

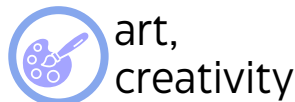
FALL 2024

This October, Momiji Health Care Society is relaunching its Education Program! We're starting off small, with 6 weekly classes, and 3 one-day workshops. Join us at 3555 Kingston Road (Markham Road & Kingston Road) —we're so excited to open our doors again to new and returning students!

WHY MOMIJI

With so many great options for classes around the city, what makes Momiji special?

- **Our facilities.** The Frank H. Hori Community Centre is an inviting, beautiful space, and a great environment for learning!
- **Our instructors.** Many of our friendly and knowledgeable instructors have returned to teach this fall!
- **Our students.** Classes are full of camaraderie that instills a real sense of community and connection!
- **Our class variety.** Even in this small relaunch, we have endeavoured to provide a range of classes:



- **Our cause.** By enrolling in our education courses, you are supporting the work Momiji does providing services & programs for our seniors!





Fall 2024 Course Registration starts at **9am on Wednesday, October 2nd**



Online: To register online, follow [this link](#) to our online form. It will be available starting at 9am on October 2nd.


Call in: To register over the phone, call 416-261-6683, ext. 259 after 9am on October 2nd.

All registering students will initially be put on a Wait List for the class or workshop. The classes/workshops will then be filled on a first come, first served basis. All applicants will be contacted the week of **October 7th - 11th**, whether they have successfully enrolled, or if they remain on a Wait List. All courses and workshops are subject to minimum and maximum enrollment.


Payment: After enrolment confirmation, payment can be made via e-transfer, or on the first day of class with cash or cheque. Please arrive early to pay.

Refund Policy: Once a course or workshop has begun, payments made for the course or workshop will be non-refundable and non-transferable.


Cancellation Policy: On occasion, classes may have to be cancelled due to circumstances beyond our control. Although every effort will be made to reschedule them, it may not always be possible to do so.



Mondays
10 am – 12 noon




8 classes:
October 21 to
December 9



Adults: \$130
Seniors: \$125

WATERCOLOUR PAINTING with Hi-Sook Barker

This course is designed for students of all levels. Learn how to paint loose, light, transparent, beautiful watercolours with an experienced teacher. Traditional watercolour technique will be introduced and taught with impressionist style from the basics. List of required materials to be provided by instructor.



Tuesdays
11 am - 11:45 am



8 classes:
October 22 to
December 10




Adults: \$100
Seniors: \$90

TOTAL BODY with Lynda Kirow




Looking to have a total body workout? This is your class! This strength conditioning class is a total body workout that will target all major muscle groups. Suitable for all ages.




 Wednesdays
10:30 am -
11:30 am

 8 classes:
October 23 to
December 11

 Adults: \$110
Seniors: \$100

YOGA BE SEATED with Anita Thachuk

This class is designed for people who would like to participate in yoga but would have difficulty doing the mat work. Chairs are used to modify postures and for balance enabling participants to practice safely. Now you can get the benefits of yoga while using a chair.


 Wednesdays
3 pm – 3:45 pm


 8 classes:
October 23 to
December 11


 Adults: \$70
Seniors: \$60
+trial the first class
for only \$5!

MIND & BODY YOGA with Tokiko Lepik

Meditation is the quieting of the mind in an attempt to relax one's thoughts and body. The goal is to become more aware of what is happening inside the mind, body, and surrounding environment. In addition to meditation, part of the class will involve mat yoga. This class will help you get into the habit of positive thinking. Bring your own mat.

 Wednesdays
6:30 pm - 8 pm


 8 classes:
October 23 to
December 11

 Adults: \$90
Seniors: \$80
+ \$5 material fee



JAPANESE BASICS with Noriko Furuya

For absolute beginners. Become acquainted with the Japanese language by developing listening, speaking and reading skills. Participants will increase their understanding of cultural context as they practice basic and useful daily expressions.

 Thursdays
11:30 am -
12:30 pm

 7 classes:
October 31 to
December 12

 Adults: \$95
Seniors: \$85

FITNESS FOR ZOOMERS with Lauren Singleton

A FUNctional workout, including low-impact cardio, resistance and body weight training for strength, core stability and balance, and some great stretch/release work. Modifications will be offered. Join us for this light-hearted, fun and safe workout. Beginners welcome. Please bring a resistance/dyna band if you have one.





HALLOWEEN ORIGAMI WORKSHOP

with Mika Fukuma



Saturday, October 26th



10 am - 11:30 am



Registration Fee: \$20
Material Fee: \$5

This Halloween surprise your friends and family by creating some origami decorations of ghosts and pumpkins at this easy origami workshop. Suitable for anyone who is a beginner including children above 6 years old (accompanied by a parent or guardian). All supplies will be provided.

FOLDED PAPER KIMONO DOLL CARDS

with Irene Sakata



Saturday, November 2nd



10 am - 12:30 pm



Registration Fee: \$35
Material Fee: \$28

Paper making and craft is an ancient Japanese art form still enjoying worldwide popularity. In this workshop participants will make 2 different patterns from prepared kits in a variety of colours and patterns. Kits made by the instructor will include all materials needed to complete each card: instructions, templates, papers, embellishments, card and envelope. Participants will make three cards in total: one of each pattern and a third of their choice. All necessary tools and tape will be provided.

HOLIDAY COOKIES WORKSHOP

with Irene Sakata



Sunday, December 8th



10 am - 12:30 pm



Registration Fee: \$35
Material Fee: \$28

Participants will prepare three types of cookies, each yielding at least two dozen cookies per recipe. After the recipes are demonstrated, participants will prepare the dough for baking at home. This dough can also be frozen for future use. Butter is used for each recipe but shortening can be substituted. Participants' preference for butter or shortening will be confirmed after registration. All ingredients, recipes, and instructions are provided. Participants are asked to bring equipment from home. The list will be provided at registration. Some extra equipment will be available for use in class. Types of Cookies: Demerara Sugar Shortbread, Cherry Bars, Sheila Irving Shortbread.