

# CENTRAL EGLINTON COMMUNITY CENTRE

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

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## 50+ PROGRAM CALENDAR

**PRE-REGISTRATION REQUIRED FOR ALL PROGRAMS**



# NOVEMBER & DECEMBER 2024

Opening Registration Date: **Wednesday, October 23<sup>rd</sup>**



### 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 - 1:00pm)

### CECC will be CLOSED on:

Monday, November 11<sup>th</sup> (Remembrance Day)

Tuesday, Dec. 24<sup>th</sup> noon - Wednesday, Jan. 1<sup>st</sup>, 2025

We will re-open on Thursday, Jan. 2<sup>nd</sup>, 2025

**All programs take place on the 3rd floor**

# November

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> Walk and Talk 9:45 am Gentle Fitness 11 am Chess Club 1 pm Intermediate Fitness 2:30 pm
<b>4</b> Osteo Fitness 9:45 am Gentle Fitness 11 am Tech Time 1 pm Current Events 3 pm Pickleball 6:30 pm	<b>5</b> Osteo Fitness 9:45 am Gentle Fitness 11 am SPN Talk 1 pm	<b>6</b> Gentle Fitness 11 am Evergreen Brickworks 12 pm Knitting 1 pm	<b>7</b> Clay Impressions 9:45 am Gentle Fitness 11 am Muddy York 1 pm Pickleball 2:30 pm	<b>8</b> Walk and Talk 9:45 am Gentle Fitness 11 am Chess Club 1 pm Dance Fitness 2:30 pm
<b>11</b>  <i>Remembrance Day</i> <b>CLOSED</b>	<b>12</b> Osteo Fitness 9:45 am Gentle Fitness 11 am Paesani Doc 1 pm	<b>13</b> Gentle Fitness 11 am Knitting 1 pm Brain Training 2:45 pm	<b>14</b> Clay Impressions 9:45 am Gentle Fitness 11 am Singalong 1 pm Pickleball 2:30 pm	<b>15</b> Walk and Talk 9:45 am Gentle Fitness 11 am Chess Club 1 pm Intermediate Fitness 2:30 pm
<b>18</b> Osteo Fitness 9:45 am Gentle Fitness 11 am Bingo 1 pm Current Events 3 Pickleball 6:30 pm	<b>19</b> Osteo Fitness 9:45 am Gentle Fitness 11 am History of Latin Music 1 pm	<b>20</b> Gentle Fitness 11 am Dragon Pearl 11 am Knitting 1 pm	<b>21</b> Clay Impressions 9:45 am Gentle Fitness 11 am Singalong 1 pm Pickleball 2:30 pm	<b>22</b> Walk and Talk 9:45 am Gentle Fitness 11 am Chess Club 1 pm Dance Fitness 2:30 pm
<b>25</b> Osteo Fitness 9:45 am Gentle Fitness 11 am Bingo 1 pm Current Events 3 pm	<b>26</b> Osteo Fitness 9:45 am Gentle Fitness 11 am Coffee Talk 1 pm	<b>27</b> Gentle Fitness 11 am Knitting 1 pm Brain Training 2:45 pm	<b>28</b> Clay Impressions 9:45 am Gentle Fitness 11 am Dr. Gupta 1 pm Pickleball 2:30 pm	<b>29</b> Walk and Talk 9:45 am Gentle Fitness 11 am Chess Club 1 pm Dance Fitness 2:30 pm



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Osteo Fitness 9:45 am Gentle Fitness 11 am Tech Time 1 pm Current Events 3 pm Pickleball 6:30 pm	<b>3</b> Osteo Fitness 9:45 am Gentle Fitness 11 am Coffee Talk 1 pm	<b>4</b> Gentle Fitness 11 am Knitting 1 pm	<b>5</b> Dance Fitness 9:45 am Gentle Fitness 11 am Singalong 1 pm Pickleball 2:30 pm	<b>6</b> Walk and Talk 9:45 am Gentle Fitness 11 am Chess Club 1 pm Intermediate Fitness 2:30 pm
<b>9</b> Osteo Fitness 9:45 am Gentle Fitness 11 am Tech Time 1 pm Current Events 3 pm Pickleball 6:30 pm	<b>10</b> Osteo Fitness 9:45 am Gentle Fitness 11 am A Christmas Story 1 pm	<b>11</b> Gentle Fitness 11 am Knitting 1pm Vibrant Talk 2:45 pm	<b>12</b> Dance Fitness 9:45 am Gentle Fitness 11 am Singalong 1 pm Pickleball 2:30 pm	<b>13</b> HOLIDAY LUNCH
<b>16</b> Osteo Fitness 9:45 am Gentle Fitness 11 am Bingo 1 pm Current Events 3 pm	<b>17</b> Osteo Fitness 9:45 am Gentle Fitness 11 am A Castle for Christmas 1 pm	<b>18</b> Gentle Fitness 11 am Knitting 1 pm	<b>19</b> Dance Fitness 9:45 am Gentle Fitness 11 am	<b>20</b> Walk and Talk 9:45 am Gentle Fitness 11 am Chess Club 1 pm Intermediate Fitness 2:30 pm
<b>23</b> Gentle Fitness 11 am	<b>24</b> Gentle Fitness 11 am	<b>25</b> CLOSED	<b>26</b> CLOSED	<b>27</b> CLOSED
<b>30</b> CLOSED	<b>31</b> CLOSED			

# Ongoing Programs

## **Gentle Fitness (In-Person)**

**Daily**

**Starting: Friday, Nov. 1 - Tuesday, Dec. 24 (no class Mon. Nov. 11 and Friday, Dec. 13)**

**Time: 11 am - 12 pm**

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

## **Intermediate Fitness (In-Person)**

**Dates: Fridays, Nov. 1, 15 and Dec. 6, 20**

**Time: 2:30 pm - 3:30 pm**

**Get a full body work out with standing components. Includes some seated stretches.**

# **Tech Time (In-Person)**

**Dates: Mondays, Nov. 4 and Dec. 2, 9**

**Time: 1 pm – 2 pm**

**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, Nov. 18, 25 and Dec. 16**

**Time: 1 pm – 2 pm**

**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, Nov. 4 – Dec. 16**

**Time: 3 pm – 4 pm**

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

## **Pickleball (In-Person)**

**Dates: Mondays, Nov. 4, 18 and Dec. 2, 9**

**Time: 6:30 pm – 7:30 pm**

**AND**

**Dates: Thursdays, Nov. 7 – Dec. 12**

**Time: 2:30 pm – 4 pm**

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



## **Coffee Talk (In-Person)**

**Dates: Tuesdays, Nov. 26 and Dec. 3**

**Time: 1 pm – 2 pm**

**An opportunity to meet new people, chat and enjoy a hot cup of coffee.**

**On Dec. 3<sup>rd</sup>: Angie from Golden Transitions Consulting will be visiting to share useful tips for successfully Aging in Place. Discover services and products in your neighbourhood.**

## **Knitting with Cindy (In-Person)**

**Dates: Wednesdays, Nov. 6 – Dec. 18**

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

**Bring your yarn, needles, and patterns. All skill levels welcome.**

***Refreshments provided.***



## **Singalong (In-Person)**

**Dates: Thursdays, Nov. 14 – Dec. 12 (Except Nov. 28)**

**Time: 1 pm – 2 pm**

**Meet others who like you, love to sing!  
We'll sing songs from various time eras.  
*Lyrics provided.***



## **Chess Club (In-Person)**

**Dates: Fridays, Nov. 1 – Dec. 20 (except Dec. 13)**

**Time: 1 pm – 2 pm**

**Chess lovers gather here! An opportunity to strengthen logical reasoning and problem-solving skills.  
*Intermediate – Advanced***



# Netflix Screenings (In-Person)

## **Paesani**

**Date: Tuesday, Nov. 12**

**Time: 1 pm – 2:30 pm**

**Paesani is a lively original documentary film that chronicles the immigration of more than four million Italians to the United States.**

***Documentary***

## **History of Latin Music**

**Date: Tuesday, Nov. 19**

**Time: 1 pm – 3 pm**

**This documentary reveals the roots of Salsa Music and the history of Latin Music since the early '30s.**

***Documentary***

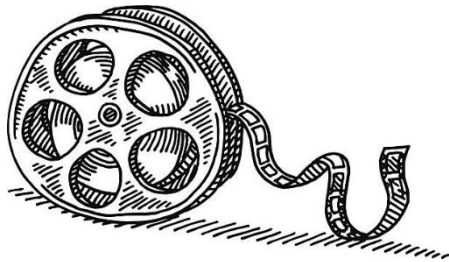
## **A Christmas Story (1971)**

**Date: Tuesday, Dec. 10**

**Time: 1 pm – 2:40 pm**

**On Christmas Eve 1933, the Waltons prepare for the holiday, but they are becoming increasingly worried because John Walton, who was forced to take work in another part of the state, has not yet returned home.**

***Holiday, Drama***



## **A Castle for Christmas (2021)**

**Date: Tuesday, Dec. 17**

**Time: 1 pm – 2:30 pm**

**A bestselling author journeys to Scotland, where she falls in love with a castle - and faces off with the grumpy duke who owns it.**

***Romantic Comedy***



# Instructor-led Programs

## Osteo Fitness

**Dates: Mondays, Nov. 4 – Dec. 16 and Tuesdays, Nov. 5 – Dec. 17 (no class Monday, Nov. 11)**

**Time: 9:45 am – 10:45 am**

**You may choose one day only: Monday or Tuesday.**

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

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

## Dance Fitness

**Dates: Fridays, Nov. 8, 22, 29**

**Time: 2:30 pm – 3:30 pm**

**OR**

**Thursdays, Dec. 5 – 19**

**Time: 9:45 am – 10:45 am**

**You may choose one month only (November or December).**

**Dance fitness with Cathy is a medium to high intensity dance workout that focuses on defining your muscles, improving overall cardiovascular health**



# Walk & Talk Club

**Dates: Fridays, Nov. 1 – Dec. 20 (except Dec. 13)**

**Time: 9:45 am – 11:45 am**

**Meeting location: We will meet on the 3rd floor at 9:45 am**

**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 beverage provided.***



**NOTE: If weather isn't permissible, you may partake in Gentle Fitness on the 3<sup>rd</sup> floor or visit the indoor walking track at North Toronto Memorial Community Centre - 200 Eglinton Ave W.**



# Clay Impressions

**Dates: Thursdays, Nov. 7 – 18**

**Time: 9:45 am – 10:45 am**

**Jai will show you how to create your own holiday- themed wall hanging tablet with a signature nature press.**

# **Presentations**

## **Seniors Pride Network**

**Date: Tuesday, Nov. 5**

**Time: 1 pm – 2 pm**

**Brain Cope will discuss all things 2SLGBTQI+.  
An opportunity to learn and build awareness.**

## **Vibrant: Healthy Living! Healthy Aging Attitudes! Healthy Eating! Being Active!**

**Date: Wednesday, Dec. 11**

**Time: 2:45 pm – 3:45 pm**

**Anne from Vibrant will share information on: Fall Prevention; Safety, Seasonal Flu Prevention; Foot care;  
Nutritional Education; Diabetes and more.**

## **Muddy York Talk: Remembrance Day**

**Date: Thursday, Nov. 7**

**Time: 1 pm – 2 pm**

**Richard will walk us through the profiles of courageous war veterans and more.**

## **Brain Training with Adelle**

**Dates: Wednesdays, Nov. 13, 27**

**Time: 2:45 pm – 3:45 pm**

**Our Nursing Student Adelle will be sharing helping tips to keep your brain sharp. We will also partake in fun activities.**

## **Fall Prevention and Muscle Strengthening: Enhancing Stability and Posture with Dr. Gupta**

**Date: Thursday, Nov. 28**

**Time: 1 pm – 2 pm**

**Join us for an insightful session on Fall Prevention and Muscle Strengthening, where we delve into science-backed strategies specifically tailored for seniors. Falls are a significant concern for older adults, often leading to serious injuries and loss of independence.**

# Outings



## Evergreen Brick Works

**Date: Wednesday, Nov. 6**

**Time: 12 pm – 3 pm**

**Let's explore the local artisan and food marketplace.**

**Meeting Location: We will meet at Cinnabon at Yonge/Eglinton Stn. at 12 pm, take the train to Davisville Stn., then take bus #28 Bayview South to Brick Works. Exit at 550 Bayview Ave to access Evergreen Brick Works.**



## Dragon Pearl

**Date: Wednesday, Nov. 20**

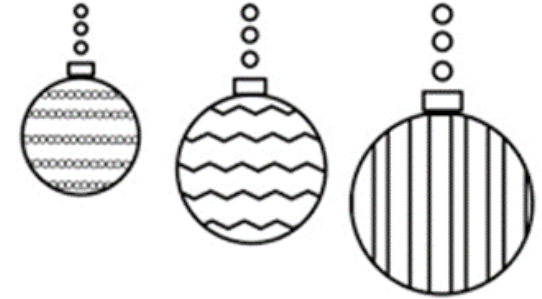
**Time: 11 am – 3 pm**

**Enjoy traditional Chinese food in a cozy ambience.**

**Cost: \$20 - \$35 – Pay at restaurant**

**Meeting Location: We will meet at Cinnabon at Yonge/Eglinton Stn at 11 am, take the train to York Mills Stn, exit, then take the 95A towards Port Union and get off at Upjohn Rd. to access the restaurant at 865 York Mills Rd unit #2.**

DRAGON PEARL  
YORK MILLS



# Happy Holidays

**Eat, Drink & Be Merry**

**Friday, December 13th at 12pm – 3pm on the 3rd floor.**

**Come have a FREE festive meal  
and enjoy live entertainment!**

**Please RSVP with reception at: 416-392-0511, ext. 0**

Ontario 

 **TORONTO**  
An Agency of the City of Toronto

# INFORMATION

**Please note: If you feel sick or have any new or worsening symptoms of illness, please stay home. Please only visit our programs after your symptoms are improving for 24 hours (or 48 hours for nausea, vomiting and/or diarrhea). Please contact your health care provider if needed.**

**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.**