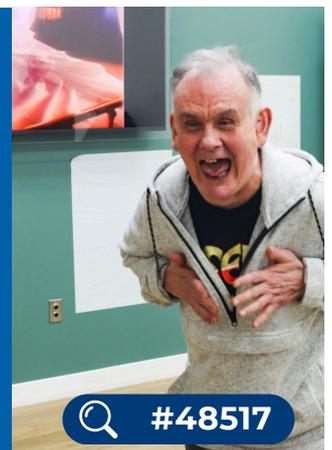


 #48515

2:30 PM - 3:30 PM

## Friday Funday

Come on down and join us for a funfilled afternoon where you will be playing a variety of games and engaging in different types of activities in a online group setting.



 #48517



**CONTACT US**

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# COMMUNITY

We want to hear from you!

Fill out our form [here](#):

[www.cpsandrespite.ca/contact](http://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

