



Spring 2025

April 7 – June 27

Registration start: March 12, 2025

Community Junction – 2934 Dundas St. West

*** Satellite Locations**

Foster Connection – 164 Main St.

Advance – 102 Advance Rd.

East Mall – 65 The East Mall

The Clubhouse – 20 Spadina Rd.

Register at:



MONDAY

10 AM

-

1 PM

\$435

BREEZY BRUNCHES

Instructor: Community Junction Staff

Location : Community Junction - 2934 Dundas St. W

37943

Join us each week to practice your cooking skills ! Our classes cover everything from salads to grilling, desserts, and more. Learn essential skills while enjoying hands-on experiences. Join us for a fun and delicious time!

1:30PM

-

3:30PM

\$450

ARTFUL ADVENTURES

Instructor: Lisa Fong

Location : Community Junction - 2934 Dundas St. W

#37944

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

3:30PM

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4:30PM

\$300

MUSIC JAM SESSION

Instructor: Andre Tellier

Location : Community Junction - 2934 Dundas St. W

#37945

The Music Jam is your chance to relax, enjoy and express yourself in a social group setting. You are encouraged to express yourself through singing, percussion and social dancing. We will be singing popular songs, old favorites and standards.

1:00PM

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2:30PM

\$335

NEIGHBOURHOOD WELLNESS CONNECTIONS

Instructor: CLTO Recreation therapist

***Location : Advance - 102 Advance Road**

#37954

Join our 10-week program focused on health, well-being and safety in partnership with community organizations and health professionals. Topics will cover everything from TTC safety to oral hygiene, giving participants the knowledge and skills to boost their wellbeing.

GROUNDS FOR DISCUSSION

#38010

9:30AM

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10:30AM

\$150

Instructor: Community Junction Staff
Location : Community Junction - 2934 Dundas St. W

Join us for a weekly discussion of current events over a cup of hot coffee and snacks. In this morning meet up we will discuss a wide range of topics of interest to the group in a safe and supportive environment.

JAMMING ZUMBA

ADAPTIVE

#37946

10:30AM

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11:30AM

\$360

Instructor: Tammy Gunn
Location : Community Junction - 2934 Dundas St. W

Have fun learning how to put moves to music! With her passion for Latin cardio dance music, Tammy incorporates not only learning new moves but putting you, the student, in the driver's seat to create choreography to some of your favorite songs.

STRETCH AND TONE

ADAPTIVE

#37947

12:30PM

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1:30PM

\$360

Instructor: Tammy Gunn
Location : Community Junction - 2934 Dundas St. W

This adaptive class focuses on standing stretches, chair exercises, light weights, and mat work to strengthen your core at a slower pace. The goal is to leave each session feeling rejuvenated and strong.

PAUSE AND PLAY - SELF CARE

10:30AM

-

12 PM

\$335

Instructor: CLTO Recreation therapist

***Location: Foster Connection - 164 Main Street**

#37948

We will explore the connection between recreation and emotional coping. We will exploring different self-care skills like meditation, journaling, creative arts, gentle movement etc. This program provides knowledge and resources to test out and build your personal repertoire of healthy coping skills.

JUNCTION BOOK CLUB

2:00PM

-

3:30PM

\$180

Instructor: Community Junction Staff

Location : Community Junction - 2934 Dundas St. W

#37951

This session is perfect for adults who are looking to start or rekindle their love of reading in a relaxed environment. Enjoy the flexibility to read at your own pace - whether you choose to read independently or join in with a group discussion. You're welcome to select your own books, or you can participate in our monthly group picks. If you're looking for something new to read, we also welcome book requests, which can be picked up at our local Public Library.

ART AND MIXED MEDIA

1:00PM

-

3:00PM

\$455

Instructor: Lisa Fong

***Location: Foster Connection - 164 Main Street** #37949



In this innovative class you will have the opportunity to explore a variety of art mediums and techniques; then combine them to create interesting grounds and finishes. You will also be introduced to historical and contemporary artists whose works invites us into the wonderful world of mix media art.

WEDNESDAY

CREATIVE MOVEMENT

ADAPTIVE

10:30AM

-

11:30AM

\$350

Instructor: Tammy Gunn

Location : Community Junction - 2934 Dundas St. W

#37952

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

THE ART OF CRAFTING

10:30AM

-

12:30PM

\$460

Instructor: Lisa Fong

*Location : Advance - 102 Advance Road

#37953



The program inspires creativity through the fusion of art and craft. Transform everyday materials into extraordinary works of art, expressing yourself through creation and colours.

THE JUNCTION SCAVENGER HUNT

#37950

12:30PM

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1:30PM

\$150

Instructor: Community Junction Staff

Location : Community Junction - 2934 Dundas St. W

This session is an engaging community-based program that combines exploration, education, and physical activity. You will embark on weekly scavenger hunts, discovering local landmarks and uncovering the rich history of the Junction area. Each session offers a chance to learn about significant sites while walking through the neighborhood, promoting both mental and physical well-being.

WEDNESDAY

THE ARTIST IN YOU

1:30PM

-

3:30PM

\$460

Instructor: Lisa Fong

Location : Community Junction - 2934 Dundas St. W

#37955

Whether you're a seasoned artist or a beginner, this course provides a supportive environment to explore various artistic mediums and techniques.

JUNCTION GAMES CLUB

3:30 PM

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5:00 PM

\$180

Instructor: Community Junction staff

Location : Community Junction - 2934 Dundas St. W

#37956

The Junction Games Club is a vibrant community where fun meets camaraderie every week. Whether you're a board game enthusiast, a trivia buff, an outdoor adventurer, a puzzle master, or simply someone who loves to socialize and unwind.

CHOIR ESSENTIALS

5:00 PM

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6:30 PM

\$350

Instructor: Valarie Conforti

Location : Community Junction - 2934 Dundas St. W

#37957

Elevate your voice in our dynamic choir class! No matter your vocal experience, our class welcomes you to explore the world of harmonies and melodies.

BRING YOUR APPETITE

10 AM

-

1 PM

\$480

Instructor: Community Junction staff

Location : Community Junction - 2934 Dundas St. W

#38009

This class provides the opportunity to practice food preparation skills. This class is perfect for those who want to learn to prepare food independently. As we experiment with a multitude of food from different cultures we discuss proper nutrition and how to recreate simple recipes at home.

ARTISTIC EXPRESSION



10:30AM

-

12:30PM

\$460

Instructor: Lisa Fong

***Location: East Mall - 65 The East Mall**

#37960

In this class we will explore the possibilities of ink , paint and collage. You will be able to create individual art pieces that speak to personal stories and identity.

FEELINGS IN MOTION DRAMA CLASS

11:00AM

-

12:30PM

\$335

Instructor: CLTO Recreation therapist

Location : Community Junction - 2934 Dundas St. W

#37958

An interactive drama session which uses games, skits and creative activities to explore and express emotions. Over 12 weeks, you will build confidence and emotional awareness through playful exercises, props and music in a fun supportive environment.

ACOUSTIC KITCHEN PARTY

1:30PM

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2:30PM

\$280

Instructor: Andre Tellier

Location : Community Junction - 2934 Dundas St. W

#37962

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

ART IN MOTION

1:30PM

-

3:30PM

\$460

Instructor: Lisa Fong

*Location: Advance - 102 Advance Road

#37961



For people of all artistic skill levels, from beginners to experienced creators, Art in Motion is a vibrant and welcoming day program at the Junction. This program encourages you to freely explore your creativity by offering a warm environment for self-expression through painting and other artistic techniques.

ADAPTIVE SEATED YOGA

2:30PM

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3:30PM

\$310

Instructor: Sarit

Location : Community Junction - 2934 Dundas St. W

#37959

Yoga is a practice that connects the mind body and spirit. These gentle classes will introduce exercises the students can learn to and add to their daily lives. Each class will include a guided relaxation alongside gentle movements while seated.

FRIDAY

EXPLORE YOUR CITY

10 AM

-

4 PM

\$580

Instructor: Community Junction staff
Location : Community Junction - 2934 Dundas St. W

#37963

Discover the magic of our city has to offer during the festive season. Our group will be checking out some of Toronto's famous landmarks! Experience the museums, festivals, attractions, neighborhoods, and cultural landmarks that make our city so diverse and exciting! Admission & TTC Fare Provided.

FRESH SPRINGTIME FLAVOURS

10 AM

-

1 PM

\$435

Instructor: Community Junction staff
Location : Community Junction - 2934 Dundas St. W

#37964

Wake up the season with our Fresh Springtime flavours class! Dive into the art of crafting hearty, comforting dishes perfect for the cooler months. You'll learn to make rich, flavorful soups and stews using the best seasonal ingredients. Whether you're cooking for your family or hosting a cozy dinner, these recipes will become your go-to for spring comfort food.

MINDFUL MEALS

10 AM

-

1 PM

\$525

Instructor: CLTO Recreational Therapist
Location: The Clubhouse - 20 Spadina Rd

#37965



Welcome to Mindful Meals, the program where you will grow your skills and knowledge to make healthier food choices and prepare delicious, nutritious meals! This hands-on program offers practical guidance on meal planning, cooking techniques, and understanding the importance of balanced nutrition.

FRIDAY

CREATIVE CLAY CREATIONS

1:00PM

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2:30PM

\$390

Instructor: Ashley Smith

Location : Community Junction - 2934 Dundas St. W

#37966

This program is designed for anyone who want to explore the basics of working with clay. You will be introduced to various hand-building techniques, tools, and creative processes, ensuring a fun and engaging experience. The focus will be on getting familiar with the material, understanding its texture and malleability, and creating simple, functional, or decorative pieces.

NIMBLE NEEDLES

1:30PM

-

3:00PM

\$200

Instructor: Mary O'Hearn

***Location:** The Clubhouse - 20 Spadina Rd

#37967

In this knitting and crochet class, you'll learn how to use yarn and needles or hooks to make many craft items. You'll start with simple stitches and can gradually make more complicated patters it's a fun way to be creative.



MUSIC APPRECIATION

Instructor: Valarie Conforti

Location : Community Junction - 2934 Dundas St. W

#37968

2:30PM

-

4:00PM

\$350

With a focus on inclusivity, individualized support, and sensory engagement, "Junction Music Appreciation" offers participants a platform to connect with music in a meaningful way, enhancing their lives through the transformative power of sound. Junction Music Appreciation is an innovative program created to provide individuals the opportunity to explore, enjoy, and engage with all types of music and musical instruments.