



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

MARCH & APRIL 2025

Opening Registration Date: Wednesday, February 19th



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:

Friday, April 19th (Good Friday)



Monday, April 21st (Easter Monday)

All programs take place on the 3rd floor

March

Monday	Tuesday	Wednesday	Thursday	Friday
3 Osteo Fitness 9:45 am Gentle Fitness 11 am Tech Time 1 pm Current Events 3 pm	4 Osteo Fitness 9:45 am Gentle Fitness 11 am Calming Corner 1 pm (2 nd floor)	5 Gentle Fitness 11 am Knitting 1 pm Trivia and Riddles 2:45 pm	6 Tai Chi 9:45 am Gentle Fitness 11 am Game Lounge 1 pm Coffee Talk with Modern Angels 2:30 pm	7 Walk and Talk 9:45 am Gentle Fitness 11 am Chess Club 1 pm Netflix: Downton Abbey 2:30 pm
10 Osteo Fitness 9:45 am Gentle Fitness 11 am Tech Time 1 pm Current Events 3 pm	11 Osteo Fitness 9:45 am Gentle Fitness 11 am Calming Corner 1 pm Afternoon in Bordeaux 2 pm	12 Gentle Fitness 11 am Knitting 1 pm Bhutan's Royal Family 2:45 pm	13 Tai Chi 9:45 am Gentle Fitness 11 am Game Lounge 1 pm Pickleball 2:30 pm	14 Walk and Talk 9:45 am Gentle Fitness 11 am Chess Club 1 pm Netflix: Downton Abbey 2:30 pm
17 Osteo Fitness 9:45 am Gentle Fitness 11 am Bingo 1 pm Current Events 3 pm	18 Osteo Fitness 9:45 am Gentle Fitness 11 am Calming Corner 1 pm (2 nd floor)	19 Gentle Fitness 11 am P.J. O'Brien Irish Pub 12 pm Knitting 1 pm	20 Tai Chi 9:45 am Gentle Fitness 11 am Game Lounge 1 pm Pickleball 2:30 pm	21 Walk and Talk 9:45 am Gentle Fitness 11 am Chess Club 1 pm Netflix: Downton Abbey 2:30 pm
24 Osteo Fitness 9:45 am Gentle Fitness 11 am Bingo 1 pm Current Events 3 pm	25 Osteo Fitness 9:45 am Gentle Fitness 11 am Calming Corner 1 pm	26 Gentle Fitness 11 am ROM 12 pm Knitting 1 pm	27 Tai Chi 9:45 am Gentle Fitness 11 am Game Lounge 1 pm The Ontario Caregiver Org Pres 2:30 pm	28 Walk and Talk 9:45 am Gentle Fitness 11 am Chess Club 1 pm Netflix: Downton Abbey 2:30 pm
31 Osteo Fitness 9:45 am Gentle Fitness 11 am Bingo 1 pm Current Events 3 pm				

APRIL

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Osteo Fitness 9:45 am Gentle Fitness 11 am Calming Corner 1 pm	2 Gentle Fitness 11 am Knitting 1 pm Trivia and Riddles 2:45 pm	3 Tai Chi 9:45 am Gentle Fitness 11 am Game Lounge 1 pm Pickleball 2:30 pm	4 Walk and Talk 9:45 am Gentle Fitness 11 am Chess Club 1 pm Netflix: Downton Abbey 2:30 pm
7 Osteo Fitness 9:45 am Gentle Fitness 11 am Tech Time 1 pm Current Events 3 pm	8 Osteo Fitness 9:45 am Gentle Fitness 11 am Calming Corner 1 pm (2 nd floor)	9 Gentle Fitness 11 am Knitting 1 pm Memoir Presentation 2:45 pm	10 Tai Chi 9:45 am Gentle Fitness 11 am Game Lounge 1 pm Pickleball 2:30 pm	11 Walk and Talk 9:45 am Gentle Fitness 11 am Chess Club 1 pm Netflix: Downton Abbey 2:30 pm
14 Osteo Fitness 9:45 am Gentle Fitness 11 am Bingo 1 pm Current Events 3 pm	15 Osteo Fitness 9:45 am Gentle Fitness 11 am Calming Corner 1 pm (2 nd floor)	16 Gentle Fitness 11 am Knitting 1 pm Trivia and Riddles 2:45 pm	17 Tai Chi 9:45 am Gentle Fitness 11 am Game Lounge 1 pm Pickleball 2:30 pm	18  CENTRE CLOSED
21  CENTRE CLOSED	22 Osteo Fitness 9:45 am Gentle Fitness 11 am Calming Corner 1 pm	23 Gentle Fitness 11 am Knitting 1 pm Netflix: Frida Kahlo 2:45 pm	24 Tai Chi 9:45 am Gentle Fitness 11 am Tigers Presentation 1 pm	25 Walk and Talk 9:45 am Gentle Fitness 11 am Chess Club 1 pm Netflix: Downton Abbey 2:30 pm
28 Osteo Fitness 9:45 am Gentle Fitness 11 am Bingo 1 pm Current Events 3 pm	29 Osteo Fitness 9:45 am Gentle Fitness 11 am Calming Corner 1 pm	30 Gentle Fitness 11 am High Park 11:30 pm Knitting 1 pm		

Ongoing Programs

Gentle Fitness (In-Person)



Daily

Time: 11 am – 12 pm

Starting: Monday, Mar. 3 – Wednesday, Apr. 30 (no class Friday, Apr. 18 and Monday, Apr. 21)

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, Mar. 3, 10 and Apr. 7

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, Mar. 17, 24, 31 and Apr. 14, 28

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, Mar. 3 – Apr. 28 (except Monday, Apr. 21)

Time: 3 pm – 4 pm

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

Refreshments provided.

Calming Corner (In-Person)

Dates: Tuesdays, Mar. 4 – Apr. 29

Time: 1 pm – 2 pm

Relax with Adult Colouring, soothing sounds and aromatherapy.

Please bring your own colouring book and materials.





Knitting with Cindy (In-Person)

Dates: Wednesdays, Mar. 5 – Apr. 30

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, Mar. 5 and Apr. 2,16

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!



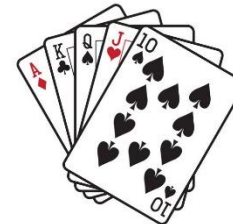
Game Lounge (In-Person)

Dates: Thursdays, Mar. 6 – Apr. 17

Time: 1 pm – 2 pm

Whether you enjoy the challenge of a word puzzle or the strategic moves of a board game, there's something for everyone.

You are welcome to bring your own games.





Pickleball (In-Person)

Dates: Thursdays, Mar. 13 – Apr. 17 (except Mar. 27)

Time: 2:30 pm – 4 pm

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

Chess Club (In-Person)

Dates: Fridays, Mar. 7 – Apr. 25 (except Apr. 18)

Time: 1 pm – 2 pm

**Chess lovers gather here! An opportunity to strengthen logical reasoning and problem-solving skills.
*All levels welcome.***



Netflix Screenings (In-Person)

Bhutan's Royal Family

Dates: Wednesday, Mar. 12

Time: 2:45 pm – 3:45 pm

From the Wang Chuk Dynasty to the future of Bhutan's Monarchy, we will delve into the history of this beautiful, remote country.

Documentary

Frida Kahlo

Date: Wednesday, Apr. 23

Time: 2:45 pm – 3:45 pm

Mexican artist Frida Kahlo is remembered for her self-portraits, pain and passion, and bold, vibrant colors. Let's learn more about her life.

Documentary



Downton Abbey: Season 6

Date: Fridays, Mar. 7 – Apr. 25 (except Apr. 18)

Time: 2:30 pm – 3:30 pm

This series portrays the lives of the Crawley family and the servants who work for them, in a time before the last vestige of a century's old tradition were stripped away by World War and the modern age.

Instructor-led Programs



Osteo Fitness

Dates: Mondays, Mar. 3 – Apr. 28 and Tuesdays, Mar. 4 – Apr. 29 (except Monday, Mar.21)

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.

Tai Chi

Dates: Thursdays, Mar. 6 - 27

Time: 9:45 am – 10:45 am

OR

Thursdays, Apr. 3 - 24

Time: 9:45 am – 10:45 am

You may choose one month only (March or April).

Tai chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. Improve balance, build muscle strength, prevent falls and more. Fitness Instructor Cathy will guide us through a relaxing session.



Walk & Talk Club

Dates: Fridays, Mar. 7 – Apr. 25 (except Friday, Apr. 18)

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.*



Presentations

Coffee Talk with Modern Angels

Date: Thursday, Mar. 6

Time: 2:30 pm – 3:30 pm

Learn more about Palliative care, Dementia support and the various services Modern Angels Healthcare Agency offers.

Refreshments provided.

Afternoon in Bordeaux, France

Date: Tuesday, Mar. 11

Time: 2 pm – 3:30 pm

Jane and Lauren from Mosaic Home Care will walk us through the architecture, history, food and culture of this walkable pedestrian city. Visit the Darwin Eco-système, stroll down the Rue Sainte-Catherine, enjoy delicious French treats and more, all from Toronto.

Free Supports for Caregivers

Date: Thursday, Mar. 27

Time: 2:30 pm – 3:45 pm

Most of us, at some point in our lives, will provide care to someone close to us. This can include providing physical, emotional or cognitive assistance in a variety of different settings including at home or at a care facility. This presentation is a great way to learn about all the free programs, services and resources offered by the Ontario Caregiver Organization and the Alzheimer's Society of Toronto and how you can get connected to them.

This is a virtual presentation. You may view from the Centre or ask Stacey for the WebEx link.

From Hope to Healing

Date: Wednesday, Apr. 9

Time: 2:45 pm – 3:45 pm

Join us for a special afternoon with author and award-winning educator Melanie Novis as she launches her memoir, My Journey Back to Me.

Melanie will share her incredible journey of surviving brain surgery and rebuilding her life after an acquired brain injury. This heartfelt event will be a family affair, featuring readings by her husband Jim and son Adam, each sharing passages that highlight their roles in Melanie's recovery.

Perveen Talks Tigers

Date: Thursday, Apr. 24

Time: 1 pm – 2 pm

Perveen will talk about the fascinating tiger. She will share information on endangered species, personal stories and photographs from her safari experiences.

Outings

P.J. O'Brien Irish Pub

Date: Wednesday, Mar. 19

Time: 12 pm – 3 pm

Cost: \$20 - \$30 – Pay at restaurant

We'll dine over tasty, authentic Irish eats.

Meeting Location: Yonge/Eglinton Subway station at Cinnabon at 12 pm. We'll take Line 1 to King Stn., exit via Yonge & King East, Southeast Corner, walk east on King St E toward Victoria St, turn right onto Leader Lane to access the restaurant at 39 Colborne St.

ROM: Auschwitz. Not long ago. Not far away.

Date: Wednesday, Mar. 26

Time: 12 pm – 3 pm

An unprecedented exhibition that examines the history and legacy of Auschwitz.

Meeting Location: Yonge/Eglinton Subway station at Cinnabon at 12 pm. We'll take Line 1 to Museum Stn., exit via Queens Park, West Side, walk south on Queens Park toward Charles St W, turn right to access the Royal Ontario Museum at 100 Queens Park.

If you have already seen this exhibit, please leave space for others who haven't.

High Park Lunch

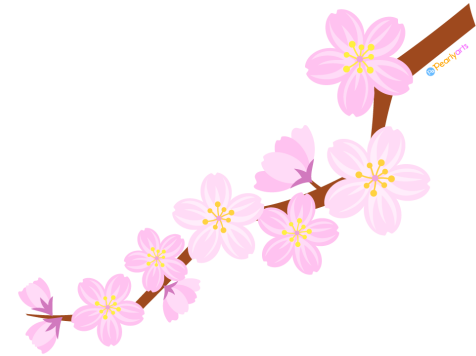
Date: Wednesday, Apr. 30

Time: 11:30 am – 3 pm

Cost: \$20 - \$30 – Pay at restaurant

Meeting Location: Yonge/Eglinton Subway station at Cinnabon at 11:30 am. We'll take Line 1 to Bloor Yonge Stn., switch to Line 2 and exit at High Park Stn. via Parkview Gardens exit, walk south on Parkview Gardens toward Bloor St W , turn right onto Bloor St W, cross the road, turn right onto West Rd. to access The Grenadier Café at 200 Parkside Dr.

Once we are finished lunch, we will observe cherry blossoms (if they have blossomed)



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.**