



YONGE EGLINTON COMMUNITY CENTRE

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

Phone: 416-392-0511, ext. 237 Fax: 416-392-0514

E-mail: olderadults@yongeeglintoncc.com Website: www.yongeeglintoncc.com



50+ PROGRAM CALENDAR

PRE-REGISTRATION REQUIRED FOR ALL PROGRAMS

MAY & JUNE 2025

Opening Registration Date: Wednesday, April 23rd



Ontario 

HELLO Summer

TO REGISTER:

Please visit the front desk or phone

416-392-0511

ext. 0, during office hours:

YECC 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)

YECC will be CLOSED on:

Monday, May 19th (Victoria Day)

All programs take place on the 3rd floor

MAY

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Gentle Fitness 11 am Game Lounge 1 pm Intermediate Fitness 2:30 pm	2 Walk and Talk 9:45 am Gentle Fitness 11 am Calming Corner 1 pm
5 Osteo Fitness 9:45 am Gentle Fitness 11 am Tech Time 1 pm Current Events 2:45 pm	6 Osteo Fitness 9:45 am Gentle Fitness 11 am Qigong in the Park 1:30 pm	7 Gentle Fitness 11 am Knitting 1 pm Netflix: Bee Gees Documentary 2:45pm	8 Gentle Fitness 11 am Game Lounge 1 pm Intermediate Fitness 2:30 pm	9 Walk and Talk 9:45 am Gentle Fitness 11 am Noontime Recital: Celtic Ceilidh Fusion 11:30 am
12 Osteo Fitness 9:45 am Gentle Fitness 11 am Tech Time 1 pm Current Events 2:45 pm	13 Osteo Fitness 9:45 am Gentle Fitness 11 am Qigong in the Park 1:30 pm	14 Gentle Fitness 11 am Allen Gardens 12 pm Knitting 1 pm	15 Gentle Fitness 11 am Game Lounge 1 pm Intermediate Fitness 2:30 pm	16 Walk and Talk 9:45 am Gentle Fitness 11 am Calming Corner 1 pm Mocktail Hour 2:30 pm
19  CLOSED	20 Osteo Fitness 9:45 am Gentle Fitness 11 am Qigong in the Park 1:30 pm	21 Gentle Fitness 11 am Tacos El Asador 12 pm Knitting 1 pm	22 Gentle Fitness 11 am Game Lounge 1 pm Intermediate Fitness 2:30 pm	23 Walk and Talk 9:45 am Gentle Fitness 11 am Calming Corner 1 pm Mocktail Hour 2:30 pm
26 Osteo Fitness 9:45 am Gentle Fitness 11 am Bingo 1 pm Current Events 2:45 pm	27 Osteo Fitness 9:45 am Gentle Fitness 11 am Qigong in the Park 1:30 pm	28 Gentle Fitness 11 am Knitting 1 pm Netflix: Transylvania 2:45 pm	29 Gentle Fitness 11 am Game Lounge 1 pm Intermediate Fitness 2:30 pm	30 Walk and Talk 9:45 am Gentle Fitness 11 am Calming Corner 1 pm Mocktail Hour 2:30 pm



Monday	Tuesday	Wednesday	Thursday	Friday
2 Osteo Fitness 9:45 am Gentle Fitness 11 am Tech Time 1 pm Current Events 2:45 pm	3 Osteo Fitness 9:45 am Gentle Fitness 11 am Outdoor Pickleball 1:30 pm	4 Gentle Fitness 11 am Knitting 1 pm Netflix: Sophia Loren 2:45 pm	5 Gentle Fitness 11 am Game Lounge 1 pm Chair Yoga 2:30 pm	6 Walk and Talk 9:45 am Gentle Fitness 11 am Calming Corner 1 pm Mocktail Hour 2:30 pm
9 Osteo Fitness 9:45 am Gentle Fitness 11 am Tech Time 1 pm Current Events 2:45 pm	10 Osteo Fitness 9:45 am Gentle Fitness 11 am Outdoor Pickleball 1:30 pm	11 Ward's Island Lunch 12 pm Knitting 1 pm (2 nd floor)	12 Gentle Fitness 11 am Game Lounge 1 pm Chair Yoga 2:30 pm	13 Walk and Talk 9:45 am Gentle Fitness 11 am Men's Social 1 pm
16 Osteo Fitness 9:45 am Gentle Fitness 11 am Bingo 1 pm Current Events 2:45 pm	17 Osteo Fitness 9:45 am Gentle Fitness 11 am Outdoor Pickleball 1:30 pm	18 Gentle Fitness 11 am Knitting 1 pm Presentation: Arthritis Society 2:45 pm	19 Gentle Fitness 11 am Game Lounge 1 pm Chair Yoga 2:30 pm	20 Walk and Talk 9:45 am Gentle Fitness 11 am Calming Corner 1 pm Mocktail Hour 2:30 pm
23 Osteo Fitness 9:45 am Gentle Fitness 11 am Bingo 1 pm Presentation: Hospice 3 pm	24 Osteo Fitness 9:45 am Gentle Fitness 11 am Outdoor Pickleball 1:30 pm	25 Gentle Fitness 11 am Knitting 1 pm Muddy York: Cabbagetown 2:45 pm	26 Gentle Fitness 11 am Game Lounge 1 pm Chair Yoga 2:30 pm	27 Walk and Talk 9:45 am Gentle Fitness 11 am
30 Osteo Fitness 9:45 am Gentle Fitness 11 am Bingo 1 pm				

Ongoing Programs

Gentle Fitness (In-Person)

Daily

Time: 11 am – 12 pm

Starting: Thursday, May 1 – Monday, June 30 (no class Mon. May 19 and Wed. June 11)

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, May 1 - 29

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, May 5,12 and June 2,9

Time: 1 pm – 2 pm

Together we'll play a variety of puzzles, memory, and word games intended to strengthen cognition.
iPad will be provided.

Bingo (In-Person)



Dates: Mondays, May 26 and June 16, 23, 30

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, May 5 – June 16 (except May 19)

Time: 2:45 pm – 3:45 pm

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

Outdoor Pickleball (In-Person)

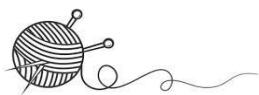


Dates: Tuesdays, June 3 - 24

Time: 1:30 pm – 3:30 pm

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

Meeting location: 44 Lillian Street – Building court area



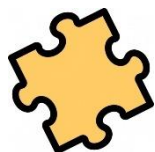
Knitting with Cindy (In-Person)

Dates: Wednesdays, May. 7 – June 25 (June 11th – class in 2nd floor Program Room)

Time: 1 pm - 2:30 pm

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

Refreshments provided.



Game Lounge (In-Person)

Dates: Thursdays, May. 1 – June 26

Time: 1 pm – 2 pm



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

You are welcome to bring your own games.

Calming Corner (In-Person)

Dates: Fridays, May 2 - June 20 (except May 9 and June 13)

Time: 1 pm – 2 pm

Tap into your creativity with Adult Colouring, Aromatherapy and soft music.

Improves focus and reduces stress.

Please bring your own coloring materials.

Mocktail Hour (In-Person)

Dates: Fridays, May 16 - June 20 (except June 13)

Time: 2:30 pm – 3:30 pm

An opportunity to meet new friends and chat over a tasty drink!



Men's Social (In-Person)

Dates: Friday, June 13

Time: 1 pm – 2:30 pm

A safe space for men to gather, have a bite and enjoy meaningful conversations.



Netflix Screenings (In-Person)

The Bee Gees: Everlasting Words

Dates: Wednesday, May 7

Time: 2:45 pm – 3:45 pm



These three brothers rose to the top of their profession. Writing all their own hits, the harmonious family act became one of the world's best-selling artists of all time, selling over more than 220 million records worldwide.

Documentary

Transylvania: The Heart of Romania

Date: Wednesday, May 28

Time: 2:45 pm – 3:45 pm

Transylvania has a lot to offer: beautiful cities, endless forests, fascinating traditions. All of these are cultivated with great dedication by the people of the region.

Documentary



Sophia Loren Documentary

Date: Wednesday, June 4

Time: 2:45 pm – 3:45 pm

Learn about the interesting life and acting career of this Italian -born Actress. With a career spanning over 70 years, she is one of the last surviving stars from the Golden Age of Hollywood cinema.

Instructor-led Programs

Osteo Fitness

Dates: Mondays, May 5 – June 30 (except Monday, May 19) and Tuesdays, May 6 – June 24

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 Yoga

Dates: Thursdays, June 5 - 26

Time: 2:30 pm – 3:30 pm

Yoga Instructor Britney will be leading us through the slow, measured movements of Chair Yoga. This exercise will improve your flexibility and foster a sense of well-being.

Qigong in the Park

Dates: Tuesdays, May 6 - 27

Time: 1:30 pm – 2:30 pm

Qigong Practitioner Steffi Black will lead us through a refreshing outdoor session of Qigong.

Meet us at Dunfield Park – 35 Dunfield Ave

The session will begin at 1:30 pm.

Bring a mat or towel.



Walk & Talk Club

Dates: Fridays, May 2 – June 27

Time: 9:45 am – 12 pm

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, city parks and trails.

Local walks will end at a coffee shop, where a complimentary beverage will be provided.

You will receive the monthly walk schedule upon registration.



Presentations

Arthritis Society

Date: Wednesday, June 18

Time: 2:45 pm – 3:45 pm

This topic will provide an understanding of osteoarthritis and the importance of physical activity. We will cover the basics of arthritis to improve our arthritis knowledge, understand the importance of physical activity, provide physical activity recommendations and more.

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

Hospice Toronto

Date: Monday, June 23

Time: 3 pm – 4 pm

Ralyma will discuss all things related to: Grief Support, In-Home Services and Respite Care.

Muddy York Talk: Cabbagetown

Date: Wednesday, June 25

Time: 2:45 pm – 3:45 pm

Richard Finnes-Clinton will take us back in time to the very beginning of Cabbagetown, Toronto.

Outings

Music at St Andrew's: Celtic Ceilidh Fusion



Date: Friday, May 9
Time: 11:30 am – 3 pm
Cost: Free



A spirited celebration of Irish and Celtic Folk Music; Saskia Tompkins, nickelharpe, viola; Steafan Hannigan, multi-instruments, Jordan Klapman, piano.

Meeting Location: Yonge/Eglinton Subway station at Cinnabon at 11:30 am, take Line 1 to St. Andrew Station. Exit via University Avenue & King Street West, head west on King Street West toward Emily Street, Turn left onto Simcoe Street to access the church at 73 Simcoe Street.



Allen Gardens Conservatory

Date: Wednesday, May 14
Time: 12 pm – 3 pm
Cost: Free

This indoor botanical garden features five greenhouses – visit them all!

Meeting Location: Yonge/Eglinton Station at 12 pm, take Line 1 to College Station. Exit via Yonge & Carlton, Southeast Corner, head east on Carlton Street, turn right onto Jarvis Street, turn left onto Horticultural Ave to access Allan Gardens at 160 Gerrard Street East.

Tacos El Asador

Date: Wednesday, May 21

Time: 12 pm – 3 pm

Cost: \$15 - \$30 - Pay at restaurant

Let's enjoy tasty Mexican food together!

Meeting Location: Yonge/Eglinton Station at 12 pm, take the train to Bloor-Yonge Station, transfer to Line 2, exit at Christie Station, head south on Christie Street, turn right onto Bloor Street West to access Tacos El Asador at 689 Bloor Street West.



Ward's Island Lunch

Date: Wednesday, June 11

Time: 12 pm – 4 pm

Cost: \$20 - \$30 - Pay at restaurant

Lunch will be at The Riviera restaurant. You are also welcome to bring your own lunch and eat at a designated dining area on the island.

We'll have a relaxing day on the island - walking along the boardwalk, soaking up the sun.

Meeting Location: Yonge/Eglinton Subway station at the Cinnabon at 12 pm. Take line 1 to Union Station, walk east toward Bay Street, turn right onto Bay Street then left onto Queens Quay West to board the ferry at Jack Layton Ferry Terminal.

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.

To access virtual programs please:

E-mail: olderadults@yongeeglingtoncc.com for link

Or

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.**