



# YONGE EGLINTON COMMUNITY CENTRE

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

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## 50+ PROGRAM CALENDAR

**PRE-REGISTRATION REQUIRED FOR ALL PROGRAMS**

# JULY & AUGUST 2025

**Opening Registration Date: Wednesday, June 18<sup>th</sup>**



Ontario 

### 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:

Tuesday, July 1 (Canada Day)

Monday, August 4 (Civic Day)

**All programs take place on the 3<sup>rd</sup> floor**



Monday	Tuesday	Wednesday	Thursday	Friday
	1  CENTRE CLOSED	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 Intermediate Fitness 3 pm	4 Walk and Talk 9:45 am Gentle Fitness 11 am Calming Corner 1 pm
7 Osteo Fitness 9:45 am Gentle Fitness 11 am Tech Time 1 pm Current Events 2:45 pm	8 Osteo Fitness 9:45 am Gentle Fitness 11 am Netflix: The Great Irish Famine 1 pm	9 Gentle Fitness 11 am Knitting 1 pm Muddy York 2:45 pm	10 Tai Chi 9:45 am Gentle Fitness 11 am Game Lounge 1 pm Intermediate Fitness 3 pm	11 Walk and Talk 9:45 am Gentle Fitness 11 am Calming Corner 1 pm
14 Osteo Fitness 9:45 am Gentle Fitness 11 am Bingo 1 pm Current Events 2:45 pm	15 Osteo Fitness 9:45 am Gentle Fitness 11 am Dr. Gupta Presentation 1 pm	16 Gentle Fitness 11 am Korean Village Restaurant 12 pm Knitting 1 pm	17 Tai Chi 9:45 am Gentle Fitness 11 am Lung Health Basics 1 pm Intermediate Fitness 3 pm	18 Walk and Talk 9:45 am Gentle Fitness 11 am Men's Social 1:30 pm
21 Osteo Fitness 9:45 am Gentle Fitness 11 am Bingo 1 pm	22 Osteo Fitness 9:45 am Gentle Fitness 11 am Netflix: In Her Own Words 1 pm	23 Gentle Fitness 11 am Knitting 1 pm	24 Gentle Fitness 11 am Game Lounge 1 pm Intermediate Fitness 3 pm	25 Walk and Talk 9:45 am Gentle Fitness 11 am Osgoode Hall Tour 12:30 pm
28 Osteo Fitness 9:45 am Gentle Fitness 11 am Bingo 1 pm Current Events 2:45 pm	29 Osteo Fitness 9:45 am Gentle Fitness 11 am Coffee Talk 1:30 pm	30 Gentle Fitness 11 am Knitting 1 pm Trivia and Riddles 2:45 pm	31 Gentle Fitness 11 am Game Lounge 1 pm Intermediate Fitness 3 pm	



Monday	Tuesday	Wednesday	Thursday	Friday
				1  Walk and Talk 9:45 am Gentle Fitness 11 am Calming Corner 1 pm
4   CENTRE CLOSED	5  Osteo Fitness 9:45 am Gentle Fitness 11 am Poetry with Gord 1 pm	6  Niagara-on-the-Lake 8 am Knitting 1 pm	7  Tai Chi 9:45 am Gentle Fitness 11 am Game Lounge 1 pm Intermediate Fitness 3 pm	8  Walk and Talk 9:45 am Gentle Fitness 11 am Calming Corner 1 pm
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25  Osteo Fitness 9:45 am Gentle Fitness 11 am Bingo 1 pm Current Events 2:45 pm	26  Osteo Fitness 9:45 am Gentle Fitness 11 am Coffee Talk 1:30 pm	27  Gentle Fitness 11 am Knitting 1 pm Trivia and Riddles 2:45 pm	28  Gentle Fitness 11 am Ice Cream Float Social 1:30 pm	29  Walk and Talk 9:45 am Gentle Fitness 11 am Calming Corner 1 pm

# Ongoing Programs



## Gentle Fitness (In-Person)

Daily

Time: 11 am – 12 pm

**Starting: Wednesday, July 2 – Friday, Aug. 29 (no class Tuesday July 1, Monday Aug. 4 and Wednesday Aug. 6)**

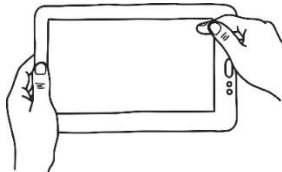
**Join us for a fun session of chair workouts. We will do a mixture of cardio, strength training, dance and stretching exercises.**

## Intermediate Fitness (In-Person)

Dates: Thursdays, July 3 – August 14

Time: 3 pm – 4 pm

**Get a full body work out with standing components. Includes some seated stretches.**

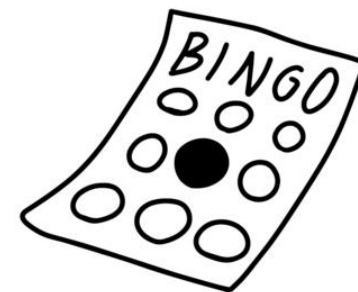


## Tech Time (In-Person)

Dates: Mondays, July 7 and Aug 11

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, July 14, 21, 28 and Aug. 18, 25**

**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, July 7 – Aug. 25 (except July 21 and Aug. 4)**

**Time: 2:45 pm – 3:45 pm**

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

***Refreshments provided.***

## **Coffee Talk (In-Person)**

**Dates: Tuesdays, July 29 and Aug. 19, 26**

**Time: 1:30 pm – 2:30 pm**

**A moment to socialize with others over a tasty cup of coffee.**





## **Knitting with Cindy (In-Person)**

**Dates: Wednesdays, July 2 – Aug. 27**

**Time: 1 pm - 2:30 pm**

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

***Refreshments provided.***

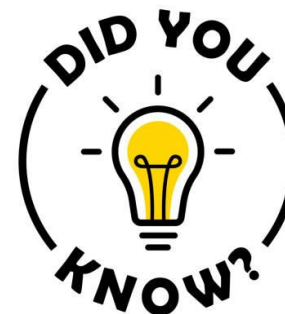
## **Trivia and Riddles (In-Person)**

**Dates: Wednesdays, July 2, 30 and Aug. 13, 20, 27**

**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, July 3 – Aug. 14 (except July 17)**

**Time: 1 pm – 2:30 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.***

# **Ice Cream Float Social (In-Person)**

**Dates: Thursday, Aug. 28**

**Time: 1:30 pm – 3 pm**

**Keep cool over a delicious treat and meet new friends.**



# **Calming Corner (In-Person)**

**Dates: Fridays, July 4 – Aug. 22 (except July 18, 25 and Aug. 15)**

**Time: 1 pm – 2:30 pm**

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

**Improves focus and reduces stress.**

**Please bring your own coloring materials.**

# **Men's Social (In-Person)**

**Dates: Fridays, July 18 and Aug. 15**

**Time: 1:30 pm – 2:30 pm**

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



# Netflix Screenings (In-Person)

## The Great Irish Famine

**Dates: Tuesday, July 8**

**Time: 1 pm – 2:30 pm**

**What is commonly known as Ireland's Great Famine of 1845-1849 was a catastrophic tragedy that has embedded itself in the island's consciousness.**

***Documentary***



## Cher: In Her Own Words

**Date: Tuesday, July 22**

**Time: 1 pm – 2 pm**

**Cher, the star who refused to be boxed in--who stood up to conformity and championed female independence, proving the doubters wrong with every change of direction.**

***Documentary***

## Nonnas (2025)

**Date: Tuesday, Aug. 12**

**Time: 1 pm – 3 pm**

**After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual nonnas -- grandmothers, as the chefs.**

**Starring Vince Vaughan, Lorraine Bracco**

***Comedy, Drama***

# Instructor-led Programs

## Osteo Fitness

**Dates: Mondays, July 7 – Aug. 25 (except Monday, Aug. 4) and Tuesdays, July 8 – Aug. 26**

**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, July 3 - 17**

**Time: 9:45 am – 10:45 am**

**OR**

**Thursdays, Aug. 7 - 21**

**Time: 9:45 am – 10:45 am**

**You may choose one month only (July or August).**

**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, July 4 – Aug. 29**

**Time: 9:45 am – 12 pm for local walks**

**9:00 am – 12:30 pm for bus trips**

**Meeting locations:** We will meet on the 3rd floor at 9:45 am for local walks. For bus trips please meet in front of YECC for 9:00 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 complementary beverages will be provided. Complementary snacks will be provided on bus trips.**

**Unless scheduled, all walks will take place locally. Please see schedule below for bus trips.**

***Please provide Stacey with your e-mail address upon registration to receive weekly memo/route.***

July and August Bus Trips		
Date	Location	Length
July 4 <sup>th</sup>	Edwards Gardens/Wilket Creek Trail	4 km (out and back) over mostly flat paved trail
July 25 <sup>th</sup>	Ashbridges Bay/Boardwalk	5 km (one way) on paved trail and boardwalk
August 15 <sup>th</sup>	Brick Works	3+ km



# Presentations

## **Sleep and Rest: Enhancing Sleep Quality for Optimal Health**

**Date: Tuesday, July 15**

**Time: 1 pm – 2 pm**

**Dr. Shilpi Gupta will share scientifically proven strategies to enhance sleep quality, uncovering the importance of restful sleep for overall health. Learn actionable tools to improve sleep patterns and promote optimal wellbeing.**

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

## **Lung Health Basics**

**Date: Thursday, July 17**

**Time: 1 pm – 2 pm**

**A Registered Nurse from UHN Connected Care will be educating community members about keeping your lungs healthy and conducting screenings for COPD using the Canadian Lung Health Test.**

## **Poetry Excursion**

**Date: Tuesday, Aug. 5**

**Time: 1 pm – 2 pm**

**Gordon Posthill will share excerpts from poets like Mary Oliver, Wendell Berry, and Jane Kenyon will get us out of our heads and engage our hearts, priming the pump for what really matters.**

## **Muddy York Talks: Henry Pellatt**

**Date: Wednesday, July 9**

**Time: 2:45 pm – 3:45 pm**

**Learn more about this Canadian businessman, investor, and military officer, best known for his role in the construction of Casa Loma.**



## **Muddy York Talks: Mary Pickford**

**Date: Thursday, Aug. 21**

**Time: 1 pm – 2 pm**

**Canadian-American film actress, producer, and writer, known as "America's Sweetheart" and "The Girl with the Golden Curls".**

**She rose to fame as one of the most popular and influential stars of the silent film era, becoming Hollywood's first millionaire by 1916.**

# Outings

## Korean Village Restaurant



**Date: Wednesday, July 16**

**Time: 12 pm – 3 pm**

**Cost: Pay at restaurant**

**Traditional Korean food, delicious and flavourful. A Toronto staple for over 40 years!**

**Meeting Location: Yonge/Eglinton Subway station at Cinnabon at 12 pm, take Line 1 to Bloor-Yonge station. Transfer to Line 2, exit at Bathurst Station via Markham St, head south on Markham St toward Eleanor Ross Ln, turn right onto Bloor St to access the restaurant at 628 Bloor St W.**

## Osgoode Hall Tour

**Date: Friday, July 25**

**Time: 12:30 pm – 3:30 pm**

**Cost: Free**

**Tours are conducted by Law Society staff, get a fascinating glimpse inside one of Toronto's historic buildings.**  
**Meeting Location: Yonge/Eglinton Subway station at Cinnabon at 12:30 pm, take Line 1 to Osgoode station. Exit via University & Queen West, Head north on University Ave toward Queen St W to access building at 130 Queen St W.**



## Niagara-on-the-Lake

**Date: Wednesday, Aug. 6**

**Time: 8 am – 6 pm**

**Cost: Free**



**Let's spend a day in the cozy, quaint town of Niagara-on-the-Lake. Enjoy lunch at the Irish Harp Pub.**

**Meeting Location: YECC – We will board buses at YECC at 8 am and depart for Niagara-on-the-Lake at 8:30am.**

**We will board the buses to head back to Toronto at 3 pm and depart at 3:30 pm.**

**If you have any questions, please call Stacey at 416-392-0511, ext. 237 or  
email: [olderadults@yongeeglintoncc.com](mailto:olderadults@yongeeglintoncc.com)**



# 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](mailto: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.**