



Adapted and Inclusive Virtual Programs

Active8

Adapted virtual recreation programming for adults 19+yrs. Scheduled live sessions will be held throughout the day and activities will include, Social Discussions, Fitness, Arts & Crafts, Sensory Actives and Games. **Ages: 19+**

Day(s): Monday and Wednesday

Start: April 26 2021

Times: 9:45am-10:15am, 11:30am-12:15pm, 1:30pm-2:15pm

Weeks: 6 Weeks

Barcode: 3816442

Day(s): Tuesday and Thursday

Start: April 27 2021

Times: 9:45am-10:15am, 11:30am-12:15pm, 1:30pm-2:15pm

Weeks: 6 Weeks

Barcode: 3816555

Chair Yoga

Chair yoga is a gentle practice in which basic yoga is performed while seated or standing with the aid of a chair. It is also a great form of yoga for beginners who want to focus on a gentle practice. A sturdy chair is mandatory. **Ages: 13+**

Day: Tuesday and Thursday

Start: April 27 2021

Time: 4:00pm-4:30pm

Weeks: 6 Weeks

Barcode: 3816573

Social Circle Zumba

This virtual class is designed to encourage social circles to participate in physical activity and yoga together in a welcoming and comfortable environment. Classes are suitable for all levels incorporating various culture inspired music and dance movements to create a dynamic, exciting, aerobic workout. Comfortable attire and gym shoes are recommended. **Ages: 3+**

Day: Tuesday and Thursday

Start: April 27 2021

Time: 5:00pm-5:30pm

Weeks: 6 weeks

Barcode: 3816574



Science (Youth) – NEW DAY

An opportunity to virtually explore, interact and socialize with other participants through a variety of basic science experiments and activities. **Ages: 13+**

Day: Monday

Start: April 26 2021

Time: 4:00pm-4:30pm

Weeks: 6 Weeks

Barcode: 3816590

Board Games

Participants will engage in a variety of virtual board games, card games and team building games. **Ages: 13+**

Day: Monday

Start: April 26 2021

Time: 5:00pm – 5:30pm

Weeks: 6 Weeks

Barcode: 3816668

BINGO – NEW DAY

Virtual Bingo is a fun game of chance in which each player matches numbers, letters or pictures printed in different arrangements on cards. **Ages: 13+**

Day: Wednesday

Start: April 28 2021

Time: 5:00pm-5:30pm

Weeks: 6 Weeks

Barcode: 3816610

Virtual Adapted Cooking – NEW PROGRAM

Participants will follow along using visual cooking and baking recipes while utilizing kitchen tools and appliances. Introduction to cooking, meal planning, and making healthy food choices. **Ages: 19+**

Day: Friday

Start: April 30 2021

Time: 10:30am-11:00am

Weeks: 6 Weeks

Barcode: 3824925



Program Registration

On the of day registration, you will need to have access to your client id and family pin. If you do not have access to these details Clients Service (416-396-7378 Monday through Friday, 8am-5pm) will be able to provide the information.

Registration begins on **April 13 2021 at 8:00am**

There are two ways to register:

1. Online Registration at efun.toronto.ca (the fastest and easiest).
2. Register by phone with the assistance from Client Services: 416-396-7378.