

## **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, origami, various seasonal events are celebrated as well.

### **Hours of Operation:**

Mondays ONLY from 11:00 a.m. to 2:00 p.m.

### **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)



**United Way**  
Member Agency

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### **Active Living Centre & Volunteer Services**

21 Hendon Avenue  
Toronto, ON M2M 4G8

### **A Day Away Club & Senior Care**

80 Sheppard Avenue West  
Toronto, ON M2N 1M2