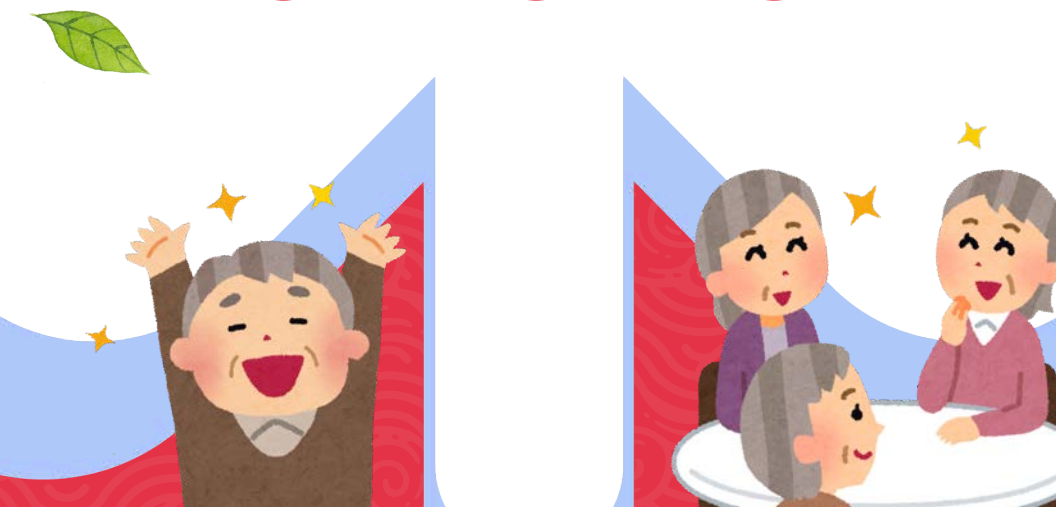




Momiji Health Care Society

SUMMER 2026 COURSE GUIDE

MOMIJI EDUCATION





MOMIJI EDUCATION

SUMMER 2026



Momiji Education's Summer Session will run July to August with plenty of returning favourites. Keep your mind and body active with our exciting selection of weekly classes and workshops!



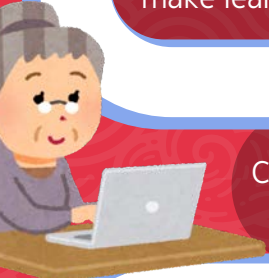
WHY MOMIJI?

OUR FACILITIES

The Frank H. Hori Community Centre is an inviting, beautiful space, and a great environment for learning!

OUR INSTRUCTORS

Our instructors are knowledgeable, friendly, and make learning fun and engaging!



OUR STUDENTS

Classes are full of camaraderie that instills a real sense of community and connection!

OUR VARIETY

We only have a small number of courses, but we have endeavoured to provide a good range:



Art & Creativity



Exercise & Wellness



Japanese culture

OUR CAUSE

By enrolling in our courses, you are supporting Momiji in providing services & programs for our seniors!

HOW TO REGISTER

Summer 2026 Course Registration starts at 9am on July 13th!



ONLINE

To register online, follow [this link](#) to our online form. It will be available at 9am on Monday, July 13th.



CALL IN

To register over the phone, call 416-261-6683, ext. 259 after 9 am on July 13th.



ENROLMENT CONFIRMATION

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 registering students will be contacted within 5 business days of their registration, and informed whether they have been 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, credit card, or cheque. Please arrive early to pay. Do not pay prior to enrolment confirmation.

REFUND POLICY

Once a course or workshop has begun, payments made for the course or workshop will be non-refundable. There will be no discount for partial attendance.

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.

Please note: A course will be cancelled if the minimum participant number has not been reached one week prior to the workshop or first class.



WORKSHOPS

CREATIVE ESCAPE with Mina Daya



Saturday, August 1
10:30 am - 12:30 pm



Registration Fee: \$40
(Material fee included)



Explore creativity in a fun and relaxed setting while learning acrylic painting techniques such as colour mixing, brushwork and layering. Suitable for all skill levels with guided instruction. All art materials are provided.

SUMMER THEMED ORIGAMI with Mika Fukuma



Saturday, August 15
10 am - 12:30 pm



Registration Fee: \$25
Material Fee: \$10

Beat the summer heat by joining our origami workshop where we will make summer items such as morning glories, koi, and watermelon. These will then become part of an origami water-themed blue wreath. It will be a perfect accent on your front door or even be a nice gift. Open to those of all ages including seniors. Some origami experience is recommended but beginners are also welcome. Children 8 and up must be accompanied by an adult. Come experience the magic of origami.

ACRYLIC PAINTING with Caprice Lai



Saturday, August 22
11 am - 1:30 pm



Registration Fee: \$45
Material Fee: \$18



In this acrylic painting workshop, we will use this tender and captivating artwork as our inspiration, learning how to paint with impressionistic brushstrokes. The course covers colour composition and the expression of human posture and movement. Suitable for both beginners and those looking to refine their skills, you will leave with a warm and heartfelt painting that is truly your own.





WATERCOLOUR BOUQUET WORKSHOP

with Margaret Buckworth



Saturday, August 29
10 am - 12 pm



Registration Fee: \$35
Material Fee: \$10

Create a floral bouquet with watercolour paints and markers. If you haven't tried watercolour painting before, this is an easy way to begin! Also fun for experienced painters. Margaret will guide you on how to draw and paint flowers.



WEEKLY CLASSES

PEN AND INK EXPERIENCE

with Mina Daya



5 Classes
July 28 to August 25



Tuesdays,
10:30am - 12:30pm



Adults: \$65
Seniors: \$60

Discover the dynamic art of combining pen and ink drawing on watercolour paper. Create art projects that beautifully capture the essence of landscapes, florals, figures and wildlife. You will also learn to mount watercolour paper on wood panels, eliminating the traditional framing and glass. It may become your favourite tools to record the beautiful images. Reference and all art supplies will be provided by the Instructor. Suitable for absolute beginners.



WEEKLY CLASSES



CHAIR YOGA with Lauren Singleton



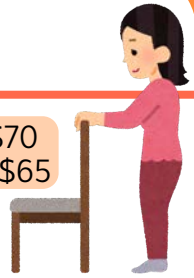
Wednesdays
10:30 am – 11:30 am



5 Classes
July 29 to August 26



Adults: \$70
Seniors: \$65



This seated/standing class includes both guided meditation and safe movement practices with an experienced teacher. The movement portion is focused on gentle exercises, including stretching, with consideration of individual needs and health issues. Good for everyone.



TOTAL BODY with Lynda Kirow



Total Body 1
Tuesdays, 11 am – 11:45 am



5 classes:
July 28 to August 25



Adults: \$70
Seniors: \$65



Total Body 2
Fridays, 11 am – 11:45 am



5 classes:
July 31 to August 28



Adults: \$70
Seniors: \$65

Looking for 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.



FITNESS FOR ZOOMERS with Lauren Singleton



5 Classes
July 29 to August 26



Wednesdays
9:15am to 10:15am



Adults: \$70
Seniors: \$65



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.

BECOME A MEMBER

Become a Momiji Member today and help Momiji continue its work supporting seniors! While you do not have to be a Momiji Member to register for our Education Workshops and Classes, there are lots of benefits to paying the yearly membership fee.

For Education participants: all Momiji Members with an active membership get **10% off Registration Fees** for all 8-week Momiji Education Classes (excludes workshops).

Other benefits include:

- Momiji Cafe coupon for one free coffee or tea and a baked good
- Maru Sun Restaurant coupon for \$10 off (or \$15 off for Couple Memberships!)
- Invitation to an Annual Member's Day at Momiji
- Discounts on select ticketed Momiji events
- Early access to select Momiji events



Annual Fee:

- \$50 for an Individual Membership
- \$80 for a Couples Membership (must live at the same address)

How to Register:

Pick up a Membership Brochure and fill out the Registration Form or visit our Online Registration Form on our website under the “Become a Member” page.

For more information contact membership@momiji.on.ca or call 416.261.6683, ext 259.

COMMUNITY EVENTS

Don't be a stranger! Momiji has special events every month, as well as regular programs—and they aren't just for the tenants living in our Senior's Residence. We are always eager to welcome community too! To keep up-to-date on events, check out Momiji's website, or find us on Facebook or Instagram!

Birthday Bash

Every month, our Senior's Active Living Centre (SALC) holds an event called **Lug-a-Mug**, where we celebrate the birthdays that month! There is always tea, coffee, cake, and entertainment for everyone. There is a small entry fee.



WHERE TO FIND US

Mailing List

Want to receive future Education Course Guides and other Momiji updates by email?

Send an email to education@momiji.on.ca asking to be added to the mailing list!

Just regular monthly updates—no spam—and you can unsubscribe anytime.

www.momiji.on.ca

Momiji Health Care Society

[@momijihealthcaresociety](https://www.instagram.com/momijihealthcaresociety)

info@momiji.on.ca

416-261-6683



Momiji Education Inquiries

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