

**Marketplace**

**Recreation, Leisure & Learning**

**Program Guide**

**Spring 2019**





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|  |  **MARKHAM MARKETPLACE SPRING 2019**   |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Program** | **Everyday Healthy Cooking** | **Fitness at YMCA** | **Literacy & Book Club** | **Knitting Group ( bi –weekly)** | **Computer Essentials( bi –weekly** | **Creative Problem Solving** | **Fitness and Swimming at YMCA** | **Dance** | **Chef’s Corner** | **Social Club** |
| **Location** | Armadale CC | 101 YMCA Blvd., Unionville | Aaniin Community Centre( bubble room) | CLYS Markham Office | Markham Village Library | Stiver Mills Hall | 101 YMCA Blvd., Unionville | Milliken Mills Community Centre | Ballantrae Community Centre | CLYS Markham Office (1st program) |
| **Time** | 10:00-12:00 | 1:00-2:30 | 10:00-12:00 | 1:00-3:00 | 1:00-3:00 | 9:30-11:45 | 1:00-2:30 | 9:30-11:30 | 5:00-7:00 | 6:00-8:00 |
| **Dates** | March 25 April 1, 8, 15, 22, 29 May 6, 13, 20, 27 | March 25 April 1, 8, 15, 22, 29 May 6, 13, 20, 27 | March 26 April 2, 9, 16, 23, 30 May 7, 14, 21, 28 | April 2 16, 30 May 14, 28 | April 9, 23 May 7, 21 | March 27 April 3, 10, 17, 24 May 1, 8, 15, 22, 29 June 5 | March 27 April 3, 10, 17, 24 May 1, 8, 15, 22, 29 June 5 | March 28 April 4, 11, 18, 25May 2, 9, 16, 23, 30 | March 28 April 4, 11, 18, 25May 2, 9, 16, 23, 30 | March 29April 12, 26 May 10, 24 |
| **Cost** | $ 122.56 | $30.00 | $ 75.00 | $25.00 | FREE | $ 97.41 | $30.00 | $112.96 | $ 125..00 | Based upon activities |
| **Register** | Town of MarkhamCode: 34182 | Marketplacemarketplace@communitylivingyorksouth.ca | Marketplacemarketplace@communitylivingyorksouth.ca | Marketplacemarketplace@communitylivingyorksouth.ca | Marketplacemarketplace@communitylivingyorksouth.ca | Town of MarkhamCode:335808 | Marketplacemarketplace@communitylivingyorksouth.ca | Town of MarkhamCode:335807 | Town of Whitchurch-StouffvilleCode:7010 | Marketplacemarketplace@communitylivingyorksouth.ca |

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|  |  **RICHMONDHILL MARKETPLACE SPRING 2019**   |
|  | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Program** | **Arm Chair Travel** | **Artistic drawing** | **Social Group** | **Cooking** | **Drama** | **Cooking** | **Lunch and Learn** | **G1 Preparation Course** |
| **Location** | Richmond Hill Library1 Atkinson St, Richmond Hill, ON L4C 0H5 | Richmond Hill Library1 Atkinson St, Richmond Hill, ON L4C 0H5 | Richmond Hill Library1 Atkinson St, Richmond Hill, ON L4C 0H5 | Longos10860 Yonge St Richmond HillL4C 3E4 | Welcome Centre South Hill Shopping Centre9325 Yonge St Richmond HillL4C 0A8 | Longos10860 Yonge St Richmond HillL4C 3E4 | The Hub –Entrance facing Yonge Street 10415 Yonge St. Richmond Hill L4C 0Z3 | The Hub –Entrance facing Yonge Street 10415 Yonge St. Richmond Hill L4C 0Z3 |
| **Time** | 10:30 am – 12:00 pm  | 10:30 am – 12:00 pm | 10:00 am -12:00 pm | 6:00 pm -8:00 pm | 6:00 pm -8:00 pm | 6:00 pm -8:00 pm | 11:00 am -1:00 pm  | 10:00 am- 12:00 pm |
| **Dates** | April 2, 9, 16, 23, May 7, 14 | May 21, 28June 4, 11, 18, 25 | April 3, 10, 17, 24May 8, 15, 22, 29June 5, 12, 19 | May 1, 8, 15, 22, 25June 5, 12, 19, 26 | May 2, 9, 16, 23, 30June 6, 13, 20, 27 | April 19, 26May 3, 10, 17, 24, 31June 7, 14, 21 | April 19, 26May 3, 10, 17, 24, 31June 7, 14, 21 | Mar 23, 30 April 6, 13, 20, 27May 4, 11, 18, 25 |
| **Cost** | Free | Free | Free | $10.00 per class | $90.00 | $10.00 per class | Free | $90.00 |
| **Register** | Marketplacemarketplace@communitylivingyorksouth.ca | Marketplacemarketplace@communitylivingyorksouth.ca | Marketplacemarketplace@communitylivingyorksouth.ca | Marketplacemarketplace@communitylivingyorksouth.ca | Marketplacemarketplace@communitylivingyorksouth.ca | Marketplacemarketplace@communitylivingyorksouth.ca | Marketplacemarketplace@communitylivingyorksouth.ca | Marketplacemarketplace@communitylivingyorksouth.ca |

**Markham**

**![C:\Users\student\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\JV53RLYA\clipart[1].JPG]()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:** 10:00 am-12:00 noon

**Dates:** March 25 April 1, 8, 15, 22, 29 May 6, 13, 20, 27

**Cost:** $122.56

**Register with Town of Markham**

**Course Code:** 34182

**Fitness at YMCA**

**![C:\Users\student\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\T4AH8C1D\exercise-with-dumbbells-symbol-hi[1].png]()Description:** YMCA fitness provides swimming, group fitness classes, free weights, and recreational sports.
**Location:** 101 YMCA Blvd, Unionville

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

**Dates:** March 25 April 1, 8, 15, 22, 29 May 6, 13, 20, 27

**Cost:** $30.00

**Register with Marketplace Program****marketplace@communitylivingyorksouth.ca** **or (905) 294-4971 ext. 450**

**Tuesday**

![C:\Users\student\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\02TBH6RM\books-clipart-300x212[1].jpg]()

**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 14th Ave.)

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

**Dates:** March 26 April 2, 9, 16, 23, 30 May 7, 14, 21, 28

**Cost:** $75.00 (books and materials not included)

**Register with Marketplace Program**

**marketplace@communitylivingyorksouth.ca** **or (905) 294-4971 ext. 450**

 **Knitting Group (bi-weekly)**

**![C:\Users\student\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\EH5XFCX5\9vfk8l[1].jpg]()Description:** Learn the basic techniques of knitting stitches.

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

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

**Dates:** April 2, 16, 30 May 14, 28

**Cost:** $25.00

**Register with Marketplace Program**

**marketplace@communitylivingyorksouth.ca** **or (905) 294-4971 ext. 450**

![C:\Users\student\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\EH5XFCX5\large-computer-screen-keyboard-mouse-icon-166.6-15900[1].gif]()**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:** April 9, 23 May 7, 21

**Cost:** FREE

**Register with Marketplace Program**

**marketplace@communitylivingyorksouth.ca** **or (905) 294-4971 ext. 450**

**Wednesday**

**Creative Problem Solving**

**Description:** This course will explore different methods of problem solving skills and how to apply the methods with friends, acquaintances or strangers in order promote healthy relationships.

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

**Time:** 9:30 am-12:00 noon

**Dates:** March 27 April 3, 10, 17, 24 May 1, 8, 15, 22, 29 June 5

**Cost:** $ 127. 36

**Register with the Town of Markham**

**Course code:** 335808

**Fitness at YMCA**

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

**Location:** 101 YMCA Blvd, Unionville

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

**Dates:** March 27 April 3, 10, 17, 24 May 1, 8, 15, 22, 29 June 5

**Cost:** $30.00

**Register with Marketplace Program****marketplace@communitylivingyorksouth.ca** **or (905) 294-4971 ext. 450**

**Thursday**

**Dance**

**Description:** Learn the basic techniques to dance.

**Location:** Milliken Mills Community Centre

**Time:** 9:30am-11:30 am

**Dates:** March 28 April 4, 11, 18, 25 May 2, 9, 16, 23, 30

**Cost:** $112.96

**Register with the Town of Markham**

**Course code:** 335807

**Chef’s Corner Cooking**

**![C:\Users\student\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\T4AH8C1D\dibujo_de_chef[1].jpg]()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:** March 28 April 4, 11, 18, 25, May 2, 9, 16, 23, 30 **Cost:** $112.50 **Resister with Town of Whitchurch-Stouffville**

**Course Code:** 4960



**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:** March 29 April 12, 26 May 10, 24
**Cost:** based upon activities
**Register with Marketplace Program****marketplace@communitylivingyorksouth.ca** **or (905) 294-4971 ext. 450**

**Richmond Hill**

**Tuesday**

**Arm Chair Travel**

**Description:** Takes people to faraway places without leaving home.

It provides a sensory experience and the opportunity to learn about exotic lands.

**Location:** Richmond Hill Library (1 Atkinson st)

**Time:** 10:30 am – 12:00 pm

**Dates:** April 2, 9, 16, 23 May 7, 14
**Cost:** Free
**Register with Marketplace Program****marketplace@communitylivingyorksouth.ca** **or (905) 294-4971 ext. 450**

**Artistic Drawing**

**Description:** Learn drawing techniques such as shading, shapes, sketching and more!

**Location:** Richmond Hill Library (1 Atkinson st)

**Time:** 10:30 am – 12:00 pm

**Dates:** May 21, 28 June 4, 11, 18, 25
**Cost:** Free
**Register with Marketplace Program****marketplace@communitylivingyorksouth.ca** **or (905) 294-4971 ext. 450**

**Wednesday**

**Social Group**

**Description:** The social group will provide you with the opportunity to gather weekly with old and new friends in a relaxed and comfortable setting.

**Location:** Richmond Hill Library (1 Atkinson st)

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

**Dates:** April 3, 10, 17, 24 May 8, 15, 22, 29 June 5, 12, 19
**Cost:** Free
**Register with Marketplace Program****marketplace@communitylivingyorksouth.ca** **or (905) 294-4971 ext. 450**

![C:\Users\student\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\T4AH8C1D\Cook_book[1].gif]()**Cooking at Longos**

**Description:** Learn to prepare basic meals and take home recipes allowing the opportunity to continue making the dishes they learn to prepare.

**Location:** Longo’s (10860 Yonge St.)

**Time:** 6:00pm – 8:00pm

**Dates:** May 1, 8, 15, 22, 29 June 5, 12, 19, 26
**Cost:** $10.00 Per Class
**Register with Marketplace Program****marketplace@communitylivingyorksouth.ca** **or (905) 294-4971 ext. 450**

**Thursday**

**Drama**

**Description:** Let your voice be heard. Let your story be told

**Location:** Welcome Centre South Hill Shopping (9325 Yonge St)
**Time:** 6:00 pm – 8:00 pm
**Dates:** May 2, 9, 16, 23, 30 June 6, 13, 20, 27
**Cost**: $90.00
**Register with Marketplace Program****marketplace@communitylivingyorksouth.ca** **or (905) 294-4971 ext. 450**



**Friday**![C:\Users\student\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\T4AH8C1D\Cook_book[1].gif]()**Cooking at Longos**

**Description:** Learn to prepare basic meals and take home recipes allowing the opportunity to continue making the dishes they learn to prepare.

**Location:** Longo’s (10860 Yonge St.)

**Time:** 6:00pm – 8:00pm

**Dates:** April 19, 26 May 3, 10, 17, 24, 31June 7, 14, 21
**Cost:** $10.00 Per Class
**Register with Marketplace Program**

**Lunch And Learn
Description:** Learn about different health related topics. This includes themes such as Canadas new Food Guide, proper hygiene, Diabetes, Heart Disease, how to deal with stress and much more. A complimentary snack will be provided and a fun physical activity will take place during the second half of the course.
**Location:** The Richmond Hill Hub (10415 Yonge St.)
**Time:** 11:00 am – 1:00 pm
**Dates:** April 19, 26 May 3, 10, 17, 24, 31 June 7, 14, 21
**Cost:** Free
**Register with Marketplace Program****marketplace@communitylivingyorksouth.ca** **or (905) 294-4971 ext. 450**

**Saturday**

**G1 Preperation
Description:** Want to get your G1? Here’s your opportunities to learn to road rules.
**Location:** The Richmond Hill Hub (10415 Yonge St.)
**Time:** 10:00 am – 12:00 pm
**Dates:** April 19, 26 May 3, 10, 17, 24, 31 June 7, 14, 21
**Cost:** Free
**Register with Marketplace Program****marketplace@communitylivingyorksouth.ca** **or (905) 294-4971 ext. 450**

Participant Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Male: \_\_\_\_ Female: \_\_\_\_

Birthday: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age: \_\_\_\_\_\_\_\_\_\_

Full Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Telephone #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Alternate #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Emergency Contact #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Pertinent Medical/Health Info: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Allergies: Yes: \_\_\_ No: \_\_\_ Describe: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Assisted Devices: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Mobility Aids: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Independence Level/Supports to Participate in Marketplace Programs**

I require staff support to participate (I will bring my support worker): \_\_\_\_\_\_\_\_\_\_\_\_\_\_

I am independent: \_\_\_\_\_\_\_\_ Partial Supports Required: \_\_\_\_\_\_\_\_ Describe: \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Read** Yes No **Write** Yes No **Large Print Required** Yes No **Visuals Required** Yes No

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| Program Name: | Dates: | Time: | Fee: |
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Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Register with (905) 294-4971 ext. 450 or marketplace@communitylivingyorksouth.ca**