

Active Living Centre In Touch

2020 Winter Program Guide

January, February, March



21 Hendon Ave, Toronto, ON M2M 4G8
416 733.4111 www.nyseniors.org

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North York Seniors Centre

Mission

North York Seniors Centre provides programs and services to promote the physical, emotional and social well being of adults 55+ living in our diverse community.

Vision

North York Seniors Centre, an accredited organization with a solid funding base is recognized as a leader that delivers quality programs and services through the innovative use of volunteers and strategic partnerships.

Values

Compassion.	We care about our community
Relationships.	We build strong relationships through open communication and respect
Integrity.	We adhere to high moral principles and professional standards
Safety.	We promote a safe, inviting and accessible environment
Innovation.	We encourage the development of new opportunities and endorse excellent service

Want to stay active?

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Our program icons are located throughout the program guide. Each icon is associated with a different program/service to help you navigate around the ALC!

Life Long Learning	Recreation & Leisure
Health & Wellness	Social
Fitness Centre	Arts & Culture



Active Living Centre facilities are wheelchair accessible.



Service Animals are welcome.

Front Cover Photograph:

[@Pier27Tower](https://twitter.com/Pier27Tower)

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Membership

Adults aged 55 years or older may become members of the Active Living Centre. As a member you may participate in any of our exciting programs and events.

Membership is available at Reception or the Program Office and is **non refundable**.

New Member Advantage: \$45.00 (1st year)

Renewal Advantage: \$40.00 (per year)

Your membership is valid for 1 FULL year, and is renewable on your membership expiry date.

Members will have 3 months after their expiry date to renew, after which a \$5.00 penalty fee applies.

Advantages of Membership Include:

- Free Newsletter, "In Touch"
- Access to all drop-in programs
- Reduced rates on programs, trips, workshops and events
- Voting rights for Members' Council
- Opportunity to contribute to the Centre
- Access to parking at Hendon Lot (pending availability)
- Early Bird Registration - "Front of the Line"

Do you have the Advantage?

Do you need a MAPP?

Not sure what program to take or need some help navigating our wide range of programs and services?

Whether it's health & wellness, learning & culture, recreation & leisure or social opportunities, all ALC members have the option of working with staff to choose the programs that best suit your needs and interests!

MAPP is a free service available to all of our members. Speak to our Program Staff today!

ALC Staff Directory:

Bethany Vallentin - Supervisor

416 733.4111 ext. 209

bvallentin@nyseniors.org

Angela Woo - Recreation Programmer

416 733.4111 ext. 203

awoo@nyseniors.org

Anita Shlien - Recreation Programmer

416 733.4111 ext. 205

ashlien@nyseniors.org

Lindsay Chan- ALC Program Assistant

lchan@nyseniors.org

Katrina Lo - ALC Program Assistant

klo@nyseniors.org

Message from Bethany:

Greetings from the Program Office!

I would like to extend a very warm thank of appreciation for your patience and understanding throughout the Summer and Fall construction project. The ramp has a new cut out directly in front, making it more accessible. The external portion of construction has been completed!

We have partnered with Skills for Change to offer a FREE program called Seniors in Sync, addressing many health concerns. See more information on page 11. We are offering some great speaker series this session, found on page 13 and free caregiver sessions featured on page 24.

I am wishing you all a very healthy and happy 2020, and hoping to see you often here at the Active Living Centre.

~ Bethany Vallentin
Supervisor, Active Living Centre

Want to stay active?

Visit us online at www.activelivingcentre.org

North York Senior Centre Facts

Active Living Centre & Administration

21 Hendon Ave., Toronto, ON, M2M 4G8

Fax: 416 733.1858

www.nyseniors.org

Hours of Operation

Active Living Centre

Monday & Friday 9:00 am - 5:00 pm

Tuesday - Thursday 9:00 am - 9:00 pm

Saturday & Sunday 10:00 am - 4:00 pm

Senior Care & A Day Away Club

80 Sheppard Ave. W., Toronto, ON, M2N 1M2

Fax: 416 225.9867

A Day Away Club

Monday - Friday 9:30 am - 3:00pm

Senior Care

Monday - Friday 8:00 am - 5:00pm

Administration Office

Monday - Friday 9:00 am - 5:00pm

For additional information, please call:

416 733.4111 or visit www.nyseniors.org

North York Seniors Centre will be closed for the following statutory holidays:

Christmas Day—Wednesday December 25, 2019

Boxing Day—Thursday December 26, 2019

New Years Day—Wednesday January 1, 2020

Family Day—Monday February 17, 2020

Want to save \$5.00 on each program you register for?

Early Bird Registration starts

Monday, December 2nd, 2019 and

ends on Friday, December 20, 2019



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Did you Know...

that North York Seniors Centre offers many other great services that you can take advantage of?

Listed below are additional services that may be of interest to you:

- In-Home Services
- Outreach Services
- In-Hospital Services
- Transportation Services
- A Day Away Club
- Friendly Visiting & Telephone Reassurance Calls
- Security Checks
- Four Seasons Connections
- Social Club
- Caregiver Support

Additional fees might be required for the services listed above.

Please call 416.733.4111 and ask to speak to Intake.

Disclaimer

All precautions are taken to ensure that accurate information and prices are printed in this magazine. Rates are subject to change and notices will be posted at the Centre if a rate adjustment is required. Occasionally, room locations, times and dates are changed between the printing of the magazine and the start of programs. For updates and changes, please check your registration receipt or notices posted at the Centre.

North York Seniors Centre does not necessarily endorse the paid advertisements in this brochure.

Change of Address



Have you moved, changed your address or any of your contact phone numbers?

Please advise the ALC staff if you have moved, changed your phone number or emergency contact numbers since becoming a member.

Parking



Parking is limited at the Centre. There is underground parking available for \$4.00 with a rebate ticket. Limited street parking is available where signs permit (*limited number available*), as well as at Hendon Park with a special permit. You must present your valid membership card to obtain a parking permit from the Program Office.

Café



Visit the café for a light breakfast or a delicious hot lunch! The ALC café is open from Monday - Friday starting at 9:30 a.m. for continental breakfast and then again at 11:30 a.m. for lunch.

Lunch Special (Drink, Entrée, & Dessert) ONLY \$4.00
Looking for the lunch menu? Week at a glance menus can be found on our website at www.activelivingcentre.org!

Wifi



For those who are wishing to stay connected, we have Wifi for your convenience while you are at the ALC. Please visit reception for the password.

Members Experience Survey

In order for us to better serve you and offer the programs and services you want to see, please don't forget to give us your opinion and fill out a Member's Experience Survey when you renew your membership!



Client Bill of Rights

As a client of North York Seniors Centre you have the right:

1. to be treated with respect and to be free from all forms of abuse,
2. to have your privacy and dignity honoured, and your autonomy supported,
3. to have your needs and preferences respected,
4. to receive understandable information about the services you receive,
5. to take part in decisions about your services and care plan,
6. to give consent, refuse consent, and change your consent at any time regarding the services you receive from us,
7. to comment or raise concerns about the services you receive without anyone taking action against you,
8. to receive information about laws and policies that govern NYSC services including how you can make a complaint,
9. to have your client records kept confidential in accordance with the law.



Registration

Drop-in Programs

Most of the drop-in programs are offered to members only and are held on an ongoing basis unless otherwise stated. Participants are not required to sign up in advance for drop-in programs. In order to participate in a drop-in program, you are required to pay the fee listed under the program title each time you come to participate.

Registered Programs

Members are given the opportunity to register early for all registered programs. Early Bird Registration opens up 3 - 4 weeks prior to the start of the program. Registered programs have specific start and end dates listed in the program description.

Registration cannot be processed if your membership is not up-to-date.

Non-members can register during the first week of programs. A premium will be charged for all registered programs, trips, special events, and workshops.

Program registration must be done in person at the Centre and all programs must be paid in full upon registering regardless of the number of classes attended. Payment can be made by cash, cheque, Visa or MasterCard. Cheques need to be made payable to North York Seniors Centre.

Trips & Special Events & Workshops

All trips, events and workshops offer both the Member & Non member fees and require you to sign up prior to the trip, event or workshop. Please see the travel desk or reception for details.

Please note:

- Program fees will not be discounted until half of the session has been completed.
- For all Dance & Fitness programs, students will be required to complete a PAR-Q and may be required to provide a Doctor's note. Standardized consent form available in Program Office.
- The Active Living Centre reserves the right to cancel programs due to insufficient registration.

Registration Policy

You must register in person for any programs. We will no longer be accepting registration through family or friends.

Cancellation Policy

Registered programs, special events, workshops and trips will be cancelled when the minimum registration numbers are not met. Don't wait until the last minute to register, do it now! The cancellation process starts one week prior to commencement of programs, special events, workshops and trips. You will be notified at that time if your class is cancelled.

We understand that you might need to request a refund on a program, trip, workshop or special event, and we have included several important notes to make the process easier for you!

Please note:

- Refund requests can be made by contacting the program staff via:
Email: activeliving@nyseniors.org
In Person: Active Living Centre
21 Hendon Avenue
Toronto, Ontario, M2M 4G8
Phone: 416 733.4111
- After the first class, no refunds will be issued.
- All program refunds are subject to a \$5.00 administration fee per cancelled program.
- Requests for refunds after the first class will only be allowed for medical reasons in which case a doctor's note must be provided. These refunds will be pro-rated to the time the request and note were provided and are not subject to an administration fee.
- There is no immediate refund. Please allow time for cheque processing.

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Book Club

Instructor: Betty A.

This group shares a passion for reading and is open to new members! Book Club meets every other Tuesday to discuss the book selections that are selected by the group. Book list available in the Program Office.

Early Bird Price: \$20.00

Start Date	Time/Day	Member's Advantage
Jan 7 Biweekly	1:00-3:00 On Tuesday	Advantage: \$25.00 Non Members \$45.00

Cultivating Mindfulness and Meditation

Instructor: Maryam N.

This class includes lessons and meditation exercises that promotes self awareness. You will learn skills and methods to change negative thinking that keeps you locked into undesirable moods, behaviours, actions and relationships. These skills and methods have been shown to be helpful to handle stress, reduce chronic pain, increase energy levels which leads to a clearer mind and a much more peaceful outlook on life.

Optional meditation USB- \$15 and Book-\$20 Purchase both for \$30 (from instructor)

Early Bird Price: \$85.00

Start Date	Time/Day	Member's Advantage
Jan 8 8 weeks	4:30-6:00 On Wednesday	Advantage: \$90.00 Non Members \$125.00

Mah Jongg for Beginners

Instructor: Lorrie M. S

This is a popular Chinese game played with tiles and similar to rummy. You will learn the character tiles used in the game, how the game is played and how to win. Chinese style Mah Jongg. Instruction is in English only.

Early Bird Price: \$15.00

Start Date	Time/Day	Member's Advantage
Jan 7 8 weeks	11:00-12:00 On Tuesday	Advantage: \$20.00 Non Members \$40.00

Spanish Beginner

Instructor: Ricardo A.

Beginner level courses are designed for students who have elementary or no knowledge of the language. In this level the focus is mainly on conversation and the development of a functional vocabulary which will reinforce the basic grammar the student learns.

Early Bird Price: \$80.00

Start Date	Time/Day	Member's Advantage
Jan 8 10 weeks	2:00-3:30 On Wednesday	Advantage: \$85.00 Non Members \$110.00

Spanish Intermediate

Instructor: Ricardo A.

Intermediate level courses are aimed towards students who are familiar with the Spanish language; they know how to express themselves in the present tense for many verbs and their conjugations, and are familiar with the future tense and have the basis of a functioning vocabulary.

Early Bird Price: \$80.00

Start Date	Time/Day	Member's Advantage
Jan 7 10 weeks	2:00-3:30 On Tuesday	Advantage: \$85.00 Non Members \$110.00

Spanish Advanced

Instructor: Ricardo A

The advanced level courses are geared toward students who have a solid foundation of the Spanish language and can communicate, comprehend and converse with a fair degree of ease in a variety of situations. Students will master grammar structures and expand their command of the spoken language.

Early Bird Price: \$80.00

Start Date	Time/Day	Member's Advantage
Jan 9 10 weeks	1:00-2:30 On Thursday	Advantage: \$85.00 Non Members \$110.00

Technology One on One

Instructor: Nabil S, Dietmar S.

This Members Only program offers you time and attention to learn more about your new device or simply brush up on skills. Use our Library Computers or bring your own device.

FREE - Members ONLY (Book with Reception)

Start Date	Time	Day
On-going	10:00-11:00 11:00-12:00 12:00-1:00	On Tuesdays
On-going	12:00-1:00 1:00-2:00	On Thursdays

Social Club

This program is designed exclusively for those living in the community who would benefit from an afternoon of socialization, discussion, exercise and activities within a lightly structured environment.

Getting Started:

Call 416 733.4111 and ask for Intake. Once interest and eligibility is established, a Client Services Coordinator will call the client or family directly to set up an in-home assessment. At the assessment, the client and/or caregiver will be given plenty of time to ask questions, establish a start date and finalize all details.

Program Format:

The day starts with a group discussion during which coffee/tea and a snack are served, followed by a 30 minute light exercise class. Lunch is served between 12:00 p.m. and 1:00 p.m. The afternoon consists of a group activity i.e. travel log, guest speaker, BINGO, and origami. Various seasonal events are celebrated as well.

Hours of Operation:

Mondays from 11:00 am to 2:00 pm

Service Catchment Area:

Bathurst Street to Victoria Park Avenue and Steeles Avenue to Highway 401

Fee:

Social Club: \$9.50

Transportation: \$6.00 each way (limited to Social Club Program only)

For further information, contact 416 733.4111 and ask for Intake.

North York Seniors Centre In-Home Services

Home Help/Homemaking:

Community/Personal Support Workers (PSW) are trained to assist in the client's home with light housekeeping, laundry, personal care, meal preparation, grocery shopping, escorting clients to appointments and some local errands.

Respite Care:

This service provides an opportunity for caregivers to enjoy some time for themselves. A qualified PSW will attend to the client in the privacy of his or her own home. Time can be spent interacting with the client while attending to household needs.

Central Community Care Access Centre (CCAC) Personal Support:

Clients are referred to our program through the Central CCAC. They are assisted with personal care and possibly light household duties. The Central CCAC will determine the client's eligibility and pay for the service.

Eligibility for Home Help/Homemaking and Respite Care:

- Clients must reside within NYSC's catchment area: Bathurst Street to Victoria Park Avenue and Steeles Avenue to Highway 401 (some exceptions may apply, please ask for more information)
- Clients are aged 55 or older or have a physical disability
- Prior to receiving services, an in-home assessment will be completed by a Client Services Coordinator in order to identify the needs of the client. An appropriate care plan will be developed in partnership with the client and/or caregiver.

Hours of Operation:

Service is available twenty-four hours a day, seven days a week.

Fees:

Home Help/Homemaking and Respite Care: \$19.00/hour *Billing occurs once a month.

For further information, contact 416 733.4111 and ask for Intake.

North York Seniors Centre A Day Away Club

A Day Away Club is a social/recreational program for seniors who are physically frail and/or cognitively impaired, and would benefit from a safe and professionally staffed environment.

Getting Started:

Call 416 733.4111 and ask for Intake. Our intake worker can answer any questions you may have about the program and will also ask you some questions about yourself or your loved one to determine eligibility. You can also make arrangements to come in for a tour. The Local Health Integration Network (LHIN) manages all of the applications and waitlists for day programs in our district. A LHIN Care Coordinator will be in contact with you to complete your application. Once a spot in A Day Away Club is available, the North York Seniors Centre Supervisor will contact you.

Program Format:

The program is offered Monday through Friday, 9:30 a.m. to 3:00 p.m., with a snack and hot lunch included. Activities change daily. Clients are supported by trained, respectful, caring staff throughout the day. Our staff are trained to attend to some personal care needs as well.

Transportation:

Transportation to and from A Day Away Club is the responsibility of the client or their family/caregiver. For those clients who do not have their own transportation and who live in our catchment area, transportation may be available. This service will be provided for an additional fee.

Fees:

Full Program Day	\$28.50
With Transportation	\$41.00

For any questions, please contact us at
416 733.4111 ext. 312

North York Seniors Centre Transportation Services

Transportation Services consists of 4 vehicles and staff drivers. A nominal fee applies.

Eligibility:

- Users must be members of and registered with our Transportation Department
- Users must live within our catchment area
- Users are unable to use public transit because of physical or cognitive limitations
- Our vehicles are not wheelchair accessible. Users must be able to access the vehicle independently or with minimal assistance

Hours of Operation:

Rides are provided from 8:30 am to 4:30 pm.
*9:00 am to 10:00 am and 3:00 pm to 4:00 pm are designated for A Day Away Club pick up and drop off.

Services Include:

- Rides to and/or from medical appointments
- Rides to and/or from the A Day Away Club
- Rides to and/or from the Active Living Centre
- A Shopping Program to Centrepont Mall, every Wednesday and Friday

Transportation Service Boundaries:

Bathurst Street to Victoria Park Avenue and Steeles Avenue to Highway 401. Exceptions are made to certain destinations.

Priority System:

Priority will be given to clients requesting transportation for medical appointments and A Day Away Club.

Please feel free to contact 416 733.4111 and ask for Intake should you require any additional information.



Program Name: Seniors in Sync

Time: Fridays 1:00 PM to 3:00 PM

Date: Jan 3, 2020 - Mar 13, 2020

Cost: FREE for Members and Non-Members

Seniors in Sync is a series of weekly sessions that engage seniors in well-being and healthy living. Discussions around important topics in seniors' health will be guided by health care professionals, along with wellness activities that focus on maintaining healthy and active lifestyles. Session topics include bone and joint health, heart disease, diabetes, neurodegenerative diseases, mental health, vision and hearing health, nutrition, and more. Resources and information on various health care services will be available for participants. Light refreshments and TTC tokens will be provided.

SIGN UP REQUIRED!

Need a dinner date?

Join us for Diners Club, which brings together great company and delicious food on a monthly basis. Enjoy an opportunity to experience and taste a variety of food, and meet new people as we explore restaurants in Toronto. Individual is responsible for transportation and cost of meal.

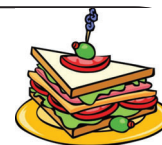
January/February TBD—Winterlicious
March—Babel

For more information or to RSVP,
please call 416 733.4111 and ask for
ALC Reception.



All restaurants are accessible

Did you know?



If you are in a program during the week but you would like to pre-order your meal you **can** do so by pre-paying in the café & picking up your meal after class.

Want to stay active?

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Traditional Iranian Music & Poetry

Instructor: Amir Moosavi

This is a music and literature based class where participants have the opportunity to learn about traditional Persian music and poetry from the great Iranian poets such as Rumi, Saadi and Hafez. Participants will also get acquainted with the peaceful and calm tranquility of traditional Iranian music and vocals. Students have the option of learning to play instruments such as Tar, Setar, Santur, Kamancheh, or Violin. Students can also learn the vocals of traditional Iranian songs.

In order to learn how to play a musical instrument, students must bring their own.

Early Bird Price: \$10.00

Start Date	Time/Day	Member's Advantage
Jan 7 10 weeks	6:00-8:00 On Tuesday	Advantage: \$15.00 Non Members \$20.00

Drawing

Instructor: Sima R.

This drawing course is designed for beginners to develop visual competence expertise of skills in two-dimensional art using lines, proportion and forms. Students will produce an actual still-life drawing from observation using value in the classroom. No experience necessary and material costs are extra. Pick up your supply list in program office.

Early Bird Price: \$50.00



Start Date	Time/Day	Member's Advantage
Jan 8 10 weeks	3:15-5:15 On Wednesday	Advantage: \$55.00 Non Members \$85.00

Did you know?



All of the items in the Gitshoppe are handmade and donated to the ALC by a dedicated group of volunteers called the Stitchers who meet on Wednesdays at the ALC

Self-Guided Drawing & Watercolour

Instructor: Carmie V.

This program is intended for all levels. Students are encouraged to choose a genre and will be assisted through the completion of their chosen artwork. No experience is necessary and material costs are extra. Pick up your supply list in the Program Office.

Early Bird Price: \$30.00

Start Date	Time/Day	Member's Advantage
Jan 8 10 weeks	9:30-12:15 On Wednesday	Advantage: \$35.00 Non Members \$65.00

Sketching

Instructor: Carmie V.

This class is designed for those who want to learn how to sketch. You will be using different materials such as pencil, colored pencil, pen and ink. No experience necessary. Instruction will be given on a one-to-one basis on all subject matter, such as landscapes and faces. Material costs are extra. Pick up your supply list in the Program Office.

Early Bird Price: \$30.00

Class Cancelled on Feb 17, 2020

Start Date	Time/Day	Member's Advantage
Jan 6 10 weeks	10:00-12:00 On Monday	Advantage: \$35.00 Non Members \$65.00

Art History: Masterworks of the Maya and the Aztecs

Instructor: Elizabeth I.

Warm Up with the Art of the Maya and the Aztec in Toronto! Thinking about warmer weather? The Maya and the Aztec were lucky enough to have a lot of warm weather and you will be able to explore the fascinating heritage of the **Maya** and the **Aztec** civilizations with the course: **Masterworks of the Maya and the Aztecs.**

Let's take a virtual tour on **March 2020**, to ancient Mexico, to learn and enjoy with the Pre-Columbian Masterworks from the Maya and the Aztec and get your printed notes and images of each session! Do not miss it! Come, enjoy and learn with this fascinating selection of Pre-Columbian Art!

Early Bird Price: \$80.00

Start Date	Time/Day	Member's Advantage
March 6 4 weeks	10:00-12:00 On Friday	Advantage: \$85.00 Non Members \$120.00



Winter Speaking Series

Join us for a variety of informative presentations in Winter 2020. Enjoy these speaking series for **FREE**. RSVP is required one week prior to the seminar date. To register, please visit ALC Reception or call 416 733.4111 to save your spot!

Health & Wellness

Breast Cancer Screening Workshop Presented By: Lisa Rhodenziez (Coordination Advisor, Health Promotion, Prevention and Screening)

Date/Time: Friday, January 10, 2020 @ 10:00 AM-11:30 AM

Skills to Prevent Falls and Improve Your Balance Presented By: Dr. Raphael Lindsay (Chiropractor with a special interest in geriatric care)

Date/Time: Friday, January 17, 2020 @ 10:00 AM-11:30 AM

In this short workshop you will learn to use your body to prevent pain by knowing and practicing some simple methods of balance, and to take the pressure off your spine. Simple exercises are learned to strengthen your body connections while standing, sitting, getting up and down and walking. Pain often indicates that you are using your body incorrectly and possibly enough to cause damage and it is telling you to do something! The structures supporting you are not functioning well if bodyweight or muscle pull are on the wrong places. This session will show how to move more effortlessly. Be in our body in a healthy safe way! Let's enjoy the winter of 2020!

Talk on Incontinence and Constipation Presented By: Alejandra Rodriguez

Date/Time: Friday, January 24, 2020 @ 10:00 AM-11:30 AM

Even though constipation and incontinence are common conditions, this doesn't mean that **they are normal**. Both can be treated and overcome if you are willing to learn about their causes and learn how to implement useful strategies to enhance the functions of your bowels and bladder. It is absolutely possible to experience optimal bladder/bowel function after your 60's, 70's and even beyond!

Cogniciti: Brain Health Workshop Presented By: Heleni Singh (Regional Engagement Specialist)

Date/Time: Friday, January 31, 2020 @ 10:00 AM-12:00 PM

Cogniciti's Brain Health Workshop is a free, in-person workshop that provides older adults with the opportunity to learn about their brain health. During the workshop, one of Cogniciti's highly trained team members will provide a group of 10 – 20 people with an overview of brain health, assist each person with completing our online Brain Health Assessment, and provide resources for further evaluation. Each person will take their own individual assessment on a laptop computer that Cogniciti provides. The Brain Health Assessment takes about 15-30 min to complete. After each person is finished, they will have the opportunity to meet individually with the Cogniciti team member to go over their score, ask questions about their brain health, and receive brain health tips based on the latest research on memory and aging.

Toronto Public Health Dental Program Presented By: Marina Tchistaia (Community Oral Health Outreach Worker)

Date/Time: Friday, February 21, 2020 @ 10:00 AM-11:30 AM

The TPH Dental program aims to promote oral health and to provide information about oral disease prevention and access to dental care in our communities. As a part of this program, I am providing free information sessions and workshops for seniors. This workshop will cover topics such as the importance of good oral health and its connection to the general health, common dental and oral health problems, tips on maintaining good oral hygiene, information nutrition as it relates to dental and oral health and information on programs enabling access to dental care in the city including information on the **new Ontario Seniors Dental Care Program (OSDCP)**.

Health & Wellness

To book an appointment, please call 416 733.4111 or visit the reception desk.

Direct Smiles

Professional and quality dental hygiene care brought directly to you, the client, by a professional mobile dental hygiene service. Fees vary depending on the following services: client exams, scaling and polish, fluoride treatments, desensitizing of roots and teeth whitening. Prices are available at reception.

Feb 13

Foot Care Nurse

Enjoy the following foot care reflexology, diabetic foot care, arthritic foot care and foot ware consultations.

Jan 14 & 28, Feb 18, March 3, 17 & 31

Legal Clinic

Does your Will need updating? Wills, Powers of Attorney, estate planning, notarization, and other legal advice and services are available.

Jan 8, Feb 12, March 11

Naturopathic Clinic

Learn to optimize your health naturally using herbs, nutrition, acupuncture, traditional Chinese medicine and many other means. Teresa welcomes Cantonese-speaking clients.

Feb 7, March 6

Initial consultation: \$60 (60 min)

Follow up visits: \$30 (30 min) or \$45 (45 min)

Podiatry Clinic

Foot specialist with 35 years experience provides foot care to seniors. Treatments include nail cutting, corn/callus removal, care for arthritic feet and diabetic foot care.

Jan 10 & 20, Feb 14 & 24, March 13 & 23

Fee: \$12 plus your OHIP card (health card)

Please note: We understand that there are times you must miss an appointment due to emergencies or other obligations but as a courtesy, we ask that any appointments are cancelled with at least 24 hours' notice in advance. Anyone arriving past their scheduled appointment will need to reschedule their appointment. Please call 416 733.4111 to book or cancel appointments.

Please note the following Code of Conduct and kindly follow these guidelines while in the Active Living Centre

Covenant of Conduct North York Seniors Centre

Whereas the North York Seniors Centre has developed a statement of mission as:

North York Seniors Centre provides programs and services that promote the social, physical and emotional well-being of clients 55+ in our diverse community.

the member/clients, volunteers and staff of the organization wish to affirm their commitment to achieving the organization's mission and objectives in a spirit of cooperation, civility and mutual respect.

In this spirit, the member/clients, volunteers and staff will seek to:

- Treat all with mutual respect, member/client to member/client, member/client to volunteer, member/client to staff, volunteer to member/client, volunteer to volunteer, volunteer to staff, staff to member/client, staff to volunteer, and staff to staff
- Avoid condescending tones and attitudes
- Communicate in an efficient and prompt manner
- Request clarification of issues with the applicable and appropriate party(s)
- Respect the confidentiality of relevant issues brought to their attention
- Participate in reconciliation rather than confrontation
- Fulfill all obligations once they have assumed the responsibility, in an efficient and timely manner
- Reaffirm their commitment to making decisions in a democratic manner through a fair and transparent process
- Appreciate each other's strengths and expertise, realizing we are all working towards a common goal



Active Living Centre Fitness Centre

Fitness Centre

Did you know?

Your membership to the Fitness Centre is included in your annual Active Living Centre membership. The Fitness Centre is open seven days a week including evenings and weekends. Members can work out independently or register for sessions with a personal trainer from Will 2B Fit.

How do you get started?

1. Register for a membership with ALC!
2. Provide us with a doctor's note giving you permission to participate in exercise and personal training at North York Seniors Centre. Standard fitness consent form available in the Program Office.

**Fitness consent form is valid for two years, unless there is a change in medical condition*

3. Visit the Program Office to register for a one time mandatory assessment with our personal trainer.

Fitness Assessment Fee: \$50.00/Member

Personal Training Services

After you complete your fitness assessment, you can set up individual training sessions that work best for your schedule. Plan your sessions on a weekly, bi-weekly or monthly basis!

Individual Training: One 55 minute personal training session
\$50.00/Fitness Centre Member

Team Training: One 55 minute personal training session in a team of 2 or 3
Team of 2: \$30/Fitness Centre Member
Team of 3: \$20/Fitness Centre Member

****Your fitness assessment is included in Bootcamp for Weight Loss or Semi Private Training!**

Save \$50 by registering for one of these programs and enjoy unlimited access to the Fitness Centre!

Bootcamp for Weight Loss

Instructor: Nina S.

This high intensity program is a circuit style class which will challenge your cardiovascular health, strength, balance and flexibility. We take minimal rest in between exercise stations and work in a circuit to keep your heart rate in the fat burning zone.

Class Cancelled on Feb 17, 2020

Early Bird Price: \$55.00

Start Date	Time/Day	Member's Advantage
Jan 6 10 weeks	10:15-11:10 On Monday	Advantage: \$60.00 Non Members \$100.00

Semi Private Training

Instructor: Nina S. (Monday), Kerry H. (Wednesday, Friday)

Semi Private Sessions will give you more personal attention with no more than 4 people per session. Training specific to your needs and goals, with a personalized program that will be provided for you to take home in an application as well as in person. You will receive an intake session where we will perform measurements and movement assessments before your training begins. Please see the Program Office to book this Fitness Assessment if you have not completed one yet.

Class Cancelled on Feb 17, 2020

Start Date	Time/Day	Member's Advantage
Jan 6 10 weeks	11:15-12:10 On Monday	Advantage: \$155.00 Non Members \$195.00
Jan 8 10 weeks	9:15-10:10 On Wednesday	Advantage: \$155.00 Non Members \$195.00
Jan 3 10 weeks	9:15-10:10 On Friday	Advantage: \$155.00 Non Members \$195.00
Jan 3 10 weeks	11:15-12:10 On Friday	Advantage: \$155.00 Non Members \$195.00



To register for these programs, you are required to provide a doctor's note. Standard fitness consent form available in Program Office.

Heart Wise Exercise Program at the Active Living Centre

Are you Heart Wise? Physical activity is one of the best things you can do to prevent heart disease, stroke and many more chronic health conditions. Heart Wise Exercise works with fitness providers to develop and identify programs and classes that are appropriate for people who want to stay healthy or who may be living with a chronic health condition. The Active Living Centre is now one of those community partners that offer Heart Wise Exercise Classes!

All of the following programs have been approved as Heart Wise appropriate classes and are identified by this symbol (to the right). This symbol will help you choose the classes that are right for you at the right intensity. All Heart Wise Exercises classes encourage regular daily aerobic exercise, encourages and incorporates warm up, cool down and self monitoring with all sessions. It allows participants to exercise at a safe level and offers options to modify intensity, includes participants with chronic health conditions (physician approval might be required).



Low Intensity - Beginner Fitness Level

Please note: Students will be required to complete a PAR-Q and may be required to provide a Doctor's note. Standardized consent form available in Program Office.

Movement to Music

Instructor: Dancing with Parkinson's

This class is a fun, unique program that helps those with Parkinson's improve their range of motion, core strength, balance and enhance overall posture. No partner or dance experience is necessary.

Early Bird Price: \$85.00

Start Date	Time/Day	Member's Advantage
Jan 4 10 weeks	2:00-3:00 On Saturday	Advantage: \$90.00 Non Members \$120.00

Stretch n' Strength

Instructor: Karen S.

This program is designed for the purpose of strengthening and lengthening muscles and increasing your flexibility through a variety of exercises that are done both standing and sitting. This program uses balls, tubes and weights. Chairs are used to encourage balance exercises.

Early Bird Price: \$45.00

Class Cancelled on Feb 17, 2020

Start Date	Time/Day	Member's Advantage
Jan 6 9 Weeks	11:30-12:30 On Monday	Advantage: \$50.00 Non Members \$90.00

Tai Chi - Yang Style Beginner

Instructor: Agnes W.

Tai Chi is composed of gentle and flowing movements. This program improves muscle strength, balance, flexibility, posture and general overall well-being. It brings calmness and peace to your mind and helps to harmonize your mind, body and spirit.

No experience is required.

Early Bird Price: \$50.00

Start Date	Time/Day	Member's Advantage
Jan 10 10 weeks	2:30-3:45 On Friday	Advantage: \$55.00 Non Members \$95.00

Healthy Bones Level 1

Instructor: Karen S.

Tone up your body and improve your health with this fulfilling program which accommodates participants who have varying degrees of Arthritis or Osteoporosis. This program is designed to improve your flexibility, muscle strength and balance using balls, bands and weights.

Early Bird Price: \$45.00

Class Cancelled on Feb 17, 2020

Start Date	Time/Day	Member's Advantage
Jan 6 9 Weeks	12:45-1:45 On Monday	Advantage: \$50.00 Non Members \$90.00

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Low Intensity - Beginner Fitness Level

Please note: Students will be required to complete a PAR-Q and may be required to provide a Doctor's note. Standardized consent form available in Program Office.

Chair Yoga Level 1

Instructor: Terri D.

Chair Yoga focuses on relaxing the mind and stimulating the body and spirit. Yoga coordinates movement, breathing and helps release tension and increase energy. It firms the body and tones muscles without pressure. This program is done from the chair and uses balls, tubes and weights.

Early Bird Price: \$55.00

Start Date	Time/Day	Member's Advantage
Jan 17 10 weeks	12:20-1:20 On Friday	Advantage: \$60.00 Non Members \$100.00



Please note:

The Active Living Centre is a SCENT-FREE facility! Keep in mind that some people have strong allergic reactions to scent. Please keep perfume, cologne and scented creams to a minimum. Thank you!

Chair Yoga Level 2

Instructor: Terri D.

Have a blast in this class as we focus on relaxation and developing a better understanding of the body and its movements. Yoga coordinates movement and breathing and helps release tension and increase energy. It firms the body and tones muscles without pressure. This program has a combination of standing and sitting exercises and uses balls, tubes and weights.

Early Bird Price: \$55.00

Start Date	Time/Day	Member's Advantage
Jan 17 10 Weeks	1:25-2:25 On Friday	Advantage: \$60.00 Non Members \$100.00

Seated Conditioning

Instructor: Nina S.

Seated conditioning is designed to target key muscles while improving your flexibility, endurance and balance. This program will be taught in a chair for support and include a variety of exercises to help strengthen your core, aid in bone health and bone density.

Early Bird Price: \$45.00

Start Date	Time/Day	Member's Advantage
Jan 7 10 weeks	10:15-11:10 On Tuesday	Advantage: \$50.00 Non Members \$90.00

Body Blast

Instructor: Nina S.

Have a blast! Low intensity, easy to follow mix of strength training and core work to gain muscle definition and enhance overall health.

Early Bird Price: \$55.00



Start Date	Time/Day	Member's Advantage
Jan 7 10 weeks	12:15-1:10 On Tuesday	Advantage: \$60.00 Non Members \$100.00

Registered Programs - Heart Wise Exercise

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Medium Intensity - Intermediate Fitness Level

Please note: Students will be required to complete a PAR-Q and may be required to provide a Doctor's note. Standardized consent form available in Program Office.



Choose Powerlifting As A Senior Fitness Program

Powerlifting as a senior fitness program has the same training with that of younger lifters. This routine encompasses squat, bench press, and deadlift. Adults older than 50 need a certified personal trainer to map out a program carefully. This is to ensure that the routine has minimal volume and intensity. The elderly will be able to learn the lifts gradually while increasing their training volume tolerance. This is also to ensure safe training.

Basic powerlifting training involves squat and bench press 3 times a week. Trainers also encourage a rest day in between training sessions. Then, seniors can do the deadlift on 1 of these 3 sessions. When they combine the 3 routines together, they must follow it with a 2-day rest.

Personal trainers will base the sets, weights, and repetitions according to the senior's gender, age, and background. According to them, starting light is the key even if it means lifting a broomstick on day 1. While it appears to be funny, this is actually the right way for seniors to do powerlifting. Additionally, a 1994 study published in the Journal of Applied Physiology backs this. They advised keeping the repetitions to no more than 5 each set. This limits the fatigue while allowing the senior lifter to focus on technique. For beginners, they can do 3 per set. They can then add volume as they increase their exercise tolerance

By: Kerry Hutchings
WILL 2B FIT

Strong Men

Instructor: Kerry H.

This program is a men's only dumbbell class focused on increasing strength! Strong Men focuses on strengthening your body with the use of dumbbells and bodyweight exercises. We will increase your muscular strength and endurance, improve your posture, reduce tension and increase your metabolism. This class is a combination of sitting and standing, with modifications for all levels.

Early Bird Price: \$55.00

Start Date	Time/Day	Member's Advantage
Jan 2 10 weeks	10:15-11:10 On Thursday	Advantage: \$60.00 Non Members \$100.00

Strong Women

Instructor: Nina S. (Tuesday), Kerry H. (Thursday)

This program is a women's only dumbbell class focused on increasing strength! Strong Women focuses on strengthening your body with the use of dumbbells and bodyweight exercises. We will increase your muscular strength and endurance, improve your posture, reduce tension and increase your metabolism. This class is a combination of sitting and standing, with modifications for all levels.

Early Bird Price: \$55.00

Start Date	Time/Day	Member's Advantage
Jan 7 10 weeks	11:15-12:10 Tuesday	Advantage: \$60.00 Non Members \$100.00
Jan 2 10 weeks	11:15-12:10 On Thursday	Advantage: \$60.00 Non Members \$100.00
Jan 2 10 weeks	12:15-1:10 On Thursday	Advantage: \$60.00 Non Members \$100.00

Total Body Conditioning

Instructor: Nina S. (Monday & Tuesday) & Kerry H. (Friday)

This energizing program targets all major muscle groups through a circuit style class. Participants move through stations which include strength training to promote muscular endurance, cardio to keep the heart healthy, balance challenges to reduce falls, flexibility to maintain and enhance mobility and exercises that will make activities of daily life easier.

Class Cancelled on Feb 17, 2020

Early Bird Price: \$55.00

Start Date	Time/Day	Member's Advantage
Jan 6 10 weeks	9:15-10:10 On Monday	Advantage: \$60.00 Non Members \$100.00
Jan 7 10 weeks	9:15-10:10 On Tuesday	Advantage: \$60.00 Non Members \$100.00
Jan 3 10 weeks	10:15-11:10 On Friday	Advantage: \$60.00 Non Members \$100.00



Medium Intensity - Intermediate Fitness Level

Please note: Students will be required to complete a PAR-Q and may be required to provide a Doctor's note. Standardized consent form available in Program Office.



Registered Programs - Fitness & Dance

Korean Janggo & Jindobuk Dancing

Instructor: Ok Cha Kim

This program uses drums along with detailed steps that interpret the culture. Learn to improve your skills and level of Korean Janggo with Jindobuk Dance. This program is geared towards people with previous Korean Dance or Drumming experience. You must provide your own drum for this program. This program is taught in Korean.

Class Cancelled on Feb 17, 2020

Early Bird Price: \$45.00

Start Date	Time/Day	Member's Advantage
Jan 6 10 Weeks	9:00-10:00 On Monday	Advantage: \$50.00 Non Members \$90.00

Korean Nanta (Drumming)—Advanced

Instructor: Ok Cha Kim

Learn more skills for Korean Drumming and build upon your previous experience in drumming combinations and techniques. This program is geared towards people with previous Korean Nanta experience. You must provide your own drum for this program. This program is taught in Korean.

Early Bird Price: \$45.00

Start Date	Time/Day	Member's Advantage
Jan 10 10 Weeks	9:30-10:30 On Friday	Advantage: \$50.00 Non Members \$90.00

Korean Nanta (Drumming)—Beginner

Instructor: Ok Cha Kim

Learn the basics of Korean Drumming. You will learn different drumming combinations and techniques. You will be more confident by the end of the class as well as have learned different Korean drumming songs. This program is geared towards people with no Korean Nanta experience. You must provide your own drum for this program. This program is taught in Korean. Limited spots are available.

Early Bird Price: \$45.00

Start Date	Time/Day	Member's Advantage
Jan 10 10 Weeks	10:45-11:45 On Friday	Advantage: \$50.00 Non Members \$90.00

Belly Dance

Instructor: Sarah B.

Get your hips moving and shaking to traditional belly dance music as you learn a variety of dances in this fun and enjoyable class.

Early Bird Price: \$85.00

Start Date	Time/Day	Member's Advantage
Jan 9 10 Weeks	10:00-11:00 On Thursday	Advantage: \$90.00 Non Members \$120.00

Korean Dancing

Instructor: Ok Cha Kim

Experience the true culture of Korea. Learn the art of Korean Dance with scarves and tambourines. This program is geared towards people with previous Korean Dance experience. This program is taught in Korean.

Class Cancelled on Feb 17, 2020

Early Bird Price: \$45.00

Start Date	Time/Day	Member's Advantage
Jan 6 10 Weeks	10:15-11:15 On Monday	Advantage: \$50.00 Non Members \$90.00
Jan 6 10 Weeks	3:15-4:15 On Monday	Advantage: \$50.00 Non Members \$90.00

Korean Janggo (Drumming)

Instructor: Ok Cha Kim

Janggo is the most renowned traditional percussion instrument in traditional Korean music. To play the Janggo, you use a stick with one hand and your bare hands. Learn the basic Janggo techniques, rhythms and terms, and the popular Janggo dance. You must provide your own drum for this class. This program is taught in Korean.

Class Cancelled on Feb 17, 2020

Early Bird Price: \$45.00

Start Date	Time/Day	Member's Advantage
Jan 6 10 Weeks	2:00-3:00 On Monday	Advantage: \$50.00 Non Members \$90.00

Joyous Joints

Instructor: Kerry H.

Do you struggle with stiffness or pain in your knees, hips, ankles, shoulders, wrists or elbows? Then check out our new program, Joyous Joints! This program will focus on restoring flexibility, strength and stability in your joints. You will be led through exercise, education and fall prevention drills which will assist in you living in less pain and enjoying more life. This medium impact program is suitable for individuals with osteoporosis, low bone density or those at risk of fractures and falls.

Early Bird Price: \$55.00

Start Date	Time/Day	Member's Advantage
Jan 8 10 weeks	11:15 AM-12:10 PM Wednesday	Advantage: \$60.00 Non Members \$100.00

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Medium Intensity - Intermediate Fitness Level

Please note: Students will be required to complete a PAR-Q and may be required to provide a Doctor's note. Standardized consent form available in Program Office.

Pilates

Instructor: Terri D.

This program promotes the building of long, lean muscles, particularly focusing on the core muscles and lower body while using a combination of floor, wall and chair exercises with bands, weights and balls.

Early Bird Price: \$55.00

Start Date	Time/Day	Member's Advantage
Jan 14 10 Weeks	11:20-12:20 On Tuesday	Advantage: \$60.00 Non Members \$100.00

Abs, Back & Core Training

Instructor: Lorne O.

"Core fitness training" is something we hear a lot. But where is the core? What does it do? And why are "core exercises" so important? Core muscles include our abdominal muscles, the muscles of our low back, and the muscles that surround our hips. You use these muscles every day; to stand up and sit down; to keep your body stiff and stable when you push and pull objects and walk up and down stairs. Core muscles let you reach up, and get out of bed. Weak core muscles make all these activities harder. But a strong core makes your daily activities easier, plus a strong core improves balance and reduces back pain. This course teaches you how to develop strong core muscles and prevent low back pain, by learning and practicing the safe core, back and hip exercises developed by Dr. Stuart McGill, Professor Emeritus of Kinesiology at University of Waterloo.

Start Date	Time/Day	Member's Advantage
N/A 10 weeks	11:30-12:30 On Saturday	Returning Spring 2020

We want to hear from you!

As a client centered organization, we are always looking for your ideas on what programs and services you would like to see at the Active Living Centre.

Please fill out a comment card with any of your suggestions, complaints or feedback!

The suggestion box is located in the main lobby of the Active Living Centre



Yogilates

Instructor: Terri D.

Yogilates is an intense program combining elements of both Yoga and Pilates. This program helps to build long, lean and bulk muscles particularly focusing on promoting flexibility, proper breathing and relaxation techniques of the core and lower body. This program is done in the chair, on the floor and on your feet to concentrate on posture, body alignment and breath.

Early Bird Price: \$55.00

Start Date	Time/Day	Member's Advantage
Jan 17 10 Weeks	2:30-3:30 On Friday	Advantage: \$60.00 Non Members \$100.00

Line Dance Level 1

Instructor: Teresa C.

A great way to exercise while having fun with friends! You will learn different line dance sequences to a variety of music all while working your lower and upper body! No experience is necessary.

Early Bird Price: \$45.00

Start Date	Time/Day	Member's Advantage
Jan 2 10 Weeks	11:15-12:45 On Thursday	Advantage: \$50.00 Non Members \$90.00

Line Dance Level 2

Instructor: Teresa C.

Level 2 requires you to have completed Level 1 or have knowledge of line dance sequences. You will learn more complex line dance sequences while getting a great workout.

Early Bird Price: \$45.00

Start Date	Time/Day	Member's Advantage
Jan 2 10 Weeks	1:00-2:30 On Thursday	Advantage: \$50.00 Non Members \$90.00

Line Dance Level 1

Instructor: Vivian Y.

Get your lower body in shape while having some fun! Dances range in speed and includes ballroom, Latin, country, western and international music.

Early Bird Price: \$50.00

Start Date	Time/Day	Member's Advantage
Jan 3 10 Weeks	10:45-12:15 On Friday	Advantage: \$55.00 Non Members \$95.00



High Intensity - Advanced Fitness Level

Please note: Students will be required to complete a PAR-Q and may be required to provide a Doctor's note. Standardized consent form available in Program Office.

Healthy Bones Level 2

Instructor: Karen S.

Tone up your body and improve your health with this fulfilling program which accommodates participants who have varying degrees of Arthritis or Osteoporosis. This program is designed to improve your flexibility, muscle strength and balance using weights, balls and bands. There is a combination of sitting and standing exercises.

Early Bird Price: \$55.00

Start Date	Time/Day	Member's Advantage
Jan 8 10 Weeks	11:00-12:00 On Wednesday	Advantage: \$60.00 Non Members \$100.00

Ballroom & Latin Dance

Instructor: Lisa Z. & Charlie Z.

Tango is a ballroom dance that has branched away from its original Argentine roots. The International Style tango is globally accepted as a competitive dance. Tango dance is very powerful with big movements, dramatic gestures and quick snaps of the head from one position to another. No experience is necessary.

Early Bird Price: \$60.00

Start Date	Time/Day	Member's Advantage
Jan 4 10 Weeks	10:00-11:15 On Saturday	Advantage: \$65.00 Non Members \$105.00

Ballroom & Latin Dance - Beginner

Instructor: Lisa Z. & Charlie Z.

"Salsa" is a favoured name for a type of Latin music which, for the most part, has its roots in Cuban culture and is enhanced by jazz textures. The structure of the Salsa, as you'll learn at our Salsa lessons, is largely associated with mambo dance type patterns and has a particular.

Early Bird Price: \$60.00

Start Date	Time/Day	Member's Advantage
Jan 4 10 Weeks	11:30-12:45 On Saturday	Advantage: \$65.00 Non Members \$105.00

Line Dance Level 2

Instructor: Vivian Y.

Get your lower body in shape while having some fun! Dances range in variety of speeds and include ballroom, Latin, country, western and international music. Knowledge of line dancing or the completion of Line Dance Level 1 is recommended.

Early Bird Price: \$50.00

Start Date	Time/Day	Member's Advantage
Jan 7 10 Weeks	1:15-2:45 On Tuesday	Advantage: \$55.00 Non Members \$95.00
Jan 3 10 Weeks	12:30-2:00 On Friday	Advantage: \$55.00 Non Members \$95.00

Strength Essentials- Intermediate/Advanced Strength Training

Instructor: Kerry H.

Join us for advanced dynamic movements, resistance training, floor exercises, improving gait patterns visual and vestibular systems, and fall prevention. This class emphasizes full body strength, posture realignment, and pain reduction. This class is a continuation of the Basic Senior Strength & Conditioning. We will work on mobility, flexibility and some necessary, functional lifting patterns. People that have osteoporosis, back pain, knee pain, joint replacements, decreased balance or many other related issues would benefit from this class. Participants must be able to get up and down from the floor without using assistive devices.

Early Bird Price: \$55.00

Start Date	Time/Day	Member's Advantage
Jan 8 10 Weeks	10:15-11:10 On Wednesday	Advantage: \$50.00 Non Members \$90.00

Mat Yoga

Instructor: Terri D.

Mat yoga is a program that incorporates various exercises such as balance, stretching, standing mat work and core work. The program will also focus on strengthening and relaxation exercises meanwhile helping to build long, lean and bulk muscles.

Early Bird Price: \$55.00

Start Date	Time/Day	Member's Advantage
Jan 16 10 Weeks	2:30-3:30 On Thursday	Advantage: \$60.00 Non Members \$100.00



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ARTS



Art Studio

Day: Thursday
Time: 10:00-12:00
Members Only \$1.00
Location: Craft Room

Introduction to Knitting & Crocheting

Day: Wednesday
Time: 9:30-11:30
Members \$1 & Non-Members \$3
Location: Craft Room
*Supply list available in the Program Office

Movie Club

Day: Monday
Time: 2:00-4:00
Members \$2 & Non-Members \$4
Location: Media Room

Stitchers

Day: Wednesday
Time: 12:15-3:00
Members Only FREE
Location: Craft Room
*This group consists of volunteers producing handiworks to donate to our GiftShoppe.

FITNESS



Table Tennis

Tuesday
Time: 4:00-6:00
Thursday
Time: 7:00-9:00
Saturday
Time: 2:00-4:00
Members \$1 & Non-Members \$3
Location: Multipurpose Room
*Participants will be required to complete a PAR-Q and may be required to provide a Doctor's note.

SOCIAL



Alborz Persian Group

گروه ایرانی البرز
Day: Thursday
Time: 3:00-6:00
Members \$1 & Non-Members \$2
Location: Multipurpose Room

Coffee & Conversation

Day: Thursday
Time: 11:30-12:30
Members Only \$1.00
Location: Media Room
*Canada is a country of international people. Join us for a lively hour where you can meet interesting people and practice your English conversation skills.

French Conversation Club Club de conversation français

Day: Friday
Time: 10:00-12:00
Members \$1 & Non-Members \$3
Location: Library/Media Room

Joy Luck Social Club

中社俱樂部
1st & 3rd Wednesday/Month
Time: 2:00-6:00
Members \$1 & Non-Members \$3
Location: Cafe

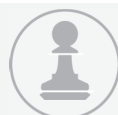
Korean Social Club

한국인 사교 클럽
Day: Saturday
Time: 1:00-3:00
Members \$1 & Non-Members \$3
Location: Craft Room

Persian Social Club

باشگاه اجتماعی فارسی
Day: Tuesday
Time: 10:00-3:00
Members \$2 & Non-Members \$4
Location: Craft Room

GAMES



Basic Euchre

Day: Tuesday
Time: 10:00-12:00
Members Only \$1.00
Location: Meeting Room

Bid Euchre

Day: Thursday
Time: 10:00-12:00
Members Only \$1.00
Location: Meeting Room

Canasta

Day: Wednesday
Time: 1:00-4:00
Members Only \$1.00
Location: Meeting Room

Cribbage

Day: Wednesday
Time: 10:00-12:00
Members Only \$1.00
Location: Meeting Room

Duplicate Bridge

Wednesday & Sunday
Time: 12:30-4:00
Members \$3.50 & Non-Members \$4
Location: Multipurpose Room
*Participants are required to attend program with a partner.

Mah Jongg Drop-In— English & Cantonese

Monday
Time: 12:30-4:00
Sunday
Time: 10:00-4:00
Members \$1 & Non-Members \$3
Location: Café/Trillium Room

Pinochle

Day: Thursday
Time: 1:00-3:00
Members Only \$1.25
Location: Meeting Room

Progressive Bridge

Day: Tuesday
Time: 12:30-4:00
Members Only \$2.00
Location: Trillium Room
*Participants must be an intermediate level player.

Scrabble

Day: Monday
Time: 12:15-4:00
Members Only \$1.00
Location: Meeting Room

Travel

The Active Living Centre provides wonderful day trips throughout the year for our members and their friends and family. Spots are limited and early registration is recommended!

For more information, please call the Travel Desk at 416 733.4111 ext. 212 or visit Monday to Friday from 10:00 am to 3:00 pm.

Travel Policies

Refunds:

If the Centre cancels a trip, a full refund applies.

Cancellations of trips organized by an agency/tour operator will be refunded according to the agency's policy.

Theatre trips and day trips offer **no refund** after the payment due date.

Supervision:

Those who require special assistance of any kind (i.e. oxygen, mobility) are responsible for arranging for an escort to assist them. Support persons will be given member rates. NYSC will not be responsible for providing special care.

Payment:

Full payment is due for all trips within 6 weeks of trip departure. Post-dated cheques dated up to 6 weeks prior to trip are accepted. Theatre trips require a non-refundable deposit of \$20 upon booking.

To take advantage of the Members' price, members must have a valid ALC membership at the time of payment.

Gratuities to drivers and/or escorts are no longer covered by NYSC and are solely at the traveler's discretion.

Seat Assignment:

Please advise at the time of booking if you are travelling with someone, otherwise a seat companion will be assigned at the discretion of the Travel Committee. While every effort will be made to honour seat location requests, this may not always be possible as consideration must be given to those with mobility concerns.

Effective June 1, 2018

Special Events

To purchase your ticket for one of these events, please see the reception desk **at least** one week prior to the event date!

Robbie Burns Tea

Date: Friday, January 24, 2019

Time: 2:00 pm –3:30 pm

Location: Café

Description: Join us to celebrate the Scottish poet, Robbie Burns' Birthday, with songs, poetry, and fresh-baked scones.

Price: \$8 member, \$12 Non-Member



Shrove Tuesday– Pancake Day!

Date: Tuesday, February 25, 2019

Time: 9:30 AM-11:00 AM

Location: Café

Description: Celebrate Shrove Tuesday by joining us for a Pancake Day Brunch! Enjoy a delicious brunch menu including your favourites such as pancakes, eggs, bacon, sausage & toast! And of course, coffee and tea!

Price: \$10 Member & \$14 Non-Member



St. Patrick's Day

Date: Tuesday, March 17, 2019

Time: 11:30 AM -1:00 PM

Location: Cafe

Here at the Active Living Centre, we will be celebrating St. Patrick's Day with music, food and a whole lot of fun! Everyone is welcome to join us for this festive event as we celebrate St. Patrick's Day!

PRICE: \$15 Member & \$20 Non-Member



Social Opportunities - Travel & Special Events

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New!!

INFORMATION WORKSHOPS FOR CAREGIVERS & SENIORS

10 WEEKS
pick 1, 2, 3 or all 10!

10 Expert speakers
10 Free Sessions

Nov. 07, 2019	Roles and Responsibilities of substitute decision-making & issues that caregivers may face – Deborah Jorgensen, Lawyer & Associate with Law Firm BSLSC
Nov. 14, 2019	Mental health and Dementia - Dr. Tony Schembri, Behavioral Therapist, Psychogeriatric Resource Consultant with West Park Healthcare Centre.
Nov. 21, 2019	Stress Manifestation in your Body, and 10 Ways to alleviate your Stress-Dr.Karen Hudes,Chiropractor and Rehabilitation Specialist
Nov. 28, 2019	How the "Lifeline system" can assist during a fall - Emily Fraccaro, Lifeline Community Representative.
Dec. 05, 2019	Keeping your loved one safe from elder abuse - Christine Chan, Regional Consultant with the Elder Abuse Prevention Ontario (EAPO)
Dec. 12, 2019	Financial scams/fraud and wills - Mr. Sheldon Parker, Lawyer
Dec. 19, 2019	Cannibis & Seniors-Daniel Tran,RN,Care Coordinator/Community Liasion ComForCare HomeCare
Jan. 02, 2020	TBD - Stay tuned for updates on who will be our expert speaker this week.
Jan. 09, 2020	Understanding Behaviours & Supportive Communications-Kimberly Dimohamed,Public Education Coordinator,Alzheimer Society of Toronto.
Jan. 16, 2020	Communications-Kimberly Dimohamed,Public Education Coordinator,Alzheimer Society of Toronto

Expand your knowledge - Enhance your life

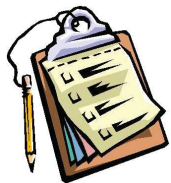
21 Hendon Ave. North York

Trillium Room 10am - 11:30am

REGISTER at the Active Living Centre
or RSVP to Stacy 416-733-4111 ex.310
shilliman@nyseniors.org



Volunteer Services



NYSC Volunteer Engagement Survey

THANK YOU to all who completed the 2019 Volunteer Engagement survey!

Highlights from the results are:

- 94% of volunteers understand organization's role and purpose (3.0% increase compared to 2018 results)
- 95% of volunteers find their position rewarding (2% increase compared to 2018 results)
- 99% of volunteers would recommend NYSC as a place to volunteer (6% increase compared to 2018 results)
- Top 3 words volunteers describe NYSC are: Respectful, Caring and Safe

Thank you all for your valuable feedback!



Some Volunteer Opportunities Needed

Senior Care (80 Sheppard Ave. W.)

- **Friendly Visitor** –make a difference in a senior's life living in our community!

Active Living Centre (21 Hendon Ave.)

- **Cafe Assistant** - Mondays to Fridays 9:30 am - 2:30 pm

A Day Away Club (80 Sheppard Ave. W.)

- **Kitchen Assistant**—assist with serving and clean up in our Day Program



To learn more about these and other volunteer opportunities, please contact Mimi Lee, Human Resources Coordinator at 416 733.4111 ext. 210 or mlee@nyseniors.org.

Monday	Tuesday	Wednesday
Janggo & Jindobuk Dancing (Korean) 9:00 - 10:00 Multipurpose Room	Total Body Conditioning 9:15 - 10:10 Fitness Centre	Semi-Private Training 9:15 - 10:10 Fitness Centre
Total Body Conditioning 9:15 - 10:10 Fitness Centre	Basic Euchre 10:00 - 12:00 Meeting Room	Self-Guided Drawing & Watercolour 9:30 - 12:15 Trillium Room
Sketching 10:00 - 12:00 Trillium Room	Persian Social Club (Farsi) 10:00 - 3:00 Craft Room	Introduction to Knitting & Crochet 9:30 - 11:30 Library/Craft Room
Korean Dancing (Korean) 10:15 - 11:15 Multipurpose Room	Seated Conditioning 10:15 - 11:10 Multipurpose Room	Cribbage 10:00 - 12:00 Meeting Room
Bootcamp for Weight Loss 10:15 - 11:10 Fitness Centre	Mah Jongg for Beginners 11:00 - 12:00 Trillium Room	Strength Essentials– Intermediate/ Advanced Strength Training 10:15 - 11:10 Fitness Centre
The Social Club 11:00 - 2:00 Craft Room	Strong Women 11:15 - 12:10 Fitness Centre	Healthy Bones Level 2 11:00 - 12:00 Multipurpose Room
Semi-Private Training 11:15 - 12:10 Fitness Centre	Pilates 11:20 - 12:20 Multipurpose Room	Joyous Joints 11:15 - 12:10 Fitness Centre
Stretch n' Strength 11:30 - 12:30 Multipurpose Room	Body Blast 12:15 - 1:10 Fitness Centre	Stitchers 12:15 - 3:00 Craft Room
Scrabble 12:15 - 4:00 Meeting Room	Progressive Bridge 12:30 - 4:00 Trillium Room	Duplicate Bridge 12:30 - 4:00 Multipurpose Room
Mah Jongg Drop-In (English & Cantonese) 12:30 - 4:00 Trillium Room	Book Club 1:00 - 3:00 Meeting Room	Canasta 1:00 - 4:00 Meeting Room
Healthy Bones Level 1 12:45 - 1:45 Multipurpose Room	Line Dance L2 1:15 - 2:45 Multipurpose Room	Spanish Beginner 2:00 - 3:30 Media Room
Korean Janggo - Drumming (Korean) 2:00 - 3:00 Multipurpose Room	Spanish Intermediate 2:00 - 3:30 Media Room	Joy Luck Club (Cantonese) 2:00 - 6:00 Café
Movie Club 2:00 - 4:00 Media Room	Table Tennis 4:00 - 6:00 Multipurpose Room	Drawing 3:15 - 5:15 Craft Room
Korean Dancing (Korean) 3:15 - 4:15 Multipurpose Room	Diners Club Various Locations 6:00 Last Tuesday/Month	Cultivating Mindfulness & Meditation 4:30 - 6:00 Trillium Room
	Traditional Iranian Music & Poetry Class English & Farsi) 6:00 - 8:00 Trillium Room	

“Week at a Glance” – Winter 2020

Thursday	Friday	Saturday
Belly Dance 10:00 - 11:00 Multipurpose Room Caregiver Series 10:00 - 11:30 Trillium Room Bid Euchre 10:00 - 12:00 Meeting Room Art Studio 10:00 - 12:00 Craft Room Strong Men 10:15 - 11:10 Fitness Centre Line Dance L1 11:15 - 12:45 Multipurpose Room Strong Women 11:15 - 12:10 Fitness Centre Coffee and Conversation 11:30 - 12:30 Media Room Strong Women (12:15) 12:15 - 1:10 Fitness Centre Spanish Advanced 1:00 - 2:30 Media Room Line Dance L2 1:00 - 2:30 Multipurpose Room Pinochle 1:00 - 3:00 Meeting Room Mat Yoga 2:30 - 3:30 Fitness Centre Alborz Persian Group (Farsi) 3:00-6:00 Multipurpose Room Table Tennis 7:00-9:00 Multipurpose Room	Semi-Private Training 9:15-10:10 Fitness Centre Korean Nanta—Advanced (Korean) 9:30 - 10:30 Multipurpose Room French Conversation Club 10:00 - 12:00 Library/Media Room Art History: Masterworks of the Maya and the Aztec 10:00 - 12:00 Media Room Total Body Conditioning 10:15-11:10 Fitness Centre Korean Nanta—Beginner (Korean) 10:45 - 11:45 Craft Room Line Dance Level 1 10:45 - 12:15 Multipurpose Room Semi-Private Training 11:15-12:15 Fitness Centre Chair Yoga Level 1 12:20 - 1:20 Fitness Centre Line Dance Level 2 12:30 – 2:00 Multipurpose Room Seniors in Sync 1:00-3:00 Trillium Room Chair Yoga Level 2 1:25 - 2:25 Fitness Centre Tai Chi Yang Style Beginner 2:30 - 3:45 Multipurpose Room Yogilates 2:30 - 3:30 Fitness Centre	Ballroom & Latin Dancing 10:00-11:15 Multipurpose Room Ballroom & Latin Dancing (Beginner) 11:30-12:45 Multipurpose Room Korean Social Club (Korean) 1:00-2:00 Multipurpose Room 2:00-3:00 Craft Room Movement To Music 2:00-3:00 Trillium Room Table Tennis 2:00 - 4:00 Multipurpose Room
		Sunday
		Mah Jongg Drop-In (English & Cantonese) 10:00 - 4:00 Café Duplicate Bridge 12:30 - 4:00 Multipurpose Room
	<div> Weekly E-mail Bulletin <i>“Keeping You In Touch”</i> To receive a weekly program update via email, contact the Program Office at activeliving@nyseniors.org </div>	



nysc
North York
SENIORS CENTRE



TURN ON THE FLASH FOR A BRIGHTER PICTURE



Over 1400 older adults stay Active by participating of the Active Living Centre and A Day Away Club.



Over 1500 seniors get 24/7 Support, with Client and In Home Services such as transportation, cleaning services, social clubs and more.



93% of the Active Living Centre members find new friends, activities and social connections throw the NYSC programs.

DONATE

TODAY

**416 733.4111
nyseniors.org**