



# 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](mailto:olderadults@yongeeglintoncc.com) Website: [www.yongeeglintoncc.com](http://www.yongeeglintoncc.com)

## 50+ PROGRAM CALENDAR

**PRE-REGISTRATION REQUIRED FOR ALL PROGRAMS**

# MARCH & APRIL

**Opening Registration Date: Wednesday, February 25<sup>th</sup>**

### 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 - 1:00 pm)

#### YECC will be CLOSED

Friday, April 3<sup>rd</sup>, 2026 - Good Friday

Monday, April 6<sup>th</sup>, 2026 - Easter Monday

All programs take place on the 3rd floor





# March

Monday	Tuesday	Wednesday	Thursday	Friday
2  Gentle Fitness 11 am Tech Time 1 pm Current Events 2:45 pm	3  Gentle Fitness 11 am Balloon Badminton 1:30 pm	4  Morning Café 9:45 am Gentle Fitness 11 am Knitting 1 pm South Korea Presentation 2:45 pm	5  Gentle Fitness 11 am Air Dry Clay Craft 1:30 pm	6  Walk and Talk 9:45 am Gentle Fitness 11 am Afternoon Social 1 pm Sip & Paint 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 Balloon Badminton 1:30 pm	11  Gentle Fitness 11 am Knitting 1 pm South Korea Presentation 2:45 pm	12  Gentle Fitness 11 am Haiku Workshop 1:00 pm Netflix: Absolute History - Lost Irish Palace 2:45 pm	13  Walk and Talk 9:45 am Gentle Fitness 11 am Afternoon Social 1 pm Sip & Paint 2:30 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 Intermediate Fitness 1:30 pm Charades 2:45 pm	18  Morning Café 9:45 am Gentle Fitness 11 am Outing: Tacos El Asador 12 pm Knitting 1 pm	19  Gentle Fitness 11 am Calming Corner 1 pm Netflix: Absolute History – Cambodia, Vietnam, Laos & Indonesia 2:45 pm	20  Walk and Talk 9:45 am Gentle Fitness 11 am Afternoon Social 1 pm Sip & Paint 2:30 pm
23  Osteo Fitness 9:45 am Gentle Fitness 11 am Bingo 1 pm Current Events 2:45 pm	24  Osteo Fitness 9:45 am Gentle Fitness 11 am Intermediate Fitness 1:30 pm Charades 2:45 pm	25  Gentle Fitness 11 am Knitting 1 pm Trivia and Riddles 2:45 pm	26  Gentle Fitness 11 am Calming Corner 1 pm Netflix: Absolute History – German Immigration in Brazil 2:45 pm	27  Walk and Talk 9:45 am Gentle Fitness 11 am Afternoon Social 1 pm Sip & Paint 2:30 pm
30  Osteo Fitness 9:45 am Gentle Fitness 11 am Bingo 1 pm ADA Home Care 2:45 pm	31  Osteo Fitness 9:45 am Gentle Fitness 11 am Intermediate Fitness 1:30 pm Charades 2:45 pm			

# April

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Morning Café 9:45 am Gentle Fitness 11 am Knitting 1 pm Trivia and Riddles 2:45 pm	2 Gentle Fitness 11 am Air Dry Clay Craft 1:30 pm	3  CLOSED
6  CLOSED	7 Gentle Fitness 11 am UHN 1:30 pm	8 Gentle Fitness 11 am Knitting 1 pm Trivia and Riddles 2:45 pm	9 Gentle Fitness 11 am Calming Corner 1 pm	10 Walk and Talk 9:45 am Gentle Fitness 11 am
13 Osteo Fitness 9:45 am Gentle Fitness 11 am Tech Time 1 pm Current Events 2:45 pm	14 Osteo Fitness 9:45 am Gentle Fitness 11 am Intermediate Fitness 1:30 pm Charades 2:45 pm	15 Morning Café 9:45 am Gentle Fitness 11 am Knitting 1 pm Trivia and Riddles 2:45 pm	16 Gentle Fitness 11 am Poetry Excursion 1 pm	17 Walk and Talk 9:45 am Gentle Fitness 11 am Afternoon Social 1 pm
20 Osteo Fitness 9:45 am Gentle Fitness 11 am Tech Time 1 pm Current Events 2:45 pm	21 Osteo Fitness 9:45 am Gentle Fitness 11 am Intermediate Fitness 1:30 pm Charades 2:45 pm	22 Gentle Fitness 11 am Knitting 1 pm	23 Gentle Fitness 11 am Golden Transitions Presentation 1:30 pm	24 Walk and Talk 9:45 am Gentle Fitness 11 am Afternoon Social 1 pm
27 Gentle Fitness 11 am Bingo 1 pm Current Events 2:45 pm	28 Gentle Fitness 11 am Intermediate Fitness 1:30 pm	29 Morning Café 9:45 am Gentle Fitness 11 am Knitting 1 pm Trivia and Riddles 2:45 pm	30 Gentle Fitness 11 am Calming Corner 1 pm Netflix: Frank Sinatra 2:45 pm	

# Ongoing Programs

## Gentle Fitness (In-Person)

**Daily**

**Time: 11 am – 12 pm**

**Starting: Monday, Mar. 2 – Thursday, Apr. 30**  
**(no class April 3 & 6)**

**Join us for a fun session of chair workouts. Increase your flexibility, strength, balance and endurance.**

## Tech Time (In-Person)

**Dates: Mondays, Mar. 2, 9 and Apr. 13, 20**

**Time: 1 pm – 2 pm**

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



## Bingo (In-Person)

**Dates: Mondays, Mar. 16, 23, 30 and Apr. 27**

**Time: 1 pm – 2 pm**

**Join us in this social activity that will sharpen your attention skills and hand-eye coordination. There will be several prizes to choose from!**

## Current Events

**(Virtual/Phone-In/In-Person)**

**Dates: Mondays, Mar. 2 - 23 and Apr. 13, 20, 27 (no class March 30 and April 6)**

**Time: 2:45 pm – 3:45 pm**

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



# Balloon Badminton

**(In-Person)**

**Dates: Tuesdays, Mar. 3 and 10**

**Time: 1:30 pm – 3 pm**

**A fun and gentle way to exercise your range of motion and hand-eye coordination.**

# Intermediate Fitness

**(In-Person)**

**Dates: Tuesdays, Mar. 17 – Apr. 28**

**(no class April 7)**

**Time: 1:30 pm – 2:30 pm**

**Enjoy a full body workout to vibrant music. Includes brief seated components.**

# Charades (In-Person)

**Dates: Tuesdays, Mar. 17 - 31 and Apr. 14, 21**

**Time: 2:45 pm – 3:45 pm**

**Charades is a game of pantomimes: you will "act out" a phrase without speaking. Let's have fun exercising our acting skills.**



# Knitting with Cindy

**(In-Person)**

**Dates: Wednesdays, Mar. 4 – Apr. 29**

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

**Bring your yarn, needles, and patterns.**

**All skill levels welcome.**

*Refreshments provided*

# Morning Café (In-Person)

**Dates: Wednesdays, Mar. 4, 18 and**

**Apr. 1, 15, 29**

**Time: 9:45 am – 10:45 am**

**A welcoming space to start your day. Chat and connect with others over light refreshments.**

# Trivia and Riddles

**(In-Person)**

**Dates: Wednesdays, Mar. 25 – Apr. 29**

**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!**

# Clay Crafts (In-Person)

**Dates: Thursday, Mar. 5 and Apr. 2**

**Time: 1:30 pm – 3:30 pm**

**Have fun with air dry clay! We will be crafting then painting ornaments, decorative bowls, coasters, and keepsakes.**

**Materials will be provided. You are also welcome to bring your own.**

# Calming Corner (In-Person)

**Dates: Thursdays, Mar. 19, 26 and  
Apr. 9, 30**

**Time: 1:00 pm – 2:30 pm**

**Tap into your creativity with Adult Colouring and soft music. Improves focus and reduces stress.**

**Please bring your own coloring materials**



# Afternoon Social (In-Person)

**Dates: Fridays, Mar. 6 – 27 and Apr. 17, 24**

**Time: 1 pm – 2 pm**

**Spend your time building new friendships and expanding your horizons!  
Conversation prompts will be provided.**

# Sip and Paint (In-Person)

**Dates: Fridays, Mar. 6 - 27**

**Time: 2:30 pm – 3:30 pm**

**No artistic experience is necessary - just bring your imagination and enjoy a fun afternoon of painting, mocktails, and good company.**

**Recreate an image or use your imagination.  
We encourage participants to bring their own paint, brushes, and canvases. We will have some basic supplies on hand, and all materials can be easily purchased at Dollarama.**



# Netflix Screenings

(In-Person)



## Absolute History Series

Dates: Thursdays, Mar. 12, 19, 26 and Apr. 30

Time: 2:45 pm – 3:45 pm

This documentary series will cover (in sequence):  
The Lost Irish Palace, the cultures of Southeast Asia, German Immigration in Brazil and the life of Frank Sinatra.

## Instructor-led Programs

### Osteo Fitness

Dates: Mondays, Mar. 9 – Apr. 20 (no class Apr. 6)  
and Tuesdays, Mar. 10 – Apr. 21 (no class Apr. 7)

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



## Walk & Talk Club

Dates: Fridays, Mar. 6 – Apr. 24  
(no walk April 3)

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 complementary  
beverages will be provided.

### IMPORTANT:

Please provide the Front Desk with your  
email address so that we can send you  
information about the upcoming walk and a  
route map.

**NOTE:** If the weather is inclement, we may  
be able to offer Gentle Fitness, use of the  
indoor walking track at North Toronto  
Memorial Community Centre, or a walk on  
the indoor PATH downtown.



# **Presentations**

## **ADA Home Care**

**Dates: Monday, Mar. 30**

**Time: 2:45 pm – 3:45 pm**

**This session will focus on healthy aging, including guidelines and timelines for preventive medical tests, recommended vaccinations and where to access them, and the benefits of physical activity as we age. We will also discuss medication safety after age 65, understanding and preventing dementia, and practical tips for caregivers.**

## **University Health Network: NORC**

**Dates: Tuesday, April 7**

**Time: 1:30 pm – 2:30 pm**

**Many older adults want to live in communities where neighbours support one another as they age. A Naturally Occurring Retirement Community (NORC) refers to a building, or neighbourhood, or larger geographic area that has naturally become home to a significant number of older adults. The NORC Innovation Centre supports local, neighbour-led aging in place groups that help people stay connected, share resources, and support one another in simple but meaningful ways. Come to this presentation to learn how you can meaningfully engage with your neighbours and more confidently age in place!**

# **South Korea: More Than You Think**

**Dates: Wednesday, March 4 and 11**

**Time: 2:45 pm – 3:45 pm**

**Presenter: Yena Kang**

**What comes to mind when you think of South Korea? Through photos and stories, we'll explore Korea's history, traditions, food and today's popular culture.**

## **Haiku**

**Dates: Thursday, March 12**

**Time: 1 pm – 2:30 pm**

**Presenter: Jeanne Martin**

**Haiku is a short, simple poem about nature and human nature. We will learn about haiku and try our hand at writing haiku of early spring using a fun, easy prompt.**

**All are invited to this supportive, fun workshop.**

## **Poetry Excursion**

**Dates: Thursday, April 16**

**Time: 1 pm – 2:30 pm**

**Join “Poetry Troubadour” Gordon Postill for an engaging session of poetry recitation and introspection. A Poetry Excursion will get us out of our heads and engage our hearts, priming the pump for what really matters. To help make this happen, our time together will focus primarily on what these poems evoke within us.**

# **Coffee Break with Golden Transitions Consulting**

**Dates: Thursday, April 23**

**Time: 1:30 pm – 3 pm**

**Coffee Break Speaker Series will explore important topics related to aging well, staying active, and maintaining emotional balance. Learn about supportive resources and approaches that promote independence and overall quality of life.**

## **Toronto Police Services: Scams – Distraction Theft & Fraud Prevention**

**CANCELLED**

**Friday, April 30**

**Time: 9:45 am – 10:45 am**

**Presented by a Police Constable, this session will share important information about romance scams, distraction theft scams, bank confidence scams, social media scams, and telephone scams.**

# Outings

## Tacos El Asador

**Date: Wednesday, Mar. 18**

**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.**



# 50+ EVENING PROGRAM CALENDAR

PRE-REGISTRATION REQUIRED FOR ALL PROGRAMS

## March & April 2026



If you have any questions or would like more information about Older Adult Evening Programs, please contact:

**Allie K., Evening Older Adult Program Coordinator**

Phone: 416-392-0511 ext. 237

Email: [eveningolderadults@yongeeglingtoncc.com](mailto:eveningolderadults@yongeeglingtoncc.com)





### 50+ EVENING PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday
<b>2</b>  Seniors Go Digital! Health & Safety Apps 5:00 pm  Just Dance! 6:30 pm	<b>3</b>  Walk After Work 5:00 pm  Paint Night: Spring Rabbits 7:00 pm	<b>4</b>  Community Chess & Euchre Night 6:00 pm  Poetry Excursions #2 7:00 pm	<b>5</b>  Living Well Through Leisure Series: Finding Purpose Through Leisure 5:30 pm
<b>9</b>  Seniors Go Digital! Fraud, Phishing & Scams 5:00 pm  Just Dance! 6:30 pm	<b>10</b>  Walk After Work 5:00 pm  Paint Night: Birch Tree 7:00 pm	<b>11</b>  Community Chess & Euchre Night 6:00 pm  Exercise Bingo 7:30 pm	<b>12</b>  Living Well Through Leisure Series: Move at Home, Stay Active 5:30 pm
<b>16</b>  NO PROGRAMS	<b>17</b>  Toronto Reference Library 3:30 pm	<b>18</b>  Persian New Year Dance Party! 6:00 pm	<b>19</b>  Living Well Through Leisure Series: Eating Well, Living Well 5:30 pm
<b>23</b>  Seniors Go Digital! One on One IT Support 5:00 pm  Just Dance! 6:30 pm	<b>24</b>  Walk After Work 5:00 pm  Paint Night: Strawberry Bookmark 7:00 pm	<b>25</b>  Community Chess & Euchre Night 6:00 pm  Exercise Bingo 7:30 pm	<b>26</b>  Living Well Through Leisure Series: Stay Steady, Stay Safe! 5:30 pm
<b>30</b>  Seniors Go Digital! One on One IT Support 5:00 pm  Just Dance! 6:30 pm  Women's Health & Social 7:30 pm	<b>31</b>  Walk After Work 5:00 pm  Paint Night: Easter Theme 7:00 pm		



## 50+ EVENING PROGRAM CALENDAR

Monday	Tuesday	Wednesday	Thursday
		1 Community Chess & Euchre Night 6:00 pm Creative Collage Night 7:00 pm	2 Pickleball 5:00 pm
6 Easter Monday	7 Walk After Work 5:00 pm Paint Night: Monet Cabins 7:00 pm	8 Community Chess & Euchre Night 6:00 pm Creative Collage Night 7:00 pm	9 Pickleball 5:00 pm
13 Young at Heart: Intergenerational Program 4:30 pm Just Dance! 6:30 pm	14 Walk After Work 5:00 pm Paint Night: Cherry Card 7:00 pm	15 Community Chess & Euchre Night 6:00 pm Creative Collage Night 7:00 pm	16 Pickleball 5:00 pm
20 Colour & Chill 5:00 pm Just Dance! 6:30 pm	21 Walk After Work 5:00 pm Paint Night: Cat and the Moon 7:00 pm	22 Annual General Meeting 6:30 pm	23 Pickleball 5:00 pm OARC Webinar 1: Mental Health 7:30 pm
27 Colour & Chill 5:00 pm Just Dance! 6:30 pm Women's Health & Social 7:30 pm	28 Walk After Work 5:00 pm Paint Night: Cookie Cutter Hearts 7:00 pm	29 Community Chess & Euchre Night 6:00 pm Creative Collage Night 7:00 pm	30 Pickleball 5:00 pm OARC Webinar 2: Telephone Scams and Internet Trickery 7:30 pm

# Presentations



## Poetry Excursion #2

Date: Wednesday, March 4

Time: 7:00 pm - 8:00 pm

Join us once again with “Poetry Troubadour” Gordon Postill for an engaging session of poetry recitation and introspection. A Poetry Excursion will get us out of our heads and engage our hearts, priming the pump for what really matters. To help make this happen, our time together will focus primarily on what these poems evoke within us.

## Living Well Through Leisure Series

Dates: Thursdays, March 5 - 26

Time: 5:30 pm -6:30 pm

Join Recreation Therapist student, Nayra, as she leads us through various topics.

- **Week 1 – March 5: Finding Purpose Through Leisure**
  - Exploring meaningful activities that support enjoyment, connection, and well-being in retirement.
- **Week 2 – March 12: Staying Active at Home**
  - Simple, safe ways to stay active, maintain strength, and support independence.
- **Week 3 – March 19: Eating Well, Living Well**
  - Practical nutrition tips for energy, health, and independent living.
- **Week 4 – March 26: Staying Safe at Home**
  - Easy strategies to reduce the risk of falls and create a safer home environment.

# Ontario Association of Residents' Councils (OARC) Webinars

Date: Thursday, April 23 and 30 (In-Person)

Time: 7:30 pm – 9:00 pm

Participants will gather in person at the Centre to watch a 1-hour pre-recorded webinar together, followed by a facilitated group discussion. These sessions offer a chance to learn, ask questions, and share experiences in a supportive and welcoming environment.

## **Webinar 1 – April 23: Mental Health & Wellness in Older Adulthood**

An overview of mental health in older adults, including myth-busting, stigma reduction, practical wellness tips, and free resources (pre-recorded session).

## **Webinar 2 – April 30: Telephone Scams & Internet Safety**

Plain-language guidance on common email, internet, and phone scams, with practical tips to stay safe and confident online (pre-recorded session).



# Instructor-led Programs

## Seniors Go Digital!

Dates: Mondays, March 2 - 30 (no program March 16)

Time: 5:00 pm – 6:00 pm

Interested in technology but feel intimidated or unsure how to start using it? You are not alone! Each week, join tech experts as they show you how to use and personalize your smart phone, shop online, use social media, navigate government websites and most importantly, stay safe and avoid scams! One on one support will be provided. This program will be run by student volunteers and is partnered with Promise1000 Youth.



SENIORS GO DIGITAL

### Weekly Topic Schedule:

- March 2: Health and Safety Apps
- March 9: Fraud, Phishing & Scams
- March 23: One on One IT Support
- March 30: One on One IT Support

## Art & Connection

Dates: Thursdays, March 5 – April 11

Time: 7:30 pm – 9:00 pm

Mahja Kabir is an artist and art therapy trainee who provides safe spaces for care, growth, and connection. Art therapy invites emotional expression and self-discovery through the creative process, rather than focusing on artistic skill. In this program, seniors are invited to engage with art materials in ways that feel comfortable and supportive, focusing on sensory experience, reflection, and shared presence. Sessions include a brief grounding exercise, open-ended art making, and optional sharing, creating a calm and welcoming space to explore creativity, connection, and seasonal reflection together.

**CANCELLED**

# Outings

## Night at the Royal Ontario Museum

Date: Tuesday, March 15

Time: 3:30pm

**CANCELLED**

Did you know the ROM is free on the third Tuesday of every month? We will explore the galleries together. Participants must register in advance (available two weeks prior). After registration, Allie will coordinate and provide phone support to help with ticket booking if needed.

*Meeting Location: We will meet at Centre on the main floor (front desk) for 3:30pm and walk to take the subway from Eglinton Station (Line 1 Yonge-University Subway) southbound toward Union Station. We will ride to Museum Station (this stop is right near the ROM), then walk a few minutes to the museum entrance.*



# Special Events

## Persian New Year Dance Party!

Date: Wednesday, March 18

Time: 6:00 pm – 8:00 pm

Celebrate Nowruz, or Persian New Year's Day, with all your new and old friends at the Centre! Immerse yourself in rich culture whether you are dancing or not. Feel free to bring snacks and drinks to share. Don't forget your dance shoes!



## Young at Heart: Bridging Generations

Date: Monday, April 13

Time: 4:30 pm – 5:30 pm

Join us for a heartwarming intergenerational program that brings together participants from our Older Adult Program and children in the After School Program for a special activity. This session encourages connection, creativity, and community as older and younger generations come together to share stories, laughter, and hands-on creativity.

# Ongoing Programs

## Just Dance!

Dates: Mondays, March 2 – April 27 (no program March 16 & April 6)

Time: 6:30 pm – 7:30 pm

Get your groove on with others as you dance to a pre-recorded online class. Zumba Gold dance will help you achieve your cardio goals without even noticing. Dance like no one is watching! Don't forget your water! This is an in-person program.



## Walk After Work

Dates: Tuesdays, March 3 - April 28 (no session March 17)

Time: 5:00 pm – 7:00 pm

Unwind from your workday, increase your step count, and connect with neighbours! We will be motivating each other to walk around the neighbourhood - routes and maps will be provided in advance and will change weekly. Walks range from 3-4 KM. After the walk, there will be an option of convening at a local, selected restaurant. Let's get walking! If the weather is inclement, we will use the indoor walking track at North Toronto Memorial Community Centre.





# Paint Night

Dates: Tuesdays, March 3 - April 28 (no program March 17)

Time: 7:00 pm - 8:30 pm

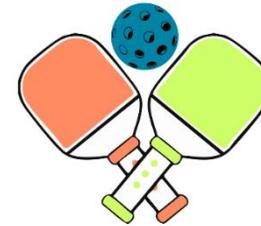
You do not need to be an artist or seasoned painter! This is a slow paced, step-by-step painting program that is suitable for all levels. Unleash your inner Picasso and work on paintings on various themes. You will surprise yourself with your talent! Feel free to bring your own supplies.

# Pickleball

Dates: Thursdays, April 2 - 30

Time: 5:00 pm - 6:30 pm

Informal pickleball to improve hand-eye coordination skills. Engage in light activity and make some new friends. Practice your rallying skills in a safe environment. This is a non-competitive program for all skill levels. Don't forget your water!



# Community Chess and Euchre Night

Dates: Wednesdays, March 4 - April 29 (no program March 18)

Time: 6:00 pm - 7:00 pm

Whether you are new to the area or have been here for years, join us for some classic games, socialization and fun. Feel free to bring your own games. This is your time to unwind!

# Exercise Bingo

Dates: Wednesdays, March 11 - 25 (no program March 18)

Time: 7:30 pm – 8:30 pm

A twist on classic bingo, you will be doing simple exercises during the game. Call “BINGO” while you burn some calories!

# Women’s Health & Social

Dates: Mondays, March 30 and April 27

Time: 7:30 pm – 8:30 pm

This is a peer support group for anyone who identifies as a woman. Once a month, we will be informally discussing topics pertaining to the changes and challenges that come with aging. From the physical changes to the emotional ones—share your stories and learn from your peers as we build community.



# Creative Collage Night

Dates: Wednesdays, April 1 - 29

Time: 7:00 pm – 8:00 pm

Expand your creativity at collage night. Using mixed media, create a design on a set theme. Feel free to bring old magazines and materials!



# Colour & Chill

Dates: Mondays, April 20 & 27

Time: 5:00 pm – 6:00 pm

Colour your way to calmness and improve your focus! This will be a relaxing program of adult colouring & tea. No art experience necessary. Feel free to bring your own colouring supplies.

# 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.

**For evening programs beginning after 6:00 p.m., please wait near the front entrance. A staff member will admit you five minutes before the program begins.**

**If you are running late or find the door locked, please speak with reception and they will assist you.**

**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 day programs) or [eveningolderadults@yongeeglingtoncc.com](mailto:eveningolderadults@yongeeglingtoncc.com) (for evening programs) for the link**

**Or**

**To phone-in: Dial +1-647-484-1598, and follow the prompts**

**The access code is: 263 461 9557**

## 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 program staff 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 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 G. for daytime outings or Allie for evening outings.
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:  
For daytime programs - Older Adult Program Coordinator: **Stacey G. at: (437) 246 – 6902.**  
For evening programs - Evening Older Adult Program Coordinator: **Allie K. at: (437) 246-6092**