



CENTRAL EGLINTON COMMUNITY CENTRE

160 Eglinton Avenue East, Toronto, Ontario, M4P 3B5

Phone: 416-392-0511, ext. 237 Fax: 416-392-0514

E-mail: olderadults@centraleglinton.com Website: www.centraleglinton.com

50+ PROGRAM CALENDAR

PRE-REGISTRATION REQUIRED FOR ALL PROGRAMS

MAY AND JUNE CALENDAR


Opening Registration Date: Tuesday, April 16



TO REGISTER:
Please visit the front desk or phone 416-392-0511, ext. 0, during office hours:
CECC Hours of Operation
Monday - Thursday: 9:00 am - 9:30 pm
Friday: 9:00 am - 4:00 pm
Saturday: 10:00 am - 4:30 pm
(Closed for lunch Saturday: 12:30 pm - 1:00 pm)

CECC will be CLOSED on:
Monday, May 20th (Victoria Day)

All programs take place on the 3rd floor

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Gentle Fitness 11 am Knitting 1 pm Trivia and Riddles 2:45 pm	2 Line Dancing 9:45 am Gentle Fitness 11am Jigsaw Puzzle 1 pm Embroidery Corner 2:30 pm	3 Walk and Talk Club 9:45 am Gentle Fitness 11 am Paint Lounge 1 pm Netflix: Hidden River 3pm
6 Gentle Fitness 11 am Tech Time 1 pm Current Events 3 pm Pickleball 6:30 pm	7 Gentle Fitness 11 am Netflix: Queen Bees 1 pm	8 Gentle Fitness 11 am La Bella Managua 11:30 am Knitting 1 pm	9 Line Dancing 9:45 am Gentle Fitness 11 am Jigsaw Puzzle 1pm Embroidery Corner 2:30 pm	10 Walk and Talk Club 9:45 am Gentle Fitness 11 am Paint Lounge 1 pm Netflix: Hidden River 3 pm
13 Gentle Fitness 11 am Tech Time 1 pm Current Events 3 pm Pickleball 6:30 pm	14 Osteo Fitness 9:45 am Gentle Fitness 11 am Netflix: Our Souls at Night 1 pm	15 Gentle Fitness 11 am Knitting 1 pm Trivia and Riddles 2:45 pm	16 Line Dancing 9:45 am Gentle Fitness 11 am Jigsaw Puzzle 1 pm Embroidery Corner 2:30 pm	17 Walk and Talk Club 9:45 am Gentle Fitness 11 am Paint Lounge 1pm Netflix: Hidden River 3 pm
20 CENTRE CLOSED 	21 Osteo Fitness 9:45 am Gentle Fitness 11 am Netflix: Gifted Hands 1 pm	22 Gentle Fitness 11 am Knitting 1 pm Trivia and Riddles 2:45 pm	23 Gentle Fitness 11am Jigsaw Puzzle 1pm Embroidery Corner 2:30 pm	24 Walk and Talk Club 9:45 am Gentle Fitness 11 am Paint Lounge 1 pm
27 Gentle Fitness 11 am Bingo 1 pm Current Events 3 pm	28 Osteo Fitness 9:45 am Gentle Fitness 11 am Netflix: Island in the Sun (1957) 1pm	29 Gentle Fitness 11 am Wards Island Lunch 11am Knitting 1 pm	30 Gentle Fitness 11 am Muddy York 1 pm Embroidery Corner 2:30 pm	31 Walk and Talk Club 9:45 am Gentle Fitness 11 am Paint Lounge 1pm



Monday	Tuesday	Wednesday	Thursday	Friday
3 Gentle Fitness 11 am Tech Time 1 pm Current Events 3 pm Pickleball 6:30 pm	4 Osteo Fitness 9:45 am Gentle Fitness 11 am Netflix: Rebecca (1940) 1 pm	5 Gentle Fitness 11 am Tarragon Theatre 12 pm Knitting 1 pm	6 Qigong 9:45 am Gentle Fitness 11 am Jigsaw Puzzles 1 pm Embroidery Corner 2:30 pm	7 Walk and Talk Club 9:45 am Gentle Fitness 11 am Native CDN CENTRE Tour 12:30 pm
10 Gentle Fitness 11 am Tech Time 1 pm Current Events 3 pm Pickleball 6:30 pm	11 Osteo Fitness 9:45 am Gentle Fitness 11 am Live to 100 1 pm	12 Gentle Fitness 11 am Knitting 1 pm Vibrant presents: Depression 2:45 pm	13 Qigong 9:45 am Gentle Fitness 11 am Leaside Retirement Tour 1 pm	14 Walk and Talk Club 9:45 am Gentle Fitness 11 am Paint Lounge 1 pm
17 Gentle Fitness 11 am Bingo 1pm Current Events 3 pm	18 Gentle Fitness 11 am Live to 100 1 pm	19 Gentle Fitness 11 am Knitting 1 pm Trivia and Riddles 2:45 pm	20 Qigong 9:45 am Gentle Fitness 11 am Hello Summer Social 1:30 pm	21 Walk and Talk Club 9:45 am Gentle Fitness 11 am Paint Lounge 1 pm
24 Gentle Fitness 11am Bingo 1 pm Current Events 3 pm	25 Osteo Fitness 9:45 am Gentle Fitness 11 am America Before Columbus 1pm	26 Gentle Fitness 11am Knitting 1 pm Trivia and Riddles 2:45 pm	27 Gentle Fitness 11 am Jigsaw Puzzles 1pm Embroidery Corner 2:30 pm	28 Walk and Talk Club 9:45 am Gentle Fitness 11 am Paint Lounge 1 pm

Ongoing Programs



Gentle Fitness (In-Person)

Daily

Starting: Wednesday, May 1 – Friday, June 28 (no class Monday, May 20)

Time: 11am - 12pm

Join us for a fun session of chair workouts. We will do a mixture of cardio, strength training, dance and stretching exercises.

Tech Time (In-Person)

Dates: Mondays, May 6, 13 and Jun. 3, 10

Time: 1pm - 2pm



Together we'll play a variety of puzzles, memory, and word games intended to strengthen cognition. iPad will be provided.



Bingo (In-Person)

Dates: Mondays, May 27 and Jun. 17, 24

Time: 1pm - 2pm

Join us in this social activity that will exercise your attention skills. There will be several prizes to choose from!

Current Events (Virtual/Phone-In/In-Person)

Dates: Mondays, May 6 - Jun. 24 (except May 20)

Time: 3pm – 4pm

A safe space to share your views on current happenings here and abroad.

Please have your topics ready to be discussed!

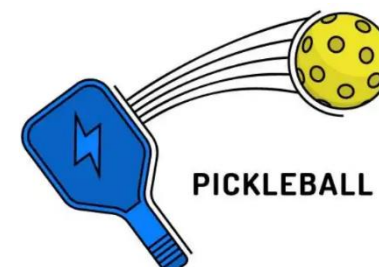
Refreshments provided.

Pickleball (In-Person)

Dates: Mondays, May 6, 13 and Jun. 3, 10

Time: 6:30pm – 7:30pm

Improve physical health, meet friends, and build hand-eye coordination. Come play the world's fastest-growing sport.



Knitting with Cindy (In-Person)

Dates: Wednesdays, May 1 – Jun. 26

Time: 1pm - 2:30pm

Bring your yarn, needles, and patterns. All skill levels welcome. Coffee & a treat provided.



Trivia & Riddles (Virtual/Phone-in/In-Person)

Dates: Wednesdays, May 1, 15, 22 and Jun. 19, 26

Time: 2:45 pm - 3:45 pm

Test your smarts with trivia questions and tricky riddles.

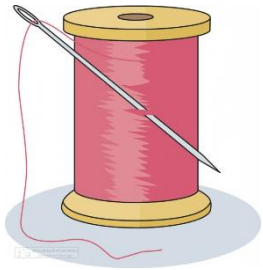
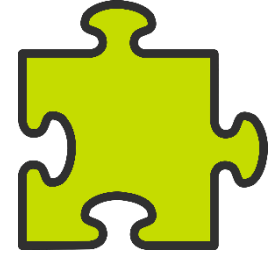
Topics include: geography, history, science and more!

Jigsaw Puzzles (In-Person)

Date: Thursdays, May 2 – 23 and Jun. 6, 27

Time: 1 pm – 2 pm

We will work together to complete a jigsaw masterpiece.



Embroidery Corner (In-Person)

Date: Thursdays, May 2 – 30 and Jun. 6 and 27

Time: 2:30 pm – 3:30 pm

We will cross-stitch a variety of designs such as: flowers, animals, and art designs.

Materials will be provided.

Hello Summer Social (In-Person)

Date: Thursday, June 20

Time: 1:30 pm – 3:00 pm

Let's celebrate the beginning of Summer with vibrant music, tasty mocktails and delicious treats.



Paint Lounge (In-Person)

Dates: Fridays, May 3 – Jun. 28 (except Jun. 7)

Time: 1pm – 2:30pm

Connect and create! Freestyle paint or recreate an image (will be provided).

Please, bring your own paint (acrylic or watercolour), canvas and brushes.

All available at Dollarama.



Netflix Screenings (In-Person)

Queen Bees (2021)

Date: Tuesday, May 7

Time: 1 pm – 3 pm

Temporarily forced to stay in a retirement community, a headstrong woman navigates mean cliques, high-stakes bridge games and new relationships.

Romantic comedy

Our Souls at Night (2017)

Date: Tuesday, May 14

Time: 1 pm – 3 pm

This movie chronicles the blossoming of a December-December romance between two neighbors in the fictional prairie town of Holt, Colorado. Starring Robert Redford and Jane Fonda

Romantic drama

Gifted Hands (2009)

Date: Tuesday, May 21

Time: 1 pm – 2:30 pm

This drama charts Ben Carson's struggles in overcoming obstacles to study medicine and save lives at Johns Hopkins Hospital. Based on a true story.

Biographical drama

Island In the Sun (1957)

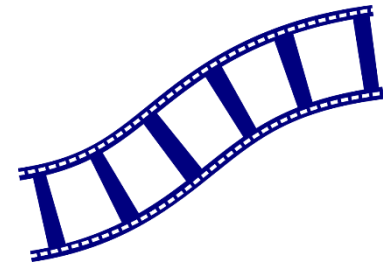
Date: Tuesday, May 28

Time: 1 pm – 3 pm

A British-controlled island in the West Indies is beset by conflict between two men running for political office and romantic strife among four couples, involving possible infidelity and racial concerns.

Starring Harry Belafonte and Dorothy Dandridge

Drama



Essequibo: Hidden River

Dates: Fridays, May 3 – 17

Time: 3 pm – 4 pm

The Essequibo is one of South America's mightiest rivers. Its 1000-kilometre course dissects Guyana from its source in the Acarai Mountains all the way to the Atlantic coast.

Nature, Docu-series

Rebecca (1940)

Date: Tuesday, June 4

Time: 1 pm – 3 pm

A self-conscious woman juggles adjusting to her new role as an aristocrat's wife and avoiding being intimidated by his first wife's spectral presence.

An Alfred Hitchcock film.

Live to 100: Secrets of the Blue Zones

Date: Tuesdays, June 11 and 18

Time: 1 pm – 2:30 pm

Dan Buettner discovers five unique communities where people live extraordinarily long and vibrant lives.

Inspirational, Docu-series

America Before Columbus

Date: Tuesday, June 25

Time: 1 pm – 3 pm

It is the year 1491. America is a vast land with vast resources, but it is not a pristine wilderness. We'll examine Columbus' arrival in the Americas and how Europe benefited.

Documentary

Instructor-led Programs

Osteo Fitness

Dates: Tuesdays, May 14 – Jun. 25(except June 18)

Time: 9:45 am – 10:45 am

Fitness instructor Catherine will lead exercises useful for joints & flexibility.

Class includes seated and standing components, as well as mindfulness meditation.



Line Dancing

Dates: Thursdays, May 2, 9, 16

Time: 9:45 am – 10:45 am

Embrace your inner dancer!

Instructor Cathy will teach you step-by-step. Beginner friendly.



Qigong

Dates: Thursdays, June 6, 13, 20

Time: 9:45 am – 10: 45 am

Qigong Practitioner Steffi will lead us through a peaceful session of deep breathing and mindfulness.

Qigong can improve sleep quality, reduce anxiety, and body pain.



Walk & Talk Club

Dates: Fridays, May 3 – June 28

Time: 9:45 am – 11:45 am

Meeting location: 3rd floor room

Get your steps in, build up endurance and form friendships with others who enjoy walking.

We'll explore local routes. Each session will end at a coffee shop.

Complimentary treat provided.



Presentations

Toronto Street Names

Date: Thursday, May 30

Time: 1 pm – 2pm

Toronto's past is reflected through it's street names and neighbourhoods.

Richard Fiennes-Clinton will share stories behind Yonge Street, Toronto's oldest street, and the world's longest, as well as the meanings behind the communities of Summerhill, Rosedale, Yorkville and more.

Let's Talk Depression

Date: Wednesday, June 12

Time: 2:45 pm – 3:45 pm

Anne from Vibrant Healthcare Alliance will be discussing the signs, symptoms, causes and risk factors of depression. Learn more about helping a loved one with depression. Depression is the most common mental health problem in older adults. Mental Health problems are not a normal part of aging. Dementia versus depression, know the difference.

OUTINGS



La Bella Managua

Date: Wednesday, May 8

Time: 11:30 am – 3 pm

Price range: \$20 - \$30

Pay at restaurant

Lunch at a traditional Nicaraguan restaurant. Tasty and flavourful meals. One of the city's best!

Meeting Location: Meeting Location: Yonge/Eglinton Subway station at the Cinnabon. Take line 1 to Bloor-Yonge Stn., transfer to line 2, exit at Ossington stn. Head south on Ossington Ave toward Lane North Bloor East Ossington. Turn left onto Bloor St. to get to 872 Bloor St W.

Wards Island Lunch

Date: Wednesday, May 29

Time: 11 am – 4 pm

Price range: \$15 - \$30

Pay at restaurant

Lunch will be at The Riviera restaurant.

We'll have a relaxing day on the island - walking along the boardwalk, soaking up the sun.

Meeting Location: Yonge/Eglinton Subway station at the Cinnabon. Take line 1 to Union Stn., walk east toward Bay St., turn right onto Bay St. then left onto Queens Quay W. to board ferry at Jack Layton Ferry Terminal.



Tarragon Theatre: Come Home - The Legend of Daddy Hall

Date: Wednesday, June 5

Time: 12 pm – 3 pm

A play about the afterlife, love, legacy and being legendary. Come Home asks where we come from, where we're headed and what we may be asked to do when we get there.

Meeting location: We will meet at Yonge/Eglinton Stn at 12pm, take the train to Dupont Stn. Exit via Spadina & Dupont, Northwest, head west on Dupont St toward Lane W Spadina S Dupont, turn right onto Howland Ave, turn left onto Bridgman Ave to access theatre at 30 Bridgman Ave.

Native Canadian Centre Tour

Date: Friday, June 7

Time: 12:00 pm – 3:30 pm

We will explore the deep Canadian Indigenous cultural roots of Tkaronto (Toronto), Ishpadinaa (Spadina Road) and the 60+ years history of the Native Canadian Centre of Toronto.

Meeting location: We will meet at Yonge/Eglinton Stn at 12pm, take the train to Spadina Stn. exit via 85 Spadina Rd., head south on Spadina Rd toward Lowther Ave to access Centre at 16 Spadina Rd.

Leaside Retirement Residence Tour

Date: Thursday, June 13

Time: 12 pm – 3 pm

Let's see what Retirement Living is really like. Have all of your questions answered,

Meeting location: We will meet in the lobby of CECC. A private bus will then escort us to and from Leaside.

INFORMATION

ATTENTION: Our older adult programs are popular and many have waiting lists. If you can no longer attend the program you registered for please contact the Centre at 416-392-0511 ext. 0 so the spot may be offered to someone else. If you do not attend the first two classes and have not notified us, you will be contacted and may be withdrawn from the program. This will allow others on the waitlist to participate.

Participants will be admitted up to 5 minutes after start time.

E-mail

olderadults@centraleglinton.com

for link

To phone-in:

Dial +1-647-484-1598

and follow the prompts

The access code is: 263 461 95557

Bus Trips and Other Outings:

1. If you are on one of our outings and must leave the group, it is essential for health and safety reasons to tell Stacey personally, that you are leaving. Bus Trip itineraries must be followed, no extra destinations or stops will be added.
2. This calendar has directions and addresses to most of our outings (within Toronto). If you are late for the meeting time, you can meet us at the location.
3. When we get off the subway, please use all available doors. If the doors close before you get off, please get off at the next stop and come back to the original stop. The group will wait for you.
4. If you need a seat on the subway, please ask Stacey for assistance.
5. As it is unsafe to take mobility walkers on escalators, we will do our best to plan our TTC routes around stations with elevators.
6. For health and safety reasons, on certain outings we will be instituting “the buddy system.”
7. If you have any accessibility requirements please contact Stacey.
8. The time that is noted in this Calendar includes travel time.
9. If you are attending an outing on which we are traveling via TTC and prefer to meet us at the location of the outing, please inform the Front Desk at the time of registration. Please note that some outings will not allow for an alternative meeting location. The destination route listed in the 50+ Calendar may change without notice.
10. Please dress appropriately for the weather and activities of the outing, e.g. hat and appropriate footwear and bring water.
11. Bus Trips: Please adhere to bus rules and regulations, such as: no food & beverage allowed on the bus, no talking to the bus drivers while they are driving, and the bus will make no unplanned stops.
12. Please show courtesy to others on the outing, by arriving on time.
13. Please respect that people of different mobility levels enjoy our outings and that a walking pace to accommodate these abilities is set by the Older Adult Program Co-ordinator. Please do not walk ahead of the OA Program Co-ordinator.
14. End times are approximate.
15. If you are running late for an outing or need immediate assistance, please contact Stacey at: (437) 246 – 6902.