

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



JANUARY & FEBRUARY 2025

Opening Registration Date: **Wednesday, Dec 11th**



Ontario 

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:

Wednesday, January 1st (New Year's Day)

We will re-open on Thursday, Jan. 2nd, 2025

Monday, February 17, 2025 (Family Day)

All programs take place on the 3rd floor

January

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <i>HAPPY New Year</i>	2 NO PROGRAMS	3 NO PROGRAMS
6 Osteo Fitness 9:45 am Gentle Fitness 11 am Tech Time 1 pm Current Events 3 pm	7 Osteo Fitness 9:45 am Gentle Fitness 11 am Jigsaw Puzzles 1 pm	8 Gentle Fitness 11 am Knitting 1 pm Trivia and Riddles 2:45 pm	9 Chair Zumba 9:45 am Gentle Fitness 11 am Coffee Talk 1 pm Intermediate Fitness 2:30 pm	10 Walk and Talk Club 9:45 am Gentle Fitness 11 am A Window Facing Iran 1 pm Paint Lounge 2:45 pm
13 Osteo Fitness 9:45 am Gentle Fitness 11 am Tech Time 1 pm Current Events 3 pm	14 Osteo Fitness 9:45 am Gentle Fitness 11 am Decluttering with Nino 1 pm	15 Gentle Fitness 11 am Mezes 12 pm Knitting 1 pm	16 Chair Zumba 9:45 am Gentle Fitness 11 am Coffee Talk 1 pm Intermediate Fitness 2:30 pm	17 Walk and Talk Club 9:45 am Gentle Fitness 11 am A Window Facing Iran 1 pm Paint Lounge 2:45 pm
20 Osteo Fitness 9:45 am Gentle Fitness 11 am Bingo 1 pm Current Events 3 pm	21 Osteo Fitness 9:45 am Gentle Fitness 11 am Jigsaw Puzzles 1 pm	22 Gentle Fitness 11 am Knitting 1 pm Us and Them 2:45 pm	23 Chair Zumba 9:45 am Gentle Fitness 11 am Coffee Talk 1 pm Intermediate Fitness 2:30 pm	24 Walk and Talk Club 9:45 am Gentle Fitness 11 am Singing Bowls 1 pm Paint Lounge 2:45 pm
27 Gentle Fitness 11 am Bingo 1 pm Current Events 3 pm	28 Osteo Fitness 9:45 am Gentle Fitness 11 am Jigsaw Puzzles 1 pm	29 Gentle Fitness 11 am Knitting 1 pm Us and Them 2:45 pm	30 Gentle Fitness 11 am Coffee Talk 1 pm VIVA Presentation 2:30 pm	31 Walk and Talk Club 9:45 am Gentle Fitness 11 am Singing Bowls 1 pm Paint Lounge 2:45 pm

February

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Osteo Fitness 9:45 am Gentle Fitness 11 am Tech Time 1 pm Current Events 3 pm	Osteo Fitness 9:45 am Gentle Fitness 11 am Jigsaw Puzzles 1 pm	Gentle Fitness 11 am Knitting 1 pm Trivia and Riddles 2:45 pm	Chair Zumba 9:45 am Gentle Fitness 11 am Coffee Talk 1 pm Intermediate Fitness 2:30 pm	Walk and Talk Club 9:45 am Gentle Fitness 11 am Untold Stories 1 pm Paint Lounge 2:45 pm
10	11	12	13	14
Osteo Fitness 9:45 am Gentle Fitness 11 am Bingo 1 pm Current Events 3 pm	Osteo Fitness 9:45 am Gentle Fitness 11 am Jigsaw Puzzles 1 pm	Gentle Fitness 11 am Pizzeria Libretto 12 pm Knitting 1 pm	Chair Zumba 9:45 am Gentle Fitness 11 am Coffee Talk 1 pm Intermediate Fitness 2:30 pm	Walk and Talk Club 9:45 am Gentle Fitness 11 am Where the River Bends 1 pm
17  CLOSED	18	19	20	21
	Osteo Fitness 9:45 am Gentle Fitness 11 am Jigsaw Puzzles 1 pm	Gentle Fitness 11 am Knitting 1 pm The Roaring 20s On Film 2:45 pm	Chair Zumba 9:45 am Gentle Fitness 11 am Coffee Talk 1 pm Intermediate Fitness 2:30 pm	Walk and Talk Club 9:45 am Gentle Fitness 11 am Singing Bowls 1 pm Paint Lounge 2:45 pm
24	25	26	27	28
Osteo Fitness 9:45 am Gentle Fitness 11 am Bingo 1 pm Current Events 3 pm	Osteo Fitness 9:45 am Gentle Fitness 11 am	Seniors Active Living Fair	Gentle Fitness 11 am Muddy York 1:30 pm	Walk and Talk Club 9:45 am Gentle Fitness 11 am Singing Bowls 1 pm Paint Lounge 2:45 pm

Ongoing Programs

Gentle Fitness (In-Person)

Daily

Time: 11 am – 12 pm

Starting: Monday, Jan. 6 - Friday, Feb. 28 (no class Monday, Feb. 17 and Wednesday, Feb. 26)

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: Thursdays, Jan. 9 - Feb. 20 (except Jan. 30)

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, Jan. 6,13 and Feb. 3

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, Jan. 20, 27 and Feb. 10, 24

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, Jan. 6 – Feb. 24 (except Monday, Feb. 17)

Time: 3 pm – 4 pm

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

Coffee Talk (In-Person)

Dates: Thursdays, Jan. 9 - Feb. 20

Time: 1 pm – 2 pm



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

Knitting with Cindy (In-Person)

Dates: Wednesdays, Jan. 8 – Feb. 19

Time: 1 pm - 2:30 pm

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

Refreshments provided.



Trivia and Riddles (In-Person)

Dates: Wednesdays, Jan. 8 and Feb. 5

Time: 2:45 pm – 3:45 pm

Test your smarts and memory with trivia questions and tricky riddles.

Topics include: geography, history, science and more!

Jigsaw Puzzles (In-Person)

Dates: Tuesdays, Jan. 7 – Feb. 18 (except Jan. 14)

Time: 1 pm – 2 pm

Improve your problem-solving abilities and memory retention.

Will take place in 2nd floor Program Room.

Paint Lounge (In-Person)

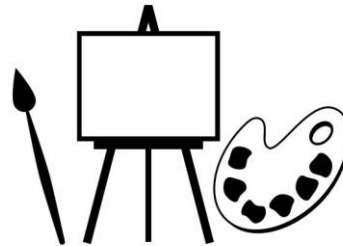
Dates: Fridays, Jan. 10 – 31 and Feb. 7, 21, 28

Time: 2:45 pm – 3:45 pm

It's time to get creative! Freestyle paint or recreate an image (image will be provided).

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

All items available at Dollarama.



Netflix Screenings (In-Person)

Us and Them

Dates: Wednesdays, Jan. 22 and 29

Time: 2:45 pm – 3:45 pm

Morgan Freeman sets out on a journey in search of the forces that push us apart, from intolerance of differences to fear of outsiders, and the possibilities of coming together.

Documentary

Untold Stories

Date: Friday, Feb. 7

Time: 1 pm – 2 pm

An extraordinary journey through time, exploring the resilience embedded within the fabric of Black Canadian history.

Documentary

Where the River Bends

Date: Friday, Feb. 14

Time: 1 pm – 3 pm

The history of Northern Kentucky. Where the River Bends tells the remarkable stories of the people and places that shaped this unique area.

Documentary



The Roaring 20s On Film:

Date: Wednesday, Feb. 19

Time: 2:45 pm – 3:45 pm

With access to rare archive footage, from World War One to Vietnam anti-war protests, Nazi propaganda to the rise of global terror organizations, witness a truly defining century in human history captured on film, as it happened, by the people who lived through it.

Documentary

Instructor-led Programs

Osteo Fitness

Dates: Mondays, Jan. 6 – Feb. 24 and Tuesdays, Jan. 7 – Feb. 25 (no class Mondays, Jan. 27 and Feb. 17)

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.

Chair Zumba

Dates: Thursdays, Jan. 9, 16, 23

Time: 9:45 am – 10:45 am

OR

Thursdays, Feb. 6, 13, 20

Time: 9:45 am – 10:45 am

You may choose one month only (January or February).

Cathy will be leading easy to follow Zumba choreography done while seated.

Full-body exercises and infectious music!

Walk & Talk Club

Dates: Fridays, Jan. 10 – Feb. 28

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^d floor or visit the indoor walking track at North Toronto Memorial Community Centre - 200 Eglinton Ave W.



Singing Bowls

Dates: Fridays, Jan. 24, 31 and Feb. 21, 28

Time: 1 pm – 2 pm

Tibetan singing bowl practitioner, Ashley will guide us through a relaxing session of soothing sounds. A healing meditative practice.

Please bring a pillow and blanket.

Presentations

Decluttering with Nino

Date: Tuesday, Jan. 14

Time: 1 pm – 2 pm

Real Estate Broker, Nino will be sharing helpful tips on decluttering and downsizing.

A Window Facing Iran

Dates: Fridays, Jan. 10 and 17

Time: 1 pm – 2 pm

Lila will teach us about Yalda and Nowruz, two significant Iranian celebrations.



Happy Yalda Night

V!VA Leaside

Date: Thursday, Jan. 30

Time: 2:30 pm – 3:30 pm



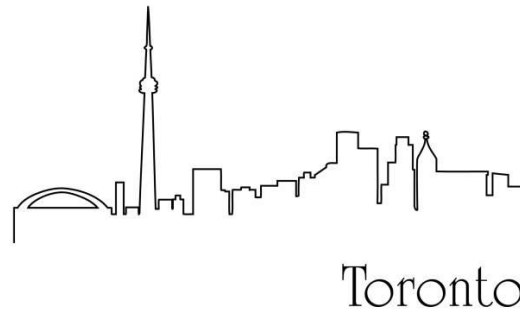
V!VA Leaside is a new retirement residence being built at 150 Laird Avenue. They will be here sharing insights and taking us on a virtual tour of this exciting new building.

Muddy York: William James

Date: Thursday, Feb. 27

Time: 1:30 pm – 2:30 pm

William James was an early and prolific photographer who chronicled Toronto. Join us to view photographs of Toronto from the 1910s, 1920s and 1930s, and learn more about the life of William James.



Outings

Mezes

Date: Wednesday, Jan. 15

Time: 12 pm – 3 pm

Cost: \$20 - \$35 – Pay at restaurant

We'll indulge in fresh and comforting Greek cuisine.



Meeting Location: Yonge/Eglinton Subway station at the Cinnabon. We'll take line 1 to Bloor-Yonge station, transfer to line 2 and exit at Chester station. Head east toward Chester Ave, turn right onto Chester Ave, turn left onto Danforth Ave to access the restaurant at 440 Danforth Ave.



Pizzeria Libretto

Date: Wednesday, Feb. 12

Time: 12 pm – 3 pm

Cost: \$20 - 35 – Pay at restaurant

Wood-fired Neapolitan-style pizzas made with simple ingredients & served in a bustling space.

Meeting Location: Yonge/Eglinton Subway station at the Cinnabon. We will take line 1 to North York Centre station, exit at Yonge St., head south on Yonge St. to access the restaurant at 5000 Yonge St.



THINK WELL, FEEL WELL
SENIORS ACTIVE LIVING FAIR

Wednesday, February 26, 2025

9:30 am – 3:30 pm

(Doors open at 9:15 am)

CENTRAL EGLINTON COMMUNITY CENTRE



FREE SEMINARS:

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Dr. Shilpi Gupta – Stay Sharp to Age Well

Luciana Garolla, Ph.D and Amita Bhise - It's Your Brain That Hears, Not Your Ears

Jane Teasdale- The Importance of Personhood & Creating Social Communities

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FREE LUNCH

(while quantities last)

For more information, contact Stacey Griffith at
416-392-0511, ext 237 or email olderadults@centraleglinton.com

In partnership with:

Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario

OACAO

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

Funding provided by:

Ontario

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.**