



CENTRAL EGLINTON COMMUNITY CENTRE

160 Eglinton Avenue East, Toronto, Ontario M4P 3B5

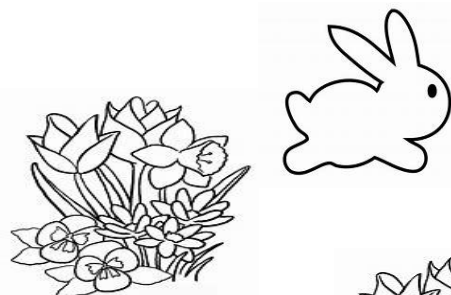
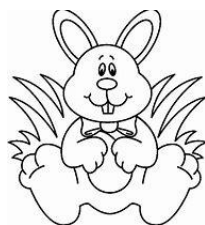
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SPRING 2020 NEWSLETTER

IN THIS ISSUE

- ☼ Free Income Tax Clinic2
- ☼ Volunteer Opportunities.....3
- ☼ March Break Camp & Summer Day Camp.....4
- ☼ Children's Programs and Registration
 - Children's Programs.....5-6
 - Drop-In Hours.....7
 - Toy Library Hours.....7
- ☼ Parent /Caregiver Info Sess.....8
- ☼ Other Services.....11
- ☼ Community Programs (Adults 18+)
 - Yoga, Zumba.....12-13
- ☼ Older Adult/50+ Program.....14-15



HOLIDAY CLOSURES

Central Eglinton Community Centre

will be closed to the public on:

Good Friday – April 10

Easter Monday – April 13

Victoria Day – May 18

CENTRE HOURS

Monday through Thursday

9:00 a.m. – 9:30 p.m.

Friday 9:00 a.m. – 4:00 p.m.

Saturday 10:00 a.m. – 4:30 p.m.

The Centre closes over the lunch hour

12:30 – 1:00 p.m. on Saturdays.



This project is funded by the Government of Canada.



FROM THE EXECUTIVE DIRECTOR...

Welcome to Spring! I hope that all of you are having fun at CECC while participating in our programs, services, information sessions or workshops that you are enrolled in. We would like to welcome to our team Lenard See, Program Manager, and all of our new staff, Sony, Elisha, Claudia, Justin and Camille. Our newest team members are working in our Kidz Club Program and our After School Program. We are impressed with their energy, enthusiasm and compassion that they bring to our team. Our community will also not only benefit from their presence! This past winter we had our Holiday Gift Fair and I would like to thank the community for coming out to support our Fair. We had a good turnout. I would like to thank the vendor's (including our 50+ program participants) who brought their unique gifts for all of us to purchase. Our chefs who made the Snowflake Cafe a huge success, our bakers for all of the yummy baked goods, our CECC team for all of their hard work that they did behind the scenes and during the day of the Fair, and, of course, to our great number of volunteers who took the time out of their busy schedules to make the Holiday Gift Fair a great success! This includes the many student volunteers we had who helped set up for the Fair; our future could not look any brighter! Friendly reminders....Our Free Income Tax Clinic will be up and running from March 2nd until April 24, 2020. If you need assistance in having your 2019 income tax return prepared for free, you will need to call ahead to book an appointment (certain income guidelines apply). This year we are offering over 950 individual appointments for individuals. To date, we have already booked over 350 appointments and we still have a lot of appointment times available. Last year we assisted over more than 850 individuals with helping them to file their taxes! The individuals who we assisted, close to 50% of them were 65 years of age or older.

Please register today as space is limited for our March Break Camp which runs from March 16 – 20, 2020. Summer is not too far away, so now is the time to register your child(ren) for Camp Pal-O-Mine Summer Day Camp which runs from June 29, 2020 – September 4, 2020. Last year, 98% of our spots were filled with children between the ages of 4 to 12 with our 4 to 5 year old group having the most children throughout the summer. For more information on any of the above, please read through our Spring Newsletter.

This year we will be hosting another Seniors Information and Active Living Fair; Healthy Brain, Happy Life on Tuesday, March 31, 2020 from 9:30am – 3:30pm. There will be FREE Seminars such as Memory & Aging, Fatigue Management and Fall Prevention. There will be a free lunch provided and a free trade show. We are at capacity for vendors in attendance. Our Fair is sponsored by the Ontario Government – the Ministry for Seniors and Accessibility and in partnership with The Older Adults Centres' Association of Ontario. We hope to see you there!

Rejuvenate yourself with the abundance of programs, workshops, outings and events at CECC; you and your family will feel reenergized as we move into Spring! Please remember, it is a great time to be a member of CECC as your membership entitles you to discounts on program fees and workshops! For a comprehensive list and description of our entire, great Infant, Toddler, Pre-School, Drop-in, School Aged, Adults 18+ and Older Adult 50+ programs and workshops/information sessions, please take the time to read

through our Newsletter. You can also visit our website, daily or weekly, to be in touch with your Central Eglinton Community Centre.

I would like to thank you all and please enjoy your Spring at CECC!

John Carey
Executive Director



FREE INCOME CLINIC

Monday, March 2 – April 24

Our trained volunteers want to help you!

Central Eglinton Community Centre offers a Free Income Tax Clinic* from Monday, March 2 to Friday, April 24. We start booking appointments on Tuesday, February 18. Please phone 416-392-0511, ext. 0 to book your appointment. Daytime, evening and Saturday appointments are available. CECC's Income Tax Clinic will prepare tax returns either on paper or for e-filing.

To access the Income Tax Clinic at CECC, you must have an appointment (no walk-ins).

*Certain income guidelines apply. The CECC Income Tax Clinic cannot prepare income tax returns for: businesses, death returns, bankruptcy/post bankruptcy returns, or returns involving capital gains or rental property; or returns from any tax year other than 2019.

Please phone 416-392-0511, ext. 0 for more information.



TORONTO CHALLENGE:

SUNDAY, JUNE 14, 2020

A city-wide fundraising event for programs for seniors & older adults

The Toronto Challenge is a 5K run/walk (plus a 1K "fun walk") which CECC has participated in for over 20 years. CECC raises funds through the runners/walkers collecting pledges (donations).

The Challenge is organized by the City of Toronto Long-Term Care Homes & Services and utilized by many agencies like CECC to raise funds and awareness. You can learn more by visiting www.toronto.ca/challenge

The Challenge starts at 9:30 a.m. on **Sunday, June 14**.

If you are keen to run or walk with the CECC team, please contact Lenard at (416) 392-0511, ext 225 or email LSee@centraleglinton.com by May 22, 2020.

All participants receive a CECC-logo bucket hat (while supplies last).

CECC issues charitable tax receipts for all donations of \$10.00 or more. Just speak to front desk staff and they will be happy to assist you with your pledge/donation.

Pop/Juice/Snacks FOR SALE at CECC! Only \$1.00!

Thirsty? Tired of paying for over-priced pop? Just step right up to the CECC fridge and make your selection from a variety of pop, juices, water or snacks. The price can't be beat! Please pay at the front reception desk.

Volunteer Opportunities at CECC*

FITNESS ASSISTANT (50+ PROGRAM)

We have a position available for a Fitness Assistant in the 50+ Stretch & Breathe (chair exercise) program for Wednesday or Friday mornings from 10:00 to 11:30 am. The volunteer participates in the exercise while monitoring the health and well being of the members. The volunteer would then go to YouTube and play the meditation segment for the participants. Someone who has experience both in exercise and meditation would be an asset. If you have knowledge in working a smart television and DVD would be helpful however training is provided.

TOY LENDING LIBRARY ASSISTANTS (FAMILY RESOURCE PROGRAM)

Would you like to share your “people” and organizational skills as a Toy Library Assistant at Central Eglinton Community Centre? This flexible volunteer position involves assisting parents/caregivers with borrowing and returning toys; keeping toys and books organized; sorting clothing for the Children’s Clothing Closet (clothing exchange); sorting donations to the Toy Library. We have a Friday morning shift available.

FUNDRAISING COMMITTEE

Please consider joining the Fundraising Committee if you are interested in making a difference in your community and contributing to CECC. Committee members discuss which events are running well, and what new events can be created. The Committee meets once a month, on a weekday evening at the Centre, and participates in all CECC special events. Join our team!

MONITOR CECC’s DROP IN COMPUTER LAB

- Volunteer one afternoon per week (Mon-Thurs. 12:30 pm - 4:30 pm)
- Help people with basic computer needs
- Check your email, do your own on-line research at the same time
- Please note: this is not a tutoring or IT position

EVENT HELPERS

We need strong backs and helping hands to help set up and take down for CECC’s community events throughout the year (craft markets, program events, annual general meeting, the auction, and more). If you enjoy physical activity, working as part of a team, and creating a welcoming environment for the community, this is the volunteer position for you. You must be able to lift tables and chairs, and go up and down stairs carrying equipment and supplies. This is a great opportunity for someone who lives in the area and has a flexible schedule.

Please phone Lenard See, CECC’s Program Manager @ 416-392-0511, ext 225, or email LSee@centraleglinton.com

*CECC does not participate in Ontario Works (work fare) or any similar program



NOTICE OF CECC’s



Tuesday, June 23, 2020, 6:30 p.m.

CECC Members and Volunteers are invited to our **Annual General Meeting** on Tuesday, June 23, 2020, at 6:30 p.m., to be followed by CECC’s **Volunteer Appreciation Event** from 7:00 to 9:00 p.m. Enjoy entertainment and refreshments as we celebrate the contributions of all our CECC volunteers. **Please RSVP to Reception @ 416 392 0511, ext. 0, before June 9th.**

SUSAN KEE AWARD

In honour of our ex-Executive Director, now retired, CECC established an annual award for the person who best embodies the CECC spirit. People can only be nominated once. If there is any member of the CECC community that you feel deserves recognition please fill out a nomination form at the front desk. The award will be presented at our AGM and Volunteer Appreciation Event in June.



DONATIONS TO CECC

Central Eglinton Community Centre is a registered non-profit charitable organization (Registration # 11884 3093 RR0001) and thus can issue charitable tax receipts for donations of \$10.00 or more.

- Please consider giving to CECC to mark a special occasion, a holiday, or to honour someone on their birthday with a donation in their name.
- Please consider making CECC your United Way Campaign designation. The Centre regularly receives small but significant funds through the United Way from generous folks who made CECC their charity of choice.

Please consider planned giving. Several long-time members of CECC have made bequests to the Centre in their wills. We are grateful for this support, which is crucial to enhancing our programs. If you are considering planned giving, please discuss it with your family, financial advisor and your lawyer.

“Donate NOW” Button on CECC Website

For your convenience, you can go to the CECC website, www.centraleglinton.com, and make your donation through the “Donate NOW” button, which will take you to the Canada Helps website. This is a fast, easy, secure way to donate (and can even be done anonymously if you prefer). CECC is grateful for all donations and all community support.

SCHOOL AGE PROGRAMS

MARCH BREAK CAMP

Monday – Friday, March 16-20, 2020

CECC offers a March Break camp for children ages 5 – 12, full of games, arts & crafts, music, sports, creativity, friends and fun!

Previous campers enjoyed a “scientific” visit from Mad Science, and Animal Ambassadors, visited Ripley’s Aquarium, plus enjoyed an outing to Wanda’s Creative Clay.

Cost of CECC March Break Camp:

Core hours: 10:00 a.m. to 4:00 p.m.: cost \$180.00 per week, includes all activity fees and healthy afternoon snack.

Your family must have a Family Camp Membership with CECC to enrol in March Break Camp: Family Camp Membership fee is \$45.00 per year.

March Break Camp offers extended hours:

Morning: 8:30 a.m. to 10:00 a.m., \$15.00 per week.

Afternoon: 4:00 p.m. to 5:30 p.m., \$15.00 per week.

For both morning and afternoon extended hours, \$30.00 per week.

Phone Lenard at 416 392 0511 ext 225 or email

LSee@centraleglinton.com for more information or to request a registration form.

Space is limited – first come, first served.

Unfortunately there is no fee subsidy available for March Break Camp.

THE PAL-O-MINE CLUB

After-school Program

Mondays, Tuesdays, Wednesdays, and Thursdays
from 3:30 p.m. to 6:00 p.m.

NOW through Thursday, June 25, 2020 (last day of school)

A structured yet flexible schedule of play, homework help, club activities* and healthy snack, for children in grades 1 – 6, four afternoons per week during the school year. (*Club activities include cooking, art, arts & crafts, games, music, special events and more).

CECC staff meet the children at school at dismissal time and accompany them to the Community Centre. **There is currently space available for students from Eglinton Junior Public School and John Fisher Junior Public School.**

Please phone Lenard at 416-392-0511, ext. 225 for registration information (not a lottery process).

Cost: \$13.00 per afternoon, or \$50.00 per week for all 4 afternoons.

(Please note, there is no program on Fridays, PA days or school holidays.)

CECC family membership is appreciated but not required.

Funded in part by City of Toronto Community Service Partnerships Program

CAMP PAL-O-MINE

SUMMER
CAMP

A day camp for children ages 4 – 12 years

Monday, June 29 – Friday, September 4,

(No camp on Wednesday, July 1 for Canada Day and Monday, August 3 for Simcoe Day)

Camp Pal-O-Mine = friends, fun and fabulous day trips!

At Camp Pal-O-Mine, children

- **Make new friends**
- **Have fun every day with games, arts & crafts, sports, swimming and more**
- **Go on trips to fabulous places around the**



City: Candy land Indoor Play Centre, Bluffer’s Beach, Laser Quest, Ontario Science Centre, ROM, Wanda’s Creative Clay, Ripley’s Aquarium, Kidsports...& more!

Weekly registration periods:

Camp core hours: 10:00 a.m. to 4:00 p.m.: cost \$175.00 per week, includes all admission and activity fees, rented bus costs, camp ball cap, and healthy afternoon snack. Your family must have a Family Camp Membership with CECC to enrol in summer camp: Family Camp Membership fee is \$45.00 per year.

Camp Pal-O-Mine offers extended hours:

Morning: 8:00 a.m. to 10:00 a.m., \$20.00 per week.

Afternoon: 4:00 p.m. to 6:00 p.m., \$20.00 per week.

Both morning and afternoon extended hours, \$40.00 per week.

Phone Lenard at 416 392 0511 ext 225 or email

LSee@centraleglinton.com for more information or to request a registration form.

Registration is on a first-come, first-served basis (not a lottery).

Limited subsidies are available. Please phone Lenard at 416 392 0511, ext 225 or email

LSee@centraleglinton.com for more information.

Camp Pal-O-Mine Summer Day Camp is funded in part by the Government of Canada, City of Toronto Children’s Services and the Toronto Star Fresh Air Fund.

RECEIPTS

CECC issues charitable tax receipts for all donations over \$10.00. However, when enrolling for programs such as children’s programs, after-school program, March break camp and summer day camp, please retain the fee receipt that is issued upon registration and payment. CECC does not issue separate receipts for income tax purposes for registration fees.

PARENT/CAREGIVER RESOURCE CENTRE CHILDREN'S PROGRAMS

Unless otherwise noted, all programs begin the week of April 6, 2020. Current CECC Family membership (expiry date – June 2020 or later) is required for registration in all children's programs (with the exception of Drop-Ins). Two unrelated children attending programs with one caregiver will be charged separately. **Please note**, the fees listed for each class are PER CHILD. Siblings attending the same class must adhere to the age requirements listed for each class and will be charged separately. **Please see the program registration procedure for Spring programs below.**

REGISTRATION PROCEDURE FOR CHILDREN'S PROGRAMS SPRING 2020

Fill out one registration form and one program choice form per child.

Drop off the forms in the ballot box no later than Saturday, March 14, 2020 at 4:30 p.m. at CECC.

Registration forms will be **picked at random** by staff until each class is full. (This is a lottery process).

Parents will be notified by telephone by March 19 – 21, 2020

Full payment is due on or before Friday, April 3, 2020 in order to confirm your child's spot in the class.



PLEASE NOTE RECEIPTS:

When enrolling for children's programs, after-school program, March break camp and summer day camp, **please retain the fee receipt that is issued upon registration and payment.** CECC does NOT issue separate receipts for income tax purposes for program registration fees.

INFANT PROGRAMS

Children must be accompanied by parent/caregiver

WEEHANDS SIGNING BABIES

Ages Newborn - 12 months

Have you ever wondered what your baby was trying to say? By learning to sign with your baby you might find out! Babies can learn to use sign well before they can speak as the coordination of their hands develops earlier than that of their mouth. Research shows that babies who learn sign language have superior language and literacy skills as well as reduced frustration and temper tantrums. In the Weehands course, you will learn everyday signs and songs through fun and motivating language-based activities.

Sharon Weisz is a Speech-Language Pathologist who runs a practice called "Toronto Speech Therapy". She received her Masters in Clinical Science in 2005 from the University of Western Ontario. Sharon has always been fascinated by sign language and studied American Sign Language for 2 years at York University.

Day: Thursdays

Time: 11:15 a.m. - 12:00 noon (45 min's.)

Date: April 9 – April 30 (4 classes)

Cost: \$85.00



INFANT MASSAGE

Ages 8 weeks – 12 months

Touch is your baby's first language. Through touch and massage, you can communicate with your baby and help relieve baby's stress through relaxation. Based on the International Association of Infant Massage, this 5-week program will provide you with hands-on practice using infant massage techniques in a comfortable environment. Please bring a towel, instructor will provide massage oil.

Jackie Coulter, (Coulter Clinic) is a registered massage therapist and has lived and practiced in North Toronto for over 20 years.

Day: Thursdays

Time: 11:00 a.m. – 12:00 noon

Dates May 7 – June 4 (5 classes)

Cost: \$60.00 (Manual/materials to be purchased through the instructor for \$15.00)

123 BABY YOGA

Ages Newborn – 12 months

123 Baby Yoga is designed for mom/caregivers with their babies, 12 months and younger. Classes incorporate the little one into the practice, either using yoga poses to keep the babies entertained, or holding the babies as part of the pose itself. Come move and relax! It's a great way to strengthen your bond with your baby.

Mai Meret is the Director of 123 Kids Yoga and an ECE. She has 20 years of experience teaching children in various schools and child care centres. Mai completed her yoga training and is a registered Adult and Child Yoga teacher.

Day: Mondays

Time: 11:00 a.m. – 11:45 a.m.

Dates: April 6 – June 1

(7 classes, no class April 13 & May 18)

Cost: \$84.00

BABY GYM TIME

Ages 6 months - 18 months

Bring your little one to move, learn and play together in a safe, fun and supportive environment. Gym/sensory equipment is specialized for babies and their exploration through play. The program includes open gross motor play, sensory play and a circle ending the class.

Day: Mondays

Time: 10:00 a.m. – 11:00 a.m.

Dates April 20 – June 1 (6 classes no class May 18)

Cost: \$72.00



STROLLER PARKING/CHILD MONITORING

Due to fire and safety regulations, all strollers/carriages must be parked in the **designated area only** in the lobby, giving free and unobstructed access to ramps and stairwells.

No child, sleeping or awake, may be left unattended in the Centre.

Staff cannot assume responsibility for monitoring or supervising any child.



TODDLER PROGRAMS

Children must be accompanied by parent/caregiver

TODDLER MUSIC & GYM!

Ages 15 months – 2 years

Join your toddler in a structured music circle learning new songs and finger play, using musical instruments, a parachute & more! A gym time with balls, climber, riding toys, tunnels, & active play will end each class.

Day: Tuesdays

Time: 10:00 - 11:00 a.m.

Dates: April 7 – June 2 (9 classes)

Cost: \$90.00



MESSY HANDS FOR TODDLERS

Ages 2 – 3 years

Watch your toddler develop and learn in the way they know best! Your toddler will experience something new every class with an amazing variety of sensory fun, including sounds, textures, smells, sights, music and singing! Get ready to get messy! Smocks provided.

Day: Wednesdays

Time: 10:00 – 11:00 a.m.

Date: April 22 – May 27 (6 classes)

Cost: \$72.00



TODDLER BALLET

Ages 2 years

At this stage, children will learn through creative play and movement games. Focus is on teaching musicality, following simple instructions and fine motor skill development with a large dose of fun! It is important to let children express their natural tendency to perform and move and our philosophy is not to suppress that! Children will be encouraged to move and develop their love for movement all while being gradually introduced to a structured dance class format.

Tandem Studios have teachers and instructors that are all highly qualified (R.A.D., I.D.T.A, Graduates of Ryerson, Sheridan and UofT dance programs etc.) and are certified in various dance syllabi. We pride ourselves on having instructors that all have a variety of experience and truly enjoy teaching young ones the joy of dance.

Day: Wednesdays

Time: 2:30 – 3:00 p.m.

Dates: April 15 – June 3 (8 classes)

Cost: \$80.00



KINDERMUSIC FOR TODDLERS

Ages 2 – 3 years

Come join us for the younger version of Kindermusic. This class introduces young children to some of the basic elements of music, rhythm, pitch-matching and dynamics through singing, movement, percussion and storytelling in a joyful but organized setting.

Marcia Acker is an experienced musician/teacher who has studied Orff pedagogy at the Royal Conservatory of Music. Her background includes teaching art, music and drama to children.

Day: Fridays

Time: 9:30 - 10:15 a.m.

Dates: April 17 – June 5 (8 classes)

Cost: \$96.00

123 KIDS YOGA

Ages 2 – 3½ years

Come and learn yoga poses together through storytelling adventures to the beach, park and more. Classes will include practicing yoga poses, being mindful of breathing, focusing, relaxing. IT'S ALL FUN!!

Mai Meret is the Director of 123 Kids Yoga and an ECE. She has 20 years of experience teaching children in various schools and child care centres. Mai has completed her yoga training and is a registered Adult and Child Yoga teacher.

Day: Mondays

Time: 10:00 - 10:45 a.m.

Dates: April 6 – June 1

(7 classes, no class April 13 & May 18)

Cost: \$98.00



PRE-SCHOOL PROGRAMS

Designed for children to participate on their own
Parents/Caregivers must stay in the Community Centre

KIDZ CLUB

Ages 2 ½ - 5 years (this is a drop-off program)

Parents must stay in the community centre.

Kidz Club is a structured program designed for children to experience a social group setting on their own, to encourage independence and foster social skills. Activities include arts and crafts, music, stories, science, dramatic play and gross motor play, as well as snack and special events. The philosophy of this program is that children learn through play.

You may choose up to 4 mornings per week.

Days/Dates: Mondays, Tuesdays, Wednesdays and Thursdays, April 6 - June 4 (9 weeks)

Time: 9:30 – 11:30 a.m.

Days/Dates/Cost:

Mondays, April 6 - June 1: \$98.00 (7 classes, no class April 13 & May 18)

Tuesdays, April 7 – June 2: \$126.00 (9classes)

Wednesdays, April 8 – June 3: \$126.00 (9 classes)

Thursdays, April 9 – June 4: \$126.00 (9 classes)

DANCE EXPLORER

Ages 3 – 5 years

This class will expose children to a few different styles of dance including ballet, jazz, hip hop and musical theatre. Children will also have the opportunity to be in a fun dance environment where independence, co-ordination and social skills will be expanded. Not to mention learning some amazing dance moves!

Tandem Studios – see bio under TODDLER BALLET

Day: Wednesdays

Time: 3:30- 4:00 p.m.

Dates: April 15 – June 3 (8 classes)

Cost: \$80.00



PARENT/CAREGIVER RESOURCE CENTRE

EARLY-ON DROP-IN PROGRAMS

(ages newborn – 5 yrs. accompanied by parent/caregiver)

Drop-ins are *FREE* for members and non-members.

These informal and unstructured programs provide parents and caregivers with the opportunity to meet other families in the community. Registration and CECC membership are not required for participation in drop-in programs.

In order to maintain a safe and pleasant environment, CECC reserves the right to limit the number of families in drop-ins to *a maximum of 20 parents/caregivers, first come, first served.*

Parents/caregivers are responsible to assist in clean up. Let's keep your CECC tidy. Thank You!

<u>Mondays</u>	1:30 – 4:30 p.m.
<u>Tuesdays</u>	1:30 – 4:30 p.m. 5:30 – 7:30 p.m.
<u>Wednesdays*</u>	1:30 - 2:30 p.m. BABY TIME 2:30 – 4:30 p.m.
<u>Thursdays</u>	*9:30 -11:30 a.m. Centre Francophone Parents/Bambins 2:30 – 4:30 p.m. 5:30 – 7:30 p.m.
<u>Fridays</u>	9:30 a.m. – 12:00 noon
<u>Saturdays</u>	10:15 a.m. – 12:00 noon

*For French speaking families only

Need to quickly check your e-mail or visit a website? The Toy Library has a computer that you can use while supervising the children in your care. Printing charge is 20 cents per page. Questions? Call Amanda at 416 392-0511, ext. 246.



DUE TO THE GENEROUS SUPPORT OF OUR CURRENT FUNDERS, WE WILL NO LONGER BE ACCEPTING DONATIONS OF GENTLY USED ITEMS.

CECC's TOY LENDING LIBRARY

You must bring your valid Centre membership card each time you attend, and record your membership number on the Drop-in sign-in list.
We will be happy to provide you with an extra membership card if necessary.
Please ask front desk.

Choose from educational toys, books, drama accessories, games, DVD's and resources. Membership is included in your annual CECC family membership.

Parents/Caregivers can:

Borrow toys, books, DVD's, games and resources for two weeks at a time. Get to know other caregivers and children and share experiences. Take a look at our parenting and caregivers' resources.

Toy Library Hours:*

<u>Monday – Thursday</u>	9:00 a.m. – 12:00 noon; 1:00 - 4:30 p.m. & 5:30 - 8:00 p.m.
<u>Friday</u>	9:00 a.m. - 12:00 noon & 1:00 - 3:30 p.m.
<u>Saturday</u>	10:15 a.m. - 12:00 noon & 1:00 - 4:00 p.m.

Please note, the Toy Library is closed over the lunch hour

*The Toy Library will be closed at various times during the Income Tax Clinic (Mar. 2 – Apr. 24)

Toy Library users are responsible for tidying up the library before leaving.

Toy Library members – please note:

- No eating in the Toy Library.
- No diaper changing in the Toy Library. There is a diaper changing table near the washrooms.
- No child can be left unattended in the Toy Library.
- **It is the responsibility of parents and caregivers to supervise their child(ren).**
- Toys will be accepted for returns only during the Toy Library hours.
- Toys returned when the Toy Library is closed remain the responsibility of the member until the Toy Library re-opens.



PARENT INFORMATION SESSION

Please join us for our FREE information sessions; topics with parents, caregivers and children in mind. **Children are welcome at the sessions!** For more information, please contact Amanda at 416-392-0511 ext. 246.

VISIT FROM TORONTO PUBLIC LIBRARY

Presented by Natalie E., Children's Program Librarian

Thursday, April 9th & May 28th @ 4:00 p.m.

Join us at drop-in for a visit from the Toronto Public Library Children's Librarian. Enjoy a 15-minute circle time with songs, finger rhymes, and stories. There will be information about library services and a librarian to answer any questions you might have. There will also be library registration on location. If you are interested in getting a Toronto Public Library Card, please bring address I.D. with you.



DENTAL AND ORAL HEALTH SERVICES

Presented by Qin Zhan, Toronto Public Health

Friday, April 24 @ 10:00 – 11:00 a.m.

We will talk about teething, proper brushing and flossing, cavities, prevention, etc. **Toronto Public Health** will also share resources (free dental care for children and low cost dental care in Toronto) and **dental/oral health information**.

MAKING YOUR OWN BABY FOOD

Presented by Food Share

Friday, May 15 @ 10:00 – 11:00 a.m.

Do you want to make your own baby food but aren't sure how? Join us for this workshop! Babies are welcome to attend.

“ASK THE NURSE” WITH TORONTO PUBLIC HEALTH

Presented by Lorelei Bondoc, Toronto Public Health

Friday, May 29 @ 10:00 – 11:00 a.m. A Toronto Public Health Nurse will be available during Drop In to answer questions about your child's health, nutrition and development.

May 29 – Heat and Sun Safety

FEEDING YOUR TODDLER

Nutrition for Children ages 1 – 3 years

Presented by Food Share

Friday, April 17 @ 10:00 – 11:00 a.m.

Learn more about delicious and healthy food options for your toddler.



TORONTO PUBLIC HEALTH NURSE VISIT AT BABY TIME

Wednesday, May 6 and Wednesday, June 3 @ 1:30 – 2:30 p.m.

We invite you to participate in a number of free-screening to check your child's development milestones and health. *Parents must pre-register for this event (no drop-ins) as there are limited amount of spots available.*

Topic: (Community Resources)

For more information on registration, please contact the Family Resource Centre Coordinator at 416-392-0511 ext. 246 or familyprograms@centralelington.com

SERVICES OFFERED AT CENTRAL EGLINTON COMMUNITY CENTRE

What else do we do here at Central Eglinton Community Centre, beside provide high quality, affordable programs for our community to enjoy? CHECK THESE OUT!

CHILDREN'S CLOTHING CLOSET

Come and browse our selection located in the Toy Library. Take clothes that you need for your child. You may also donate clothes that are clean and in good repair and are no longer needed.

Monday – Thursday **9:00 a.m. – 12:00 noon**
 1:00 p.m. – 4:30 p.m.
 5:30 p.m. – 8:00 p.m.
Friday **9:00 a.m. – 12:00 noon**
 1:00 p.m. – 3:30 p.m.
Saturday **10:15 a.m. – 12:00 noon**
 1:00 p.m. – 4:00 p.m.

CHILDCARE REGISTRY

Babysitters, caregivers, and parents seeking childcare have listed their names in our registry.

To view the binder, please ask at reception during office hours. CECC cannot assume responsibility for screening names in the registry.

CECC'S USED BOOK SALE

In the front lobby of CECC are hundreds of books and magazines, all for sale. Paperbacks are just 50 cents, hardcover books are \$1.00, and magazines are just 25 cents. Sure, the library is free, but if you are going on holiday or just curling up for a quiet evening, spending 50 cents on a book that you don't have to worry about is a great deal! Check out the variety of material. You won't go home empty-handed! Many thanks to all who have donated these items to CECC for this fundraising effort.

"ENGLISH CONVERSATION CIRCLE" ESL SERVICE AT CECC

If you are looking for an informal place to practice English, you are invited to join CECC's free "English Conversation Circle" on the second and fourth Tuesdays of the month. The English Conversation Circle is facilitated by a volunteer. The Circle will begin at 6:30 p.m. and end at 8:00 p.m. Please phone 416-392-0511, ext. 0, or come into the Centre for more information.

HASSLE FREE, FUN FILLED BIRTHDAY PARTIES

Rent a room for your child's party! We have toys galore!

Cost: \$100.00

Available: Saturdays, 1:00 – 4:00 p.m.

Call 416-392-0511, ext. 224 for more details!

Deposits for Birthday party to be made with

Cheque/Visa or MasterCard ONLY (receipts given ONLY for room rental payments, not for deposit)

COMMUNITY BULLETIN BOARD

We have a board just inside the doors of the Community Centre that is loaded with community information. You can find job postings, items for sale, free seminars offered and much, much more. Check it out next time you are in the Centre.

FOOD BANK BOX

Do you have a little extra that you would like to share with your community? Drop off your donations just inside the Community Centre doors. If you are in need, come in and help yourself.



COMPUTER LAB DROP-IN AT CECC

No reservations! No membership fee!

Pay what you can! (Suggested donation: 50 cents)

8 computers with high-speed internet access!

Drop-in hours: Monday through Thursday afternoons, 12:30 – 4:30 p.m.

Cost for printing just 20 cents per page.

Phone 416-392-0511, ext. 0 for more information.

During March & April, space in the computer lab will be limited due to the Income Tax Clinic.

FREE FINANCIAL PLANNING CLINIC

Free financial planning advice is available by appointment at CECC. An Investment Advisor/Chartered Accountant will provide advice on your tax, estate, insurance and investment concerns, RRSP, RRIF and other issues.

Call 416-392-0511, ext. 0 to arrange a 45-minute appointment.



COMPUTER EMPLOYMENT RESOURCE VOLUNTEER

CECC offers a free service in our Computer Lab: Computer Employment Resource Volunteer.

If you are seeking employment and would like some assistance with job searches, research, and resume and cover letter writing, please phone 416-392-0511, ext. 0, and speak with Lenard to make an appointment to meet with our volunteer.

COMMUNITY PROGRAMS FOR ADULTS 18+

Please come into the Centre to register, or phone 416-392-0511, ext. 0 to register by phone.

All Community Programs require a **minimum number of registered/paid participants** in order to run. Courses that do not meet the required minimum number of registered/paid participants will be cancelled.

Please note:

- **Drop-ins are allowed only for Yoga and Zumba classes (and only the first Pilates class on April 7 at a cost of \$15.00 per class and subject to space availability.**
- **Pro-Rating of Program Fees:** Upon written request, and at the discretion of the Executive Director and the course instructor, participants will be allowed to join a course that has already started by registering and paying the pro-rated course fee. **Fees will not be pro-rated for classes missed during the session.**
- **Credit card charges:** The Centre will only accept Visa and MasterCard in payment for fees of \$10.00 or more.
- There are no refunds for withdrawals from Community Programs.

For more information, please phone John at 416-392-0511, ext. 223, or e-mail john@centralelington.com.

DANCE, YOGA AND FITNESS



Get in shape with a party instead of a workout! **You don't have to be a dancer to enjoy a Zumba® class.** Zumba® is a Latin-inspired, dance/fitness class that combines Latin music and dance movements to create an effective fitness system. Zumba® integrates aerobic and resistance training to maximize cardiovascular and muscular benefits. **All students feel great knowing they can just go with the flow and have fun!**

Shelly Findlay is a certified Fitness Instructor Specialist with Can-Fit-Pro and a certified Zumba® Instructor. She has been trained in ballet, jazz, belly dancing and ballroom dance.

NOTE: Participants will be required to complete a health questionnaire (PAR-Q form) for Zumba classes. Admittance to Zumba classes is at the discretion of the instructor. Space is limited.

Drop-in for \$15.00 per class, subject to space availability.

Dates: Wednesdays, April 8 – June 17 (11 classes)

Time: 7:30 – 8:30 p.m. (1 hour class)

Cost: \$121.00

Dates: Thursdays, April 9 – June 18 (11 classes)

Time: 7:30 – 8:30 p.m. (1 hour class)

Cost: \$121.00

HATHA YOGA

Tuesday Lunch-Time

Instructor: Michelle

In this class you will work through a series of postures that strengthen your body and calm your mind. Learn to connect your body with your breath, let go of stress, and breathe deeper. Expect a slow flow where one pose leads to the next - you should leave feeling strong and balanced.

Date: Tuesdays, April 7 – June 16 (11 classes)

Time: 12:00 noon – 1:00 p.m. (1 hour)

Cost: \$121.00

At CECC Yoga and Pilates classes, mats, blocks, bolsters and straps are provided at no extra charge.



YOGA – Restorative

Monday Evening Instructor: Linda

This Restorative Yoga class is an excellent way to start the week. In this class, we focus on gentle movements before practicing stillness and breathing. Using props (straps, blocks and bolsters), we hold poses for extended periods, i.e. five to ten minutes, to open the body and allow a deep release of tension. Suitable for all levels. Ideal for those interested in meditation and health issues, including high blood pressure and anxiety.

Dates: Mondays, April 6 – June 15

(9 classes, no class on April 13 and May 18)

Time: 7:30 – 8:30 p.m. (1 hour)

Cost: \$99.00

(Drop-in classes are \$15.00 each)

TOTAL BODY BOOTCAMP

Total Body Bootcamp uses a variety of fitness modalities (and great music!) to help improve your overall fitness and well-being. A combination of strength, stamina, balance, flexibility and core exercises will be used to give you a full body workout. This class is appropriate to all fitness levels, as the exercises can be modified to each participant's individual needs. Muscle conditioning work can improve your metabolism, increase energy levels, and reduce injury occurrences. This class is right for you if you want to look and feel great, and have fun in the process. No equipment needed. **Please note, this class is registration only, with low numbers to ensure the safety of participants. All participants must complete a health questionnaire. Admittance to the class is subject to instructor approval. Minimum 4 participants to a maximum of 9 participants. No drop-ins.**

Shelly is a Certified Personal Trainer and Fitness Instructor who has been working in the fitness industry for almost ten years. She is passionate about teaching people the correct ways to exercise to ensure safety and effectiveness.

Dates: Tuesdays, April 7 – June 16 (11 classes)

Time: 7:30 – 8:30 p.m.

Cost: \$130.00 – with a one-time \$6.00 (cash) materials fee payable to the instructor at the first class. 3rd Floor

Dates: Saturdays, April 11 – June 20 (11 classes)

Time: 10:15 – 11:00 a.m. (45 minute class)

Cost: \$121.00 – with a one-time \$6.00 (cash) materials fee payable to the instructor at the first class.

COMMUNITY PROGRAMS FOR ADULTS 18+ DANCE, YOGA and FITNESS

PILATES WITH STABILITY TOOLS

Tuesday after work

Instructor: Mary

This is an Intermediate to Advanced Pilates class for people who have been doing Pilates consistently for at least two years. Pilates with Stability Tools uses the large Stability Ball, the Stability Foam Roller, as well as small weights and bands to strengthen your whole body and tone your abs. This class will focus on the five principles of Pilates in order to work you hard – but keep you safe.

If you are strong and experienced Pilates client who wants a challenge, then this class is suitable for you!

Please note: NO DROP-INS after the first class.

Dates: Tuesdays, April 7– June 16 (11 classes)

Time: 6:30 – 7:30 p.m. (1 hour)

Cost: \$121.00

Mary is a certified Pilates Instructor who started her Pilates journey in 1998 as a private client in a Pilates studio. She loved Pilates so much that she decided to make it into a career and started teaching in 1999. She also teaches Osteo Pilates, Baby & Mom Pilates and Osteo Fit.

LIGHT FLOW YOGA

Saturday mornings

This Yoga Fitness class is based on the ancient science of Hatha Yoga; it blends balance, strength, flexibility and power in a fitness format. The yoga fitness style reduces the risk of injury and augments recovery for ailments including stress, lower back pain and tension. This Yoga Fitness class overcomes the mystery of yoga by delivering a practical, user-friendly style, which is accessible, understandable, and do-able by individuals at any level of fitness. It is Yoga for everybody and everybody.

Date: Saturdays, April 11 – June 20 (11 classes)

Time: 11:15 a.m. – 12:15 p.m.

Cost: \$121.00 Drop-in to a class for \$15.00

THE FUNDAMENTALS OF BELLY DANCE

If you are keen to increase your flexibility and improve your posture – and have fun doing it! – why not learn the fundamentals of belly dancing? Belly Dance is an ancient art form set to music that has relevance today as an integral part of any fitness program.

Since this is a progressive learning experience, drop-in classes are not an option.

Dates: Mondays, April 6 – June 15

(9 classes, no class April 13 and May 18)

Time: 5:30 – 6:15 p.m. (45 minute class)

Cost: \$70.00

BELLY DANCING: INTERMEDIATE/ADVANCED

These classes will continue your instruction in Egyptian Belly Dance. Classes are limited to 12 participants. Intermediate/advanced level students from other programs are welcome. *Since this is a progressive learning experience, drop-in classes are not an option.*

Date: Mondays, April 6 – June 15

(9 classes, no class April 13 and May 18)

Time: 6:25 – 7:25 p.m. (1-hour class)

Cost: \$80.00

*Belly Dancing courses are taught by Fayrouza (Jackie Coulter), who studies with one of the foremost performers and teachers of Egyptian Belly Dance in Toronto, **Badia Star**. Jackie Coulter (Coulter Clinic) is a registered massage therapist and has lived and practised in North Toronto for over 20 years.*

TAI-CHI (Yang style)

Tai Chi is more than a slow-moving exercise performed by people in parks in the early morning. It is an art which is beneficial in many ways: it can provide release from stress, create greater agility, improve balance, increase co-ordination, be used for self-defense, and more. Come

explore the potentials of this ancient but still relevant art.

Date: Wednesdays, April 8 – June 17 (11 classes)

Time: 6:25 – 7:25 p.m.

Cost: \$83.00 Drop-in cost per class, \$15.00



TAI-CHI Yang Style - Intermediate

Since this is a progressive learning experience, drop-in classes are not an option.

Date: Thursdays, April 9– June 18

(11 classes)

Time: 6:25 - 7:25 p.m.

Cost: \$83.00

Eddy Ottenbrite has been practicing Tai-Chi and other martial arts for over 25 years. He started studying it in order to combat two often crippling conditions he contracted. Notwithstanding other benefits, Eddy credits Tai-Chi as one of the reasons he is not wheelchair-bound.



50+ PROGRAMS for OLDER ADULTS

For full details on all 50+ programming, please refer to the bi-monthly 50+ Program Calendar.

Your annual membership fee supports our Centre and our 50+ programs for older adults. CECC members receive quarterly newsletters and bi-monthly 50+ Program Calendars by mail and e-mail. All CECC programs are smoke-free and nut-free. **Our facilities are barrier free. Please call Sherri, Older Adult Program Co-ordinator at 416-392-0511, ext. 228 with any questions you may have about the 50+ programs or the calendar. Please call 416-392-0511, ext 0 to sign up for those activities marked with an asterisk*.** Payment is due one week prior to the event, unless otherwise stated. CECC's 50+ programs are fully equipped with hearing enhancement equipment. If you have any dietary concerns for any of our programs, please advise Sherri, Older Adult Program Co-ordinator. We are pleased to advise you that we can process your VISA or MASTERCARD payment over the telephone for payments of \$10.00 or more.

Please read the January, February, March - April 50+ Program Calendars for more exciting events and activities.

Healthy Brain, Happy Life

Senior Information and Active Living Fair

Tuesday, March 31, 2020

9:30 am - 3:30 pm

(Doors open at 9:15 am)

FREE Admission

Central Eglinton Community Centre

Location: 160 Eglinton Avenue East (at Redpath)



FREE Seminars (Choose 2)

Memory & Aging

Dr. Nicole Anderson, Baycrest, University of Toronto

Fall Prevention

Hatsue Knight, Vibrant HealthCare Alliance

Fatigue Management

Sasha Whiting, Vibrant HealthCare Alliance

FREE Lunch (while quantities last)

FREE Trade Show

FREE Hearing Health Corner

Hearing Solutions

For more information,
please phone 416-392-0511, ext. 228,
or email olderadults@centraleglinton.com.

In partnership with

OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés

Sponsored by



Ministry for Seniors and Accessibility

Book Club (Drop-in)

Everyone is invited to read **Turn of the Key**, by **Ruth Ware**, which will be discussed on **Thursday, March 26** and everyone is welcome to read **any biography on Pierre Trudeau** to be discussed on **Thursday, April 23**. We will meet from **1:30 pm – 2:30 pm** at CECC.

Cost: **FREE CECC members, \$4.00 non-members** (Please pay Sherri on the day of the meeting.)

Location: **CECC 2nd Floor, Program Room**

Wise Talk (Drop-in)

Bring your lunch and join our topical discussions, where advice and experience is shared. If you have articles, quotes or poems etc. to share, please bring them as well. **FREE - Tuesdays at 11:30 am – 12:30 pm on March 3, 10, 17 & April 7**. **Please remember that CECC is a nut-free facility.**

Mindfulness (Drop-in)

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, both inside yourself (body, heart, and mind), and outside yourself (in your environment). This program is NOT for beginners. We will start with a settling-in meditation, followed by time to reflect and connect with one another and the program will finish off with a closing mediation.

Date: **Thursdays, March 19 & April 16** Time: **1:00 pm - 3:00 pm** Cost: **FREE** Location: **CECC 2nd Floor, Media Room**

Bedazzled Beading Club (Drop-in) -TIME CHANGE

All levels of beaders, crafters and jewellery-makers are welcome on **Thursdays, March 26 & April 23** from **2:45 pm – 4:15 pm** for **FREE** in the **2nd Floor, Program Room**. You can create jewellery for yourself, for someone else, or to sell at various fairs at CECC for fundraising. Bead donations are welcome.

***Lunch n' Learn: Suggestion Hour**

Tuesday, April 21, 12:00 noon – 2:00 pm: Being a part of a community and planning social engagement is vital for brain health. Help guide the CECC's 50+ Calendar with your suggestions. Do you have concerns or questions about the 50+ program? This is the perfect time to bring them up! A pizza lunch will be served. Cost: **FREE** Location: **CECC 2nd Floor, Program Room**

Registration Deadline: Tuesday, April 14

***Muddy York Talks**

Richard Fiennes-Clinton of Muddy York Tours will be back to do illustrated talks with historical pictures.

Toronto in the 1960s (Part 2) - As Canada celebrated 100 years of Confederation, there were several different Centennial Projects throughout Toronto. We'll have a look back at many of these different projects, set to the tune of a patriotic song written by a Canadian musician. But the times they were a changing, and we'll contrast the family-friendly Centennial parties to what was then the shocking backdrop of Canada's hippie hangout in Yorkville. Come take a look at the coffee houses that were an incubator to Canadian folk music, and then relive when Beatlemania hit Toronto.

Date: **Thursday, March 12** Time: **1:30 pm – 2:30 pm**

Cost: **\$7.00 CECC members, \$12.00 non-members**

Registration/Payment Deadline: Thursday, March 5

Meeting Location: **CECC 2nd Floor, Program Room**

The Simcoes - John and Elizabeth Simcoe arrived in Canada in the 1790s and set up the province that eventually became Ontario, and the town that eventually became Toronto.

Date: **Thursday, April 2** Time: **1:30 pm – 2:30 pm**

Cost: **\$7.00 CECC members, \$12.00 non-members**

Registration/Payment Deadline: Friday, March 26

Meeting Location: **CECC 2nd Floor, Program Room**

CENTRAL EGLINTON COMMUNITY CENTRE BOARD OF MANAGEMENT

Jennifer Benedetti, Chair Shayba Razi, Vice-Chair Fred Bourgase, Treasurer
Elizabeth Reid, Secretary Sheila Potwin Phyllis Carden Nota Chaggaris

Councillor Josh Matlow Ward 22, Appointed Member

MEMBERSHIP

CECC memberships are available, renewable annually. Membership fees are non-refundable. As a CECC member, you have voting privileges at the Annual General Meeting. Only CECC members receive the quarterly newsletter by mail or email.

MEMBERSHIP CATEGORIES

Family Memberships (with children under 6 years of age): Free

Family members can attend all drop-ins and information sessions and use the Toy Lending Library, for free. Family membership is required to enroll in registered programs and borrow items from the Toy Library.

Family Camp Memberships (with children over 4 years of age): \$45.00 per year.

Family Camp Membership is required to enroll in March Break Camp and summer day camp.

Individual: \$35.00

50+/Older Adult: \$35.00

50+/Older Adult Couple: \$45.00

Older Adult/50+ members receive the 50+ Program Calendar six times per year either by mail or e-mail, as well as the quarterly CECC newsletter. Older Adult/50+ membership entitles members to register in Older Adult/50+ programs at reduced fees.

MISSION STATEMENT

Central Eglinton Community Centre provides programs and services to meet the diverse and changing needs of our community. We are committed to:

- High quality programming
- Financial, physical and social accessibility
- Volunteerism
- Providing opportunities for community participation.

We encourage the development of a forum for individuals to share their concerns and ideas, and to work together in the resolution of community issues within an environment that fosters dignity and equity.

CENTRAL EGLINTON COMMUNITY CENTRE STAFF

John Carey	Executive Director
Regina Chan	Finance Manager
Lenard See	Program Manager
Denise Pivott	Office Manager
Sherri Bulmer	50+ Program Co-Ordinator
VACANT	Volunteer Co-Ordinator
Helen Pong	Clerical Assistant
Amanda Young	Family Resource
	Centre Co-Ordinator
Yolanda Goodridge	Evening/Saturday Receptionist

REFUND POLICY

If CECC cancels a program because of insufficient registrations, registered/paid participants are refunded the fees that they paid (less the cost of any classes held and attended), in the manner in which they paid the fees: charges on credit cards are credited; fees paid in cash or cheque are issued refund cheques.

If registered/paid participants withdraw from programs, there are **NO REFUNDS**. In lieu of refunds, a credit voucher, less a 15% administrative fee, redeemable for a twelve-month period, will be issued.

No credit vouchers will be issued for pre-paid event tickets (theatre tickets, bus trips, luncheons, etc.). No credit vouchers will be issued after the second class of a session.

Any refunds granted will be at the Program Manager's discretion and subject to a 15% administrative fee.

No refunds or credit vouchers will be issued for Centre memberships. Any cheque returned by the bank will be subject to a \$25.00 charge.

CREDIT CARD CHARGES

The Centre will only accept Visa and MasterCard in payment for fees of \$10.00 or more.

PRO-RATING OF PROGRAM FEES

Upon written request, and at the discretion of the Program Manager, program fees will be pro-rated only in cases where participants register and pay for a program after the start date of that program. Fees will not be pro-rated for classes missed during the session.