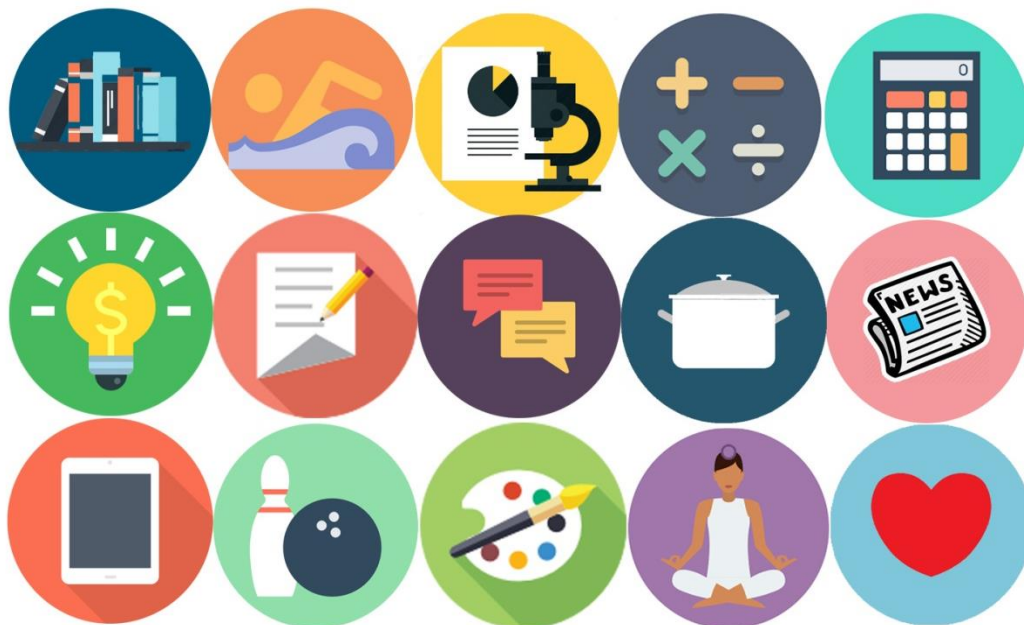


# Marketplace

## Recreation, Leisure & Learning

### Program Guide

#### FALL 2018



# Why Choose Marketplace Programs?

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TO HAVE FUN!

To Meet new people!

Participate in the community

Affordable programs (many are FREE!)

to Learn new skills

Support from peers

TO GET INVOLVED, STAY  
ACTIVE, FIT & HEALTHY

NEW INNOVATIVE programs

Qualified, passionate and current  
facilitators & curriculum developers

The Community Living York South Marketplace program provides a full range of educational, recreational and job related programs, workshops, and learning events. Some of these eight or ten week courses teach skills that are geared towards independence. Other courses are social in nature. There are also courses geared towards physical fitness and well being.

Through these courses Community Living York South is committed to providing quality programs that promote personal growth, social skills and physical fitness at a reasonable cost.

# MARKHAM

	Monday		Tuesday			
<b>Program</b>	<b>Everyday Healthy Cooking</b>	<b>Fitness at YMCA</b>	<b>Cooking Made Easy</b>	<b>Literacy/ Book Club</b>	<b>Knitting Group (bi-weekly)</b>	<b>Computer Essentials (bi-weekly)</b>
<b>Location</b>	Armadale Community Centre	101 YMCA Blvd., Unionville	Armadale Community Centre	Aaniin Community Center	CLYS Markham Office	Markham Village Library
<b>Time</b>	10:00am-	1:00pm- 2:30	10:00am-	10:00 am-	1:00pm-	1:00pm-
<b>Dates</b>	Sept 10,17,24; Oct 1,15,22, 29; Nov 5, 12	Sept 10, 17, 24;Oct 1, 8, 15, 22, 29;Nov 5, 12	Sept. 18,25,Oct. 2,9,16,23,30,Nov 6,13,20,	Sept 11, 18, 25; Oct 2, 9, 16, 23, 30; Nov 6, 13	Sept 18; Oct 2, 16, 30; Nov 13, 27; Dec 11	Sept 11, 25;Oct 9, 23;Nov 6, 20
<b>Cost</b>	\$152.95	\$30.00	\$152.95	\$75.00	\$25.00	FREE
<b>Register</b>	Town of Markham Code: 330134	Marketplace	Town of Markham 318975	Marketplace	Marketplace	Marketplace



## MARKHAM (continued)

	Wednesday	Thursday	Friday
<b>Program</b>	<b>Emotional Mindfulness</b>	<b>Fitness at YMCA</b>	<b>Dance</b>
<b>Location</b>	Stiver Mills Hall	101 YMCA Blvd., Unionville	Milliken Mills Community Centre
<b>Time</b>	10:00-12:00	1:00 pm-2:30	10:00am-12:00
<b>Dates</b>	Sept 12, 19, 26; Oct 3, 10, 17, 24, 31; Nov 7, 14	Sept 12, 19, 26; Oct 3, 10, 17, 24, 31; Nov 7, 14	Sept 13, 20, 27; Oct 4, 11, 18, 25;Nov 1, 8, 15
<b>Cost</b>	\$94.60	\$30.00	\$81.51
<b>Register</b>	Town of Markham 333026	Town of Markham 333027	Town of Whitchurch- Stouffville 4952
			\$ 125.00
			Based upon activities
			Sept 14, 28; Oct 12, 26; Nov 9, 23
			6:00pm-8:00pm
			CLYS Markham Office (1 <sup>st</sup> meeting)
			Ballantrae community Centre
			Chef's Corner
			Friday Night Social Club

# RICHMOND HILL

	Tuesday	Wednesday		Thursday		Friday
<b>Program and Mental Health</b>	<b>Wellness and Mental Health</b>	<b>Passport to Nutrition</b>	<b>Social Group</b>	<b>First Aid Basics</b>	<b>Relationship Course</b>	<b>Longos Cooking Class</b>
<b>Location</b>	Richmond Hill Library	Richmond Hill Library	Richmond Hill Police Station	Richmond Hill Welcome Centre	Richmond Hill Welcome Centre	Longos Richmond Hill
<b>Time</b>	10:30am-11:30 noon	10:30am-11:30 noon	10:00am-12:00 noon	1:00pm-3:00pm	6:00pm-8:00pm	6:00pm -8:30 pm
<b>Dates</b>	Oct 2, 9,16,23,30; Nov 6	Oct 3, 10, 17, 24, 31; Nov 7	Sept 26, Oct 3, 10, 17, 24, 31 Nov 7, 14, 21, 28 Dec 5, 12	Oct 4, 11, 18, 25; Nov 1, 8, 15, 22	Oct 25, Nov 1, 8, 15, 22, 29 Dec 6, 13, 20 Jan 3, 10, 17, 24	Oct 19, 26 Nov 2, 9, 16, 23, 30 Dec 7, 14
<b>Cost</b>	\$25.00 or \$5 per class	\$25.00 or \$5 per class	Free	\$50.00	\$96.00	\$80.00
<b>Register</b>	Marketplace	Marketplace		Marketplace		Marketplace

## For Marketplace programs:

Please complete this form and contact  
[marketplace@communitylivingyorksouth.ca](mailto:marketplace@communitylivingyorksouth.ca)  
or (905) 294-4971 ext. 450 to register.

Payment must accompany registration form  
before September 5<sup>th</sup>, 2018.

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## RICHMOND HILL

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### Tuesday

#### Wellness and Mental Health

**Description:** This course will help you maximize good mental health and well-being so you feel your best.

**Location:** Richmond Hill Library (Yonge St. & Major Mackenzie Dr.)

**Time:** 10:30 am to 11:30 am noon

**Dates:** Oct. 2-9-16-23-30 Nov. 6

**Cost:** \$25.00 (\$5.00 per class)

**Register with Marketplace Program**



# Wednesday

## Passport to Nutrition

**Location:** Richmond Hill Library (Yonge & Major Mackenzie Dr.)

**Time:** 10:30 -11:30 am

**Dates:** Oct 3-10-17-24-31 Nov.7<sup>h</sup>

**Cost:** \$ 25.00 (\$5.00 per class)

**Register with Marketplace Program**



## Social Group

**Location:** Richmond Hill Police Station - 171 Major Mackenzie Dr. W

**Time:** 10:00 am to 12:00pm

**Dates:** Sept. 26- Oct. 3-10-17-24-31. Nov.7-14-21-28 Dec. 5-12

**Cost:** FREE

**Register with Marketplace program**



# Thursday

## First Aid Basics

**Description:** This course will cover the First aid student manual along with Red Cross Personal first aid kit.

Certificate of participation upon completion.

**Time:** 1:00pm – 3:00pm

**Dates:** Oct 4, 11, 18, 25. Nov 1, 8, 15, 22

**Location:** Richmond Hill Welcome Centre - 9325 Yonge St.

**Cost:** \$50.00

**Register with Marketplace program**



## Relationship Course

**Description:** This course will cover information on strangers, acquaintances, friendships, and everything in between.

**Time:** 6:00pm – 8:00pm

**Dates:** Nov 1, 8, 15, 22, 29. Dec 6, 13, 20. Jan 3, 10, 17, 24

**Location:** Richmond Hill Welcome Centre -9325 Yonge St.

**Cost:** \$96.00

**Register with Marketplace program**



## Friday

### Longo's Cooking

**Description:** In this course, students will learn to prepare basic meals under the supervision of a professional chef.

**Location:** Longo's Grocery Store 10860 Yonge St. Richmond Hill

**Time:** 6:00pm to 8:30pm

**Dates:** Oct. 12-19-26 Nov.2-9-16-23-30 Dec. 7-14

**Cost:** \$80.00

**Register with Marketplace program**





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# MARKHAM

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## Monday

### Everyday Healthy Cooking

**Description:** In the everyday cooking classes, we open up to the world of cuisine and get in-depth about ingredients, nutrition, equipment selection, and culinary techniques.

**Location:** Armadale Community Centre (2401 Denison St.)

**Time:** 10:00am-12:00 noon

**Dates:** Sept. 10-17-24-Oct. 1-15-22-29-Nov. 5-12

**Cost:** \$152.95

**Register with Town of Markham**

**Course Code:** 330134



### YMCA Fitness and Swimming

**Description:** YMCA provides swimming, group fitness classes, free weights, and recreational sports.

**Location:** 101 YMCA Blvd, Unionville

**Time:** 1:00pm- 2:30 pm

**Dates:** Sept.10-17-24- Oct. 1-15-22-29 Nov. 5-12

**Cost:** \$30.00

**Register with Marketplace Program**



# Tuesday

## Cooking Made Easy

**Description:** This course will teach basic cooking and kitchen safety skills in a fun, interactive format.

**Location:** Armadale Community Centre (2401 Denison St.)

**Time:** 10:00am-12:00 noon

**Dates:** Sept. 18-25-Oct.2-9-16-23-30-6-13-20

**Cost:** \$152.95

**Register with Town of Markham**

**Course Code:** 330136



## Literacy/Book Club

**Description:** Develop basic literacy skills that will enable you to function more effectively in your personal and community life.

**Location:** Aaniin Library (5665 14<sup>th</sup> Ave.)

**Time:** 10:00am-12:00 noon

**Dates:** Sept.11-18-25-Oct.2-9-16-23-30

**Cost:** \$75.00 (books and materials included)

**Register with Marketplace Program**

## Knitting Group (bi-weekly)

**Description:** Learn the basic techniques of knitting stitches

**Location:** CLYS Markham Office (5694 Hwy 7, Unit #13)

**Time:** 1:00pm-3:00pm

**Dates:** Sept. 18-Oct.2-16-30-Nov. 13-27- Dec. 11

**Cost:** \$25.00

**Register with Marketplace Program**



## Computer Essentials (bi-weekly)

**Description:** Designed to teach various topics pertaining to computers, the Internet, and its impact on our health.

**Location:** Markham Village Library (6031 Hwy 7)

**Time:** 1:00pm-3:00pm

**Dates:** Sept.11-25 Oct.9-23 Nov. 6-20

**Cost:** FREE

**Register with Marketplace Program**

# Wednesday

## Emotional Mindfulness

**Description:** This course will explore awareness of one's emotions in order to promote peace, coping strategies and reduction of anxiety in order to create a better you.

**Location:** Stiver Mills Hall (Unionville)

**Time:** 10:00 am-12:00 noon

**Dates:** Sept. 12-19-26- Oct. 3-10-17-24-31-Nov.7-14

**Cost:** \$94.60

**Register with the Town of Markham**

**Course code:** 333026



## Fitness at YMCA

**Description:** YMCA provides swimming, group fitness classes, free weights, and recreational sports.

**Location:** 101 YMCA Blvd, Unionville

**Time:** 1:00pm-2:30 pm

**Dates:** Sept. 12-19-26- Oct. 3-10-17-24—31 Nov. 7-14

**Cost:** \$30.00

**Register with Marketplace Program**



# Thursday

## Dance

**Description:** This course will provide fun and educational classes for people at all levels. Learn the basic dance moves of Hip Hop , Zumba, Salsa Line dancing and more.

**Location:** Milliken Mills Community Centre ( 7600 Kennedy Rd. Markham )

**Time:** 10:00am-12:00 noon

**Dates:** Sept. 13-20-27-Oct.  
4-11-18-25 Nov. 1-8-15

**Cost:** \$81.51

**Register with the Town  
of Markham**

**Code:** 333027



## Chef's Corner Cooking

**Description:** Skills taught include independent cooking, kitchen safety, proper use of equipment, food presentation, dinner etiquette and healthy lifestyles.

**Location:** Ballantrae Community Centre (5592 Aurora Rd.)

**Time:** 5:00pm-7:00pm

**Dates:** Sept. 27-Oct. 4-11-18-25-Nov.1-8-15-22-29

**Cost:** \$125.00

**Resister with Town of  
Whitchurch-Stouffville**

**Course Code:** 4952



# Friday

## **Friday Night Social Club**

**Description:** Building healthy relationships in group and community settings.

**Location:** CLYS Markham Office for first gathering (5694 Hwy 7, Unit #13)

**Time:** 6:00pm-8:00pm

**Dates:** Sept. 14-28-Oct. 12-26Nov. 9 – 23

**Cost:** based upon activities

**Register with Marketplace Program**





# Marketplace Registration Form

Participant Name: \_\_\_\_\_ Male: \_\_\_ Female: \_\_\_  
 Birthday: \_\_\_\_\_ Age: \_\_\_\_\_  
 Full Address: \_\_\_\_\_  
 Telephone #: \_\_\_\_\_ Alternate #: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Emergency Contact: \_\_\_\_\_ Emergency Contact #: \_\_\_\_\_  
 Pertinent Medical/Health Info: \_\_\_\_\_  
 \_\_\_\_\_  
 Allergies: Yes: \_\_\_ No: \_\_\_ Describe: \_\_\_\_\_  
 Assisted Devices: \_\_\_\_\_ Mobility Aids: \_\_\_\_\_

Program Name:	Dates:	Time:	Fee:

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Register before September 5<sup>th</sup>, 2018 with  
[marketplace@communitylivingyorksouth.ca](mailto:marketplace@communitylivingyorksouth.ca) or 905-294-4971X450**

**Amount Enclosed: \_\_\_\_\_ Payable to: **Community Living- York South****

<p style="text-align: center;">___ Cash      ___ Cheque</p> <p>___ Visa      ___ MasterCard      ___ American Express</p> <p><b>Card Number:</b> _____ <b>CVV#:</b> _____</p> <p><b>Name on Card:</b> _____</p> <p><b>Expiry Date:</b> _____ <b>Postal Code:</b> _____</p> <p><b>Signature:</b> _____</p> <ul style="list-style-type: none"> <li><b>In-person payment includes Apple Pay, Android Pay, and Interact *</b></li> </ul>
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LOCATION: 5694 Hwy#7 (Galsworthy Rd & Hwy#7 - Markham Office)

Please register with Marketplace

