



community
junction

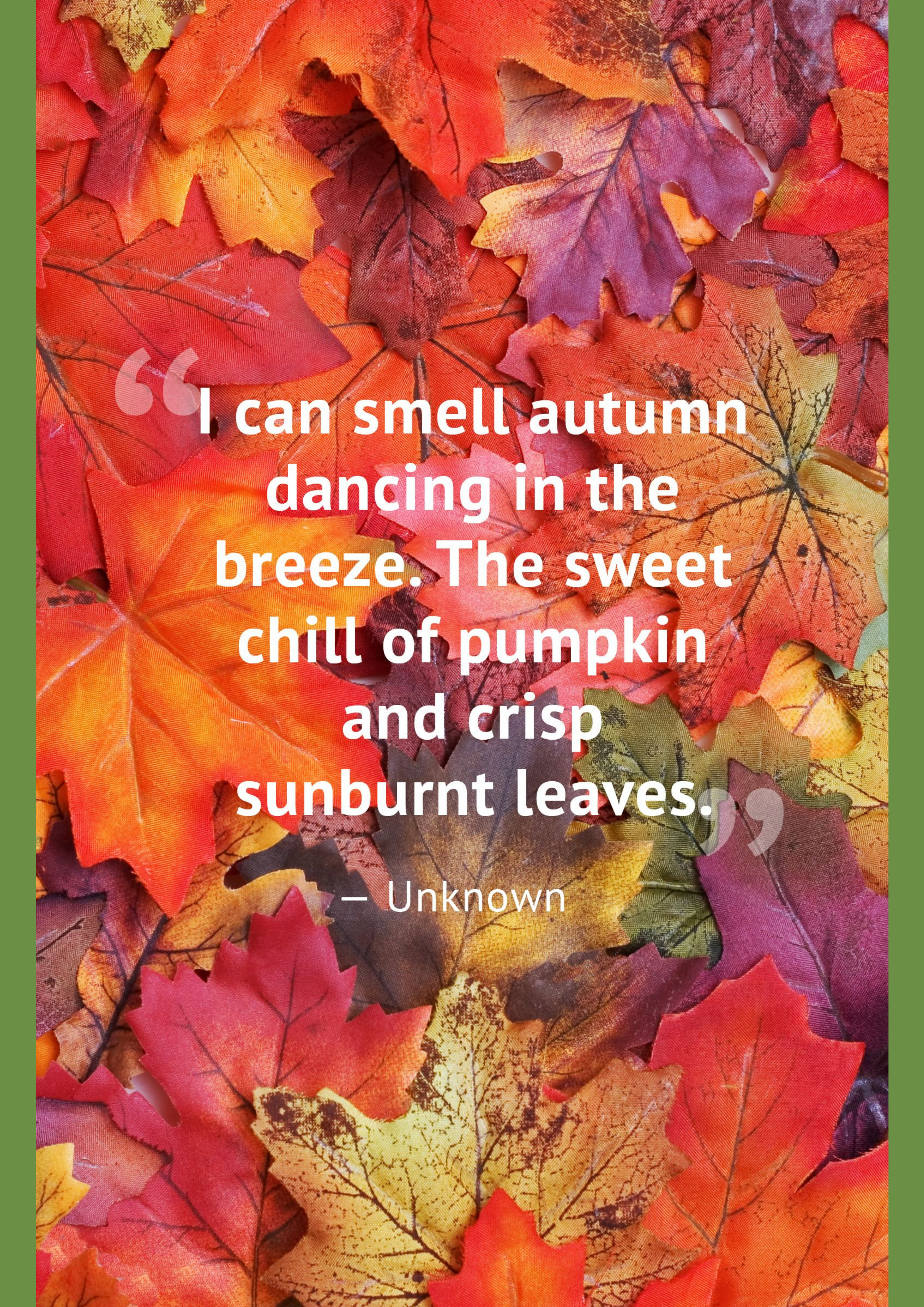


VIRTUAL FALL SESSION 2021

**SEPTEMBER 13TH 2021
TO NOVEMBER 5TH 2021**



**REGISTRATION OPENS:
AUGUST 26TH 2021**



“I can smell autumn
dancing in the
breeze. The sweet
chill of pumpkin
and crisp
sunburnt leaves.”

– Unknown



MyCommunityHub

MY TIME. MY ACTIVITIES. MY CHOICE.

You can now use MyCommunityHub to SEARCH, REGISTER and PAY for your favorite Community Junction classes, ONLINE!

If you don't have access to a computer, or do not have a credit or debit card, you can still register and pay in person.

To get started please visit:

www.mycommunityhub.ca and enter your class code, class title or Community Junction in the search bar

Still have questions? Feel free to contact us for help navigating MyCommunityHub or head over to our website or Facebook page to watch our step-by-step instructional video

Website:

<http://cltoronto.ca/hubs/community-junction/>



2934 Dundas Street West
Toronto, ON, M6P 1Y8
communityjunction@cltoronto.ca
647-729-3508



MONDAY

15355 Yoga with Murali \$56

10:30a.m. - 11:30a.m.

Yoga is a practice that connects the mind and body with the pure self. These gentle classes will introduce exercise that the student can learn and add to their everyday life. Classes will include: Guided relaxation and meditation exercises alongside a gentle warm up movement.

15347 Bingo Hall

\$8

1 P.m. - 2 P.m.

Join Junction Staff in our Monday afternoon Bingo Hall! Bring your snack of choice and your good luck charm! The hour will be filled with chats, bingo, and lots of laughter. A prize will be given to first place each week!

****In an effort to play fair, if a winner has won a previous game, the prize will be given to the runner up****

TUESDAY

15356 Zumba

\$64

10:30A.m. - 11:30A.m.

Join Tammy Gunn in our virtual Zumba Class!! Zumba is a Latin based dance fitness program, involving both dance and aerobic elements. This class provides stress relief and exercise to participants in their own home. During this class you will find yourself smiling uncontrollably and enjoying the music as you move your body

15352 Tuesday Autumn Art

\$128

1p.m. - 2p.m.

Join the Junction Staff in a guided step-by-step art program! The program will ship a supply box with 8 weeks' worth of material directly to your door so you can virtually follow along with the instructor.

Art boxes will be delivered to your door

WEDNESDAY

15348 Bingo Hall

\$8

10:30a.m. - 11:30a.m.

Join Junction Staff in our Monday afternoon Bingo Hall! Bring your snack of choice and your good luck charm! The hour will be filled with chats, bingo, and lots of laughter.

A prize will be given to first place each week!

In an effort to play fair, if a winner has won a previous game, the prize will be given to the runner up

15353 Music Jam

\$32

1:30p.m. - 2:30p.m.

Join Andre Tellier in our Virtual Music Jam! Together we will explore popular songs, old favorites, and standards! Rocking out to our all-time favorites in a group setting!

THURSDAY

15354 STRETCH AND TONE
10:30A.M. - 11:30A.M.

\$64

Join Tammy Gunn in stretching out your body and feeling good all over. In this class, we will do standing stretches along with chair and mat work. This class moves at a slower pace and will involve working and strengthening your core.

15459 HUMAN SEXUALITY
1 P.M - 2P.M.

\$80

Join us for open, inclusive learning and discussion about sexuality, our bodies, health, and relationships. This workshop will include evidence-based information, interactive activities, videos, and a information package delivered to your home!

***This class discusses mature content/themes and participants should be 16+**

15489 THURSDAY AUTUMN ART
1:30 P.M -3P.M.

\$128

Join the Junction Staff in a guided step-by-step art program! The program will ship a supply box with 8 weeks' worth of material directly to your door so you can virtually follow along with the instructor.

Art boxes will be delivered to your door

FRIDAY

15349 COFFEE HOUSE Free
10:30 A.M. - 11:30 A.M.

Join Junction Staff in our Friday morning Coffee House! Bring your morning /lunch drink and snack of choice and come chat! The hour will be filled with games, chats, and laughs!

15351 KARAOKE Free
1 P.M. - 2:30 P.M.

Join Junction Staff in our virtual version of Karaoke! Together we'll come up with the weeks playlist and give everyone their time to shine on stage! The perfect way to finish off the week!



**community
junction**

VIRTUAL FALL SESSION 2021

**SEPTEMBER 13TH 2021
TO NOVEMBER 5TH 2021**

**CONTACT: JENNIFER NICOLUCCI
JENNIFER.NICOLUCCI@CLTORONTO.CA**

**OR
PARIS GRAY PARIS.GRAY@CLTORONTO.CA**

647-729-3508

**2934 DUNDAS STREET WEST
TORONTO, ONTARIO
M6P1Y8**

COMMUNITY LIVING
Toronto 



United Way
Greater Toronto